

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|-----|--------|-----------------------------------|--|-------------|-----|----------|----------|----------|----------|
| 1 | 6000 | RUI PEDRO SILVA | SLB ATLETISMO | Seniores | 1 | 00:29:59 | 00:30:00 | 00:14:41 | 00:03:00 |
| 2 | 6500 | JOSÉ MOREIRA | SLB ATLETISMO | Seniores | 2 | 00:30:06 | 00:30:08 | 00:14:43 | 00:03:01 |
| 3 | 6250 | RICARDO RIBAS | SLB ATLETISMO | Seniores | 3 | 00:30:22 | 00:30:24 | 00:14:42 | 00:03:03 |
| 4 | 10982 | Paulo Roberto Almeida Paula | Brasil | Seniores | 4 | 00:30:33 | 00:30:34 | 00:14:47 | 00:03:04 |
| 5 | 7010 | EUCLIDES VARELA | NUCLEOEIRAS/SPORTZONE - ADNO | Seniores | 5 | 00:30:54 | 00:30:55 | 00:14:42 | 00:03:06 |
| 6 | 6750 | FILIPE TIAGO COSTA | SLB ATLETISMO | Seniores | 6 | 00:31:09 | 00:31:11 | 00:14:58 | 00:03:07 |
| 7 | 10071 | MIGUEL ÂNGELO LOPES MARQUES | SLB ATLETISMO | Juniores | 1 | 00:31:30 | 00:31:31 | 00:15:21 | 00:03:09 |
| 8 | 10075 | HÉLIO FUMO | SLB ATLETISMO | Seniores | 7 | 00:31:34 | 00:31:35 | 00:15:05 | 00:03:10 |
| 9 | 10072 | ANDRALINO LOPES | SLB ATLETISMO | Seniores | 8 | 00:31:42 | 00:31:43 | 00:15:05 | 00:03:11 |
| 10 | 10131 | HELDER MANUEL MONTEIRO DA COSTA | SLB ATLETISMO | Juniores | 2 | 00:31:48 | 00:31:50 | 00:15:21 | 00:03:11 |
| 11 | 9305 | RUBEN ALEXANDRE NOBRE SILVA | SLB ATLETISMO | Seniores | 9 | 00:32:33 | 00:32:34 | 00:15:40 | 00:03:16 |
| 12 | 7044 | ANDRE SILVA | ESCOLA ATLETISMO ROSA OLIVEIRA | Seniores | 10 | 00:33:13 | 00:33:14 | 00:15:36 | 00:03:20 |
| 13 | 8166 | FRANCISCO PEDRO | CASA DO BENFICA TORRES VEDRAS | Veterano II | 1 | 00:33:14 | 00:33:15 | 00:15:51 | 00:03:20 |
| 14 | 9298 | CARLOS SAIAS | AMIGOS DO ATLETISTMO DA MOITA | Veterano I | 1 | 00:33:25 | 00:33:26 | 00:15:51 | 00:03:21 |
| 15 | 10053 | RUBEN ALEXANDRE DE NORONHA PESSOA | SLB ATLETISMO | Juniores | 3 | 00:33:26 | 00:33:27 | 00:15:51 | 00:03:21 |
| 16 | 10050 | PEDRO PESSOA | INDIVIDUAL | Veterano II | 2 | 00:33:30 | 00:33:29 | 00:16:20 | 00:03:21 |
| 17 | 10396 | MARIO CASSALA | INDIVIDUAL | Veterano I | 2 | 00:33:33 | 00:33:34 | 00:16:15 | 00:03:22 |
| 18 | 9171 | Jorge Cruz | AMIGOS ATLETISMO MAFRA | Veterano II | 3 | 00:33:36 | 00:33:35 | 00:16:11 | 00:03:22 |
| 19 | 10977 | Angelo Araújo | Núcleo de Atletismo de Cucujães | Seniores | 11 | 00:33:55 | 00:33:54 | 00:16:33 | 00:03:24 |
| 20 | 5000 | MARISA BARROS | SLB ATLETISMO | SenioresF | 1 | 00:34:11 | 00:34:12 | 00:16:22 | 00:03:26 |
| 21 | 6600 | RUI FILIPE FERREIRA PINTO | SLB ATLETISMO | Seniores | 12 | 00:34:11 | 00:34:12 | 00:16:22 | 00:03:26 |
| 22 | 10073 | JOAO PEDRO PATRICIO MADALENO CRUZ | INDIVIDUAL | Juniores | 4 | 00:34:11 | 00:34:12 | 00:16:22 | 00:03:26 |
| 23 | 8911 | PAULO MIGUEL ALMEIDA PEREIRA | CRACKS CLUBE DE LAMEGO | Seniores | 13 | 00:34:11 | 00:34:13 | 00:16:23 | 00:03:26 |
| 24 | 9967 | Paulo Barbosa | CASA DO BENFICA EM PAREDES | Juniores | 5 | 00:34:26 | 00:34:25 | 00:15:52 | 00:03:27 |
| 25 | 9170 | Francisco Rocha | AMIGOS ATLETISMO MAFRA | Veterano II | 4 | 00:34:36 | 00:34:36 | 00:16:50 | 00:03:28 |
| 26 | 8227 | João Inocêncio | ASCENDUM | Veterano I | 3 | 00:34:37 | 00:34:38 | 00:16:35 | 00:03:28 |
| 27 | 10797 | António José Campos Correia | INDIVIDUAL | Seniores | 14 | 00:34:38 | 00:34:38 | 00:16:35 | 00:03:28 |
| 28 | 8159 | LUIS GOMES | CASA DO BENFICA TORRES VEDRAS | Veterano I | 4 | 00:34:43 | 00:34:43 | 00:16:34 | 00:03:29 |
| 29 | 9777 | PAULO CANTANTE | DESPORTIVO E RECREATIVO RIBEIRINHO | Veterano I | 5 | 00:34:46 | 00:34:45 | 00:17:01 | 00:03:29 |
| 30 | 9809 | JOÃO ANDRÉ | INSTITUTO DOS PUPILOS DO EXÉRCITO | Seniores | 15 | 00:34:52 | 00:34:50 | 00:17:00 | 00:03:30 |
| 31 | 8780 | MARCO PAIVA | INDIVIDUAL | Seniores | 16 | 00:34:56 | 00:34:55 | 00:16:57 | 00:03:30 |
| 32 | 7916 | EZEQUIEL LOBO | BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO | Seniores | 17 | 00:34:56 | 00:34:56 | 00:16:44 | 00:03:30 |
| 33 | 9172 | Eduardo Eustaquio | AMIGOS ATLETISMO MAFRA | Veterano II | 5 | 00:34:57 | 00:34:56 | 00:16:58 | 00:03:30 |
| 34 | 10512 | Jose Silva | AABV - LAGOA - ALGARVE | Seniores | 18 | 00:35:00 | 00:34:58 | 00:17:01 | 00:03:30 |
| 35 | 9141 | PEDRO LEITÃO | ALHANDRA SPORTING CLUB | Seniores | 19 | 00:35:02 | 00:35:01 | 00:16:34 | 00:03:31 |
| 36 | 10517 | Iuri Pereira | AABV - LAGOA - ALGARVE | Juniores | 6 | 00:35:10 | 00:35:07 | 00:17:01 | 00:03:31 |
| 37 | 10076 | OLAIDE OGUNRONBI | SLB ATLETISMO | Seniores | 20 | 00:35:13 | 00:35:14 | 00:16:45 | 00:03:32 |
| 38 | 7043 | ALUARDO RODRIGUES | SAO JOAO ALBUFEIRA | Veterano II | 6 | 00:35:19 | 00:35:19 | 00:16:59 | 00:03:32 |
| 39 | 9293 | MARCO TEIXEIRA | AMIGOS DO ATLETISMO DA MOITA | Seniores | 21 | 00:35:23 | 00:35:22 | 00:17:13 | 00:03:33 |
| 40 | 9167 | Joel Rodrigues | AMIGOS ATLETISMO MAFRA | Seniores | 22 | 00:35:25 | 00:35:24 | 00:17:02 | 00:03:33 |
| 41 | 9295 | ANDRE FERNANDES | AMIGOS DO ATLETISMO DA MOITA | Juniores | 7 | 00:35:30 | 00:35:31 | 00:16:44 | 00:03:33 |
| 42 | 9913 | CELSO GOUVEIA | INDIVIDUAL | Veterano II | 7 | 00:35:33 | 00:35:32 | 00:16:59 | 00:03:34 |
| 43 | 8708 | MANUEL LUIS FARIA | ESCOLA ATLETISMO ROSA OLIVEIRA | Veterano II | 8 | 00:35:37 | 00:35:38 | 00:17:06 | 00:03:34 |
| 44 | 10983 | Oswaldo Terra | INDIVIDUAL | Seniores | 23 | 00:35:45 | 00:35:23 | 00:16:59 | 00:03:35 |
| 45 | 7178 | Rui Gominho | INDIVIDUAL | Juniores | 8 | 00:35:52 | 00:35:51 | 00:17:06 | 00:03:36 |
| 46 | 8146 | Henrique José Pedro dos Santos | INDIVIDUAL | Seniores | 24 | 00:35:54 | 00:35:51 | 00:17:24 | 00:03:36 |
| 47 | 8147 | Pedro Nuno dos Santos Ribeiro | INDIVIDUAL | Seniores | 25 | 00:35:54 | 00:35:52 | 00:17:25 | 00:03:36 |
| 48 | 7305 | Filipe Mota | clube elvensê de natação | Veterano I | 6 | 00:36:07 | 00:36:07 | 00:17:05 | 00:03:37 |
| 49 | 9904 | André Pires | Associação de Pára-quedistas Tejo Norte | Seniores | 26 | 00:36:10 | 00:36:10 | 00:17:08 | 00:03:37 |
| 50 | 10065 | RICARDO FILIPE MARTINS SILVA | SPORTING CLUBE LAGOENSE | Seniores | 27 | 00:36:14 | 00:36:09 | 00:17:04 | 00:03:38 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|-----|--------|------------------------------------|--|--------------|-----|----------|----------|----------|----------|
| 51 | 10726 | PEDRO CASACA PELADO | INDIVIDUAL | Seniores | 28 | 00:36:17 | 00:36:16 | 00:17:28 | 00:03:38 |
| 52 | 10081 | DANIELA CUNHA | MARATONA CLUBE PORTUGAL | SenioresF | 2 | 00:36:17 | 00:36:18 | 00:17:29 | 00:03:38 |
| 53 | 8917 | Antonio Gasparinho | AMIGOS ATLETISMO MAFRA | Seniores | 29 | 00:36:17 | 00:36:08 | 00:17:33 | 00:03:38 |
| 54 | 8310 | Carlos Gomes | Clube EDP Lisboa | Veterano III | 1 | 00:36:17 | 00:36:14 | 00:17:36 | 00:03:38 |
| 55 | 7915 | MARIO GRILO | BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO | Juniores | 9 | 00:36:22 | 00:36:22 | 00:17:31 | 00:03:39 |
| 56 | 9778 | VIRGILIO GONÇALVES | DESPORTIVO E RECREATIVO RIBEIRINHO | Veterano I | 7 | 00:36:26 | 00:36:25 | 00:17:27 | 00:03:39 |
| 57 | 9159 | RUI FONTES | INDIVIDUAL | Seniores | 30 | 00:36:27 | 00:36:17 | 00:17:27 | 00:03:39 |
| 58 | 9306 | JOAQUIM FIGUEIREDO | PROJECT RUN - TROCAR | Juniores | 10 | 00:36:28 | 00:36:27 | 00:17:30 | 00:03:39 |
| 59 | 9351 | SUSANA CRISTINA SILVA GODINHO | SLB ATLETISMO | SenioresF | 3 | 00:36:30 | 00:36:31 | 00:17:32 | 00:03:39 |
| 60 | 10959 | Aires Seabra Pratas | odimarque alumínios | Veterano IV | 1 | 00:36:39 | 00:36:38 | 00:17:33 | 00:03:40 |
| 61 | 9708 | JOAO PEREIRA | AFIS /OVAR | Veterano III | 2 | 00:36:40 | 00:36:39 | 00:17:32 | 00:03:40 |
| 62 | 8160 | DULIO FRANCLIM PARREIRA | CASA DO BENFICA TORRES VEDRAS | Seniores | 31 | 00:36:40 | 00:36:40 | 00:17:09 | 00:03:40 |
| 63 | 7308 | Ricardo Espada | clube elvense de natação | Seniores | 32 | 00:36:44 | 00:36:44 | 00:17:05 | 00:03:41 |
| 64 | 7832 | LUIS ALBINO | CASA DO BENFICA EM ABRANTES | Juniores | 11 | 00:36:45 | 00:36:45 | 00:17:52 | 00:03:41 |
| 65 | 8960 | joaquim antunes | Associação de Pára-quedistas Tejo Norte | Veterano III | 3 | 00:36:50 | 00:36:49 | 00:17:27 | 00:03:41 |
| 66 | 8436 | Ricardo Jorge de Brito Ferreira | CA BARREIRA | Veterano III | 4 | 00:36:50 | 00:36:45 | 00:17:54 | 00:03:41 |
| 67 | 8931 | Paulo Alves | Grupo Desportivo Imprensa Nacional Casa da moeda | Seniores | 33 | 00:36:53 | 00:36:49 | 00:17:39 | 00:03:42 |
| 68 | 7035 | Marco Paulo Estêvão Franco | INDIVIDUAL | Seniores | 34 | 00:37:04 | 00:37:04 | 00:17:36 | 00:03:43 |
| 69 | 10354 | Rui Filipe da Silva Fonte-Boa | INDIVIDUAL | Seniores | 35 | 00:37:09 | 00:36:52 | 00:18:00 | 00:03:43 |
| 70 | 9153 | Brás Palma | INDIVIDUAL | Veterano I | 8 | 00:37:09 | 00:37:01 | 00:17:49 | 00:03:43 |
| 71 | 8745 | Alcino Nunes | CLAC - Entroncamento | Veterano I | 9 | 00:37:12 | 00:37:12 | 00:18:06 | 00:03:44 |
| 72 | 9487 | ERNESTO ALMEIDA | NAC | Veterano III | 5 | 00:37:13 | 00:37:11 | 00:17:59 | 00:03:44 |
| 73 | 10080 | BARBARA FERREIRA | JUVENTUDE VIDIGALENSE | SenioresF | 4 | 00:37:15 | 00:37:16 | 00:17:48 | 00:03:44 |
| 74 | 8165 | EMANUEL BANDEIRA | CASA DO BENFICA TORRES VEDRAS | Seniores | 36 | 00:37:22 | 00:37:20 | 00:17:49 | 00:03:45 |
| 75 | 10871 | José Raimundo | G.D.R. Figueiras Mª Grande | Veterano III | 6 | 00:37:25 | 00:37:22 | 00:18:02 | 00:03:45 |
| 76 | 8928 | Rui Correia | Grupo Desportivo Imprensa Nacional Casa da moeda | Seniores | 37 | 00:37:30 | 00:37:25 | 00:17:38 | 00:03:45 |
| 77 | 7907 | FERNANDO CANDEIAS | SS CGD | Veterano I | 10 | 00:37:35 | 00:37:30 | 00:18:16 | 00:03:46 |
| 78 | 8909 | NUNO SILVA | GIRA SOL / RAMOS CATARINO | Seniores | 38 | 00:37:37 | 00:37:37 | 00:17:57 | 00:03:46 |
| 79 | 10113 | ROGERIO CASSACA | INDIVIDUAL | Veterano I | 11 | 00:37:42 | 00:37:42 | 00:17:58 | 00:03:47 |
| 80 | 10355 | João Miguel Rebola Santo | INDIVIDUAL | Seniores | 39 | 00:37:44 | 00:37:27 | 00:18:20 | 00:03:47 |
| 81 | 8912 | ANTÓNIO OSÓRIO PINTO | CRACKS CLUBE DE LAMEGO | Veterano III | 7 | 00:37:47 | 00:37:46 | 00:17:51 | 00:03:47 |
| 82 | 7831 | DAVID RIBEIRO | CASA DO BENFICA EM ABRANTES | Juniores | 12 | 00:37:49 | 00:37:48 | 00:18:08 | 00:03:47 |
| 83 | 9192 | Rui Oliveira | Açoreana Clube Banif | Veterano I | 12 | 00:37:49 | 00:37:49 | 00:18:17 | 00:03:47 |
| 84 | 7494 | Ricardo Ferreira | INDIVIDUAL | Seniores | 40 | 00:37:50 | 00:37:41 | 00:17:58 | 00:03:47 |
| 85 | 7309 | raquel trabuco | clube elvense de natação | SenioresF | 5 | 00:37:52 | 00:37:53 | 00:17:38 | 00:03:48 |
| 86 | 10555 | SEVERINO SANTOS COSTA | HOTEL MIRA PAIVA | Veterano IV | 2 | 00:37:54 | 00:37:40 | 00:20:20 | 00:03:48 |
| 87 | 8162 | PEDRO JORGE RAMOS SILVA | CASA DO BENFICA TORRES VEDRAS | Seniores | 41 | 00:37:57 | 00:37:56 | 00:17:50 | 00:03:48 |
| 88 | 9903 | Joao Maia | Associação de Pára-quedistas Tejo Norte | Veterano III | 8 | 00:37:57 | 00:37:58 | 00:18:06 | 00:03:48 |
| 89 | 9799 | JOÃO RODRIGUES | INSTITUTO DOS PUPILOS DO EXÉRCITO | Seniores | 42 | 00:37:57 | 00:36:26 | 00:18:29 | 00:03:48 |
| 90 | 7927 | ALEXANDRE SERRANO | BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO | Juniores | 13 | 00:37:58 | 00:37:58 | 00:17:56 | 00:03:48 |
| 91 | 10667 | Fernando António Ferreira Santiago | INDIVIDUAL | Veterano III | 9 | 00:37:59 | 00:38:00 | 00:18:01 | 00:03:48 |
| 92 | 9547 | Tiago Valerio | C.C.D.Portalegre | Seniores | 43 | 00:38:00 | 00:37:43 | 00:17:29 | 00:03:48 |
| 93 | 9726 | Fernando Gomes | INDIVIDUAL | Seniores | 44 | 00:38:10 | 00:38:08 | 00:18:17 | 00:03:49 |
| 94 | 8388 | JORGE ANTONIO DE MATOS | INDIVIDUAL | Veterano I | 13 | 00:38:11 | 00:37:56 | 00:18:14 | 00:03:50 |
| 95 | 10819 | luis gomes | INDIVIDUAL | Seniores | 45 | 00:38:11 | 00:38:06 | 00:18:38 | 00:03:50 |
| 96 | 7310 | arquimínio carretas | clube elvense de natação | Veterano II | 9 | 00:38:11 | 00:38:10 | 00:18:21 | 00:03:50 |
| 97 | 7244 | Orlando Silva | CCDT Metro LX | Veterano III | 10 | 00:38:11 | 00:38:08 | 00:18:26 | 00:03:50 |
| 98 | 10869 | Paulo Simão | G.D.R. Figueiras Mª Grande | Veterano I | 14 | 00:38:11 | 00:38:07 | 00:18:38 | 00:03:50 |
| 99 | 7045 | vasco baptista | ESCOLA ATLETISMO ROSA OLIVEIRA | Seniores | 46 | 00:38:15 | 00:38:14 | 00:17:59 | 00:03:50 |
| 100 | 8042 | David Miguel Cordeiro Gomes | INDIVIDUAL | Seniores | 47 | 00:38:15 | 00:38:09 | 00:18:28 | 00:03:50 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|-----|--------|--------------------------------------|--|---------------|-----|----------|----------|----------|----------|
| 101 | 10807 | JORGE MIGUEL DIAS CORREIA | INDIVIDUAL | Veterano I | 15 | 00:38:21 | 00:38:18 | 00:18:43 | 00:03:51 |
| 102 | 8572 | EDUARDO MARQUES | JORNAL A BOLA | Veterano I | 16 | 00:38:23 | 00:38:21 | 00:18:19 | 00:03:51 |
| 103 | 7969 | PAULO JORGE FREITAS NEVES | INDIVIDUAL | Seniores | 48 | 00:38:25 | 00:38:16 | 00:18:36 | 00:03:51 |
| 104 | 7910 | ARMANDO PESSOA | SS CGD | Veterano I | 17 | 00:38:26 | 00:38:25 | 00:18:16 | 00:03:51 |
| 105 | 9675 | Paulo Nuno Justino Sequeira | Associação de Pára-quedistas Tejo Norte | Seniores | 49 | 00:38:27 | 00:38:28 | 00:18:17 | 00:03:51 |
| 106 | 9678 | João Pateira | INDIVIDUAL | Seniores | 50 | 00:38:32 | 00:38:27 | 00:18:52 | 00:03:52 |
| 107 | 10086 | RUI FILIPE SILVA MORAIS | SLB ATLETISMO | Seniores | 51 | 00:38:32 | 00:38:33 | 00:18:30 | 00:03:52 |
| 108 | 10397 | vasco rafael agostinho café | INDIVIDUAL | Seniores | 52 | 00:38:33 | 00:38:33 | 00:18:34 | 00:03:52 |
| 109 | 9700 | ANTONIO VIEIRA | AFIS /OVAR | Veterano IV | 3 | 00:38:41 | 00:38:40 | 00:18:26 | 00:03:53 |
| 110 | 10806 | alexandre alves de matos | INDIVIDUAL | Veterano II | 10 | 00:38:51 | 00:38:50 | 00:17:58 | 00:03:54 |
| 111 | 8372 | ANTONIO SANTOS | INDIVIDUAL | Veterano IV | 4 | 00:38:53 | 00:38:52 | 00:18:47 | 00:03:54 |
| 112 | 9061 | Tiago Filipe Alves Fernandes | INDIVIDUAL | Seniores | 53 | 00:38:54 | 00:38:31 | 00:18:33 | 00:03:54 |
| 113 | 8910 | JOÃO SILVA | CCR PRAIA DE MIRA | Seniores | 54 | 00:38:59 | 00:38:58 | 00:18:31 | 00:03:54 |
| 114 | 10575 | vitor miguel branco | Ataija a correr | Seniores | 55 | 00:39:01 | 00:38:58 | 00:18:54 | 00:03:55 |
| 115 | 9272 | NUNO LAURENTINO | TRIATLO SLB | Seniores | 56 | 00:39:02 | 00:39:01 | 00:18:57 | 00:03:55 |
| 116 | 9105 | António Simões | Grupo Desportivo e Cultural do Banco de Portugal | Veterano I | 18 | 00:39:02 | 00:38:57 | 00:18:55 | 00:03:55 |
| 117 | 9370 | Rui Martins Jorge | INDIVIDUAL | Veterano I | 19 | 00:39:03 | 00:39:00 | 00:18:42 | 00:03:55 |
| 118 | 9966 | Luís Coelho da Silva | Grupo Dinamizador do Desporto "Os Kotas Bike Team" | Seniores | 57 | 00:39:09 | 00:39:09 | 00:19:10 | 00:03:55 |
| 119 | 7854 | ANASTÁCIO VALADAS | GRUPO DESPORTIVO SANTANDER TOTTA | Veterano III | 11 | 00:39:15 | 00:39:11 | 00:19:11 | 00:03:56 |
| 120 | 7300 | CARLOS RAUL LOPES | INDIVIDUAL | Veterano I | 20 | 00:39:17 | 00:39:06 | 00:19:01 | 00:03:56 |
| 121 | 8462 | SERGIO MATOS MACATRAO | INDIVIDUAL | Veterano IV | 5 | 00:39:18 | 00:38:42 | 00:19:15 | 00:03:56 |
| 122 | 10186 | GONÇALO JORGE BETTENCOURT CALDEIRA | INDIVIDUAL | Juniores | 14 | 00:39:18 | 00:39:09 | 00:19:27 | 00:03:56 |
| 123 | 10741 | Eduardo Silva | Associação Cultural Sambrasense | Veterano III | 12 | 00:39:19 | 00:39:15 | 00:18:57 | 00:03:56 |
| 124 | 9910 | LUIS VICENTE | Pi-Linha Runners | Seniores | 58 | 00:39:21 | 00:39:19 | 00:18:28 | 00:03:57 |
| 125 | 9155 | João Gonçalves | INDIVIDUAL | Veterano I | 21 | 00:39:22 | 00:39:11 | 00:18:51 | 00:03:57 |
| 126 | 10621 | LUIS MENDONÇA | INDIVIDUAL | Veterano I | 22 | 00:39:23 | 00:39:15 | 00:18:38 | 00:03:57 |
| 127 | 10513 | Vera Fernandes | AABV - LAGOA - ALGARVE | SenioresF | 6 | 00:39:23 | 00:39:16 | 00:18:51 | 00:03:57 |
| 128 | 10514 | Sergio Lima | AABV - LAGOA - ALGARVE | Seniores | 59 | 00:39:23 | 00:39:16 | 00:18:50 | 00:03:57 |
| 129 | 10410 | EDUARDO FILIPE CADIMA SANTOS RIBEIRO | INDIVIDUAL | Seniores | 60 | 00:39:26 | 00:39:23 | 00:19:28 | 00:03:57 |
| 130 | 7091 | MARIO PARRULAS | ACAPO | Veterano I | 23 | 00:39:29 | 00:39:08 | 00:19:27 | 00:03:57 |
| 131 | 10746 | Miguel Domingos | Associação Cultural Sambrasense | Veterano I | 24 | 00:39:29 | 00:39:23 | 00:18:53 | 00:03:57 |
| 132 | 9880 | JOAQUIM FIGUEREDO | DESPORTIVO E RECREATIVO RIBEIRINHO | Veterano IV | 6 | 00:39:30 | 00:39:23 | 00:18:48 | 00:03:57 |
| 133 | 8163 | HERMINIO JULIO DA SILVA VICENTE | CASA DO BENFICA TORRES VEDRAS | Veterano I | 25 | 00:39:31 | 00:39:29 | 00:18:26 | 00:03:58 |
| 134 | 9134 | Ricardo José Freitas Jordão | INDIVIDUAL | Seniores | 61 | 00:39:33 | 00:39:29 | 00:18:56 | 00:03:58 |
| 135 | 9027 | Pedro Vieira | INDIVIDUAL | Seniores | 62 | 00:39:35 | 00:38:27 | 00:18:50 | 00:03:58 |
| 136 | 10822 | Roberto Machado | ARCVSCosme Mercadinho Paga-Pouco | Seniores | 63 | 00:39:35 | 00:39:35 | 00:18:27 | 00:03:58 |
| 137 | 10892 | LUCILIA SOARES | SLB ATLETISMO | Veteranas III | 1 | 00:39:37 | 00:39:38 | 00:19:09 | 00:03:58 |
| 138 | 9607 | António José Antunes Gomes Loureiro | INDIVIDUAL | Seniores | 64 | 00:39:39 | 00:39:31 | 00:18:48 | 00:03:58 |
| 139 | 10645 | Mário Neto | INDIVIDUAL | Seniores | 65 | 00:39:40 | 00:39:33 | 00:18:51 | 00:03:58 |
| 140 | 8161 | VITOR HUGO DA COSTA TEODORO | CASA DO BENFICA TORRES VEDRAS | Seniores | 66 | 00:39:41 | 00:39:42 | 00:18:37 | 00:03:59 |
| 141 | 10889 | FERNANDO SOUSA | INDIVIDUAL | Veterano I | 26 | 00:39:43 | 00:39:36 | 00:19:02 | 00:03:59 |
| 142 | 10597 | Ilídio Oliveira | Casas Adriano Astromil | Veterano III | 13 | 00:39:44 | 00:39:40 | 00:18:53 | 00:03:59 |
| 143 | 10636 | Artur Duarte | Pernas de Gafanhoto | Veterano I | 27 | 00:39:44 | 00:39:41 | 00:19:00 | 00:03:59 |
| 144 | 7311 | pedro relvas | clube elvense de natação | Juniores | 15 | 00:39:46 | 00:39:46 | 00:17:53 | 00:03:59 |
| 145 | 10787 | Nelson Narciso | União Futebol Degolados | Seniores | 67 | 00:39:50 | 00:39:48 | 00:18:49 | 00:03:59 |
| 146 | 8243 | Carlos Cerqueira | Casa do Benfica no Seixal | Seniores | 68 | 00:39:51 | 00:39:29 | 00:19:25 | 00:04:00 |
| 147 | 8302 | Raquel Carvalho | Leiria Marcha Atlético Clube | SenioresF | 7 | 00:39:55 | 00:39:55 | 00:19:22 | 00:04:00 |
| 148 | 8303 | Carlos Carmino | Leiria Marcha Atlético Clube | Veterano IV | 7 | 00:39:55 | 00:39:54 | 00:19:03 | 00:04:00 |
| 149 | 9883 | Manuel Massas | INDIVIDUAL | Veterano II | 11 | 00:40:00 | 00:38:50 | 00:18:54 | 00:04:00 |
| 150 | 9793 | ANTÓNIO PERPÉTUA | INSTITUTO DOS PUPILOS DO EXÉRCITO | Veterano V | 1 | 00:40:03 | 00:39:55 | 00:19:13 | 00:04:01 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|-----|--------|--------------------------------------|--|--------------|-----|----------|----------|----------|----------|
| 151 | 8246 | António Massano | Casa do Benfica no Seixal | Seniores | 69 | 00:40:04 | 00:39:56 | 00:19:26 | 00:04:01 |
| 152 | 7419 | MANUEL ANTÓNIO VEIGA PINTO | INDIVIDUAL | Seniores | 70 | 00:40:11 | 00:39:54 | 00:18:57 | 00:04:02 |
| 153 | 8277 | António Augusto de Meireles Carvalho | INDIVIDUAL | Veterano III | 14 | 00:40:13 | 00:39:37 | 00:19:41 | 00:04:02 |
| 154 | 8105 | RICARDO MENDES | HPP SAÚDE - HOSPITAL DOS LUSÍADAS | Seniores | 71 | 00:40:13 | 00:39:27 | 00:19:03 | 00:04:02 |
| 155 | 9072 | fernando jorge vicente | INDIVIDUAL | Veterano II | 12 | 00:40:13 | 00:40:12 | 00:19:18 | 00:04:02 |
| 156 | 9371 | António Antunes | INDIVIDUAL | Veterano III | 15 | 00:40:15 | 00:40:15 | 00:19:14 | 00:04:02 |
| 157 | 10745 | Leonel Cristina | Associação Cultural Sambrasense | Veterano II | 13 | 00:40:23 | 00:40:18 | 00:19:24 | 00:04:03 |
| 158 | 9296 | FRANCISCO REIS | AMIGOS ATLETISMO | Juniores | 16 | 00:40:30 | 00:40:31 | 00:18:36 | 00:04:03 |
| 159 | 10352 | Paulo Gomes | INDIVIDUAL | Seniores | 72 | 00:40:33 | 00:40:33 | | 00:04:04 |
| 160 | 10785 | João Rodrigues | União Futebol Degolados | Veterano III | 16 | 00:40:34 | 00:40:10 | 00:19:20 | 00:04:04 |
| 161 | 9567 | VICTOR ALMEIDA | TABAQUEIRA | Veterano II | 14 | 00:40:36 | 00:40:36 | 00:19:11 | 00:04:04 |
| 162 | 8249 | Fernando Augusto da Costa Batista | INDIVIDUAL | Seniores | 73 | 00:40:42 | 00:40:33 | 00:19:10 | 00:04:05 |
| 163 | 10574 | Rogério tiago branco | Ataija a correr | Seniores | 74 | 00:40:44 | 00:40:41 | 00:19:16 | 00:04:05 |
| 164 | 9804 | TIAGO SOUSA | INSTITUTO DOS PUPILOS DO EXÉRCITO | Seniores | 75 | 00:40:44 | 00:39:53 | 00:19:47 | 00:04:05 |
| 165 | 7012 | ANTONIO SABIDO | NUCLEOEIRAS/SPORTZONE - ADNO | Veterano IV | 8 | 00:40:46 | 00:40:45 | 00:19:03 | 00:04:05 |
| 166 | 9884 | Isolindo Aderito Faia Felizardo | Barbus - Associação Borba Mais | Seniores | 76 | 00:40:47 | 00:39:34 | 00:19:39 | 00:04:05 |
| 167 | 10288 | João Alberto Vasconcelos Freitas | INDIVIDUAL | Seniores | 77 | 00:40:48 | 00:40:38 | 00:19:24 | 00:04:05 |
| 168 | 9508 | Luis Albuquerque | Açoreana Clube Banif | Veterano I | 28 | 00:40:52 | 00:40:33 | 00:20:16 | 00:04:06 |
| 169 | 7504 | João Pessanha | INDIVIDUAL | Juniores | 17 | 00:40:54 | 00:40:27 | 00:19:11 | 00:04:06 |
| 170 | 8283 | Raul Rodrigues | Amigos do Desporto | Veterano IV | 9 | 00:40:54 | 00:40:54 | 00:19:26 | 00:04:06 |
| 171 | 9907 | HUGO MATOS | Pi-Linha Runners | Seniores | 78 | 00:40:56 | 00:40:54 | 00:19:09 | 00:04:06 |
| 172 | 8929 | Nuno Sousa | Grupo Desportivo Imprensa Nacional Casa da moeda | Seniores | 79 | 00:40:58 | 00:40:51 | 00:19:42 | 00:04:06 |
| 173 | 9953 | MIGUEL ÂNGELO MARQUES NEVES SOBRAL | INDIVIDUAL | Seniores | 80 | 00:41:00 | 00:40:52 | 00:19:53 | 00:04:06 |
| 174 | 9358 | Paulo Pinheiro | INDIVIDUAL | Seniores | 81 | 00:41:01 | 00:40:52 | 00:19:14 | 00:04:07 |
| 175 | 8756 | Abreu Moura | CLAC - Entroncamento | Veterano IV | 10 | 00:41:01 | 00:40:53 | 00:19:34 | 00:04:07 |
| 176 | 8016 | eugenio vaz | INDIVIDUAL | Seniores | 82 | 00:41:02 | 00:41:00 | 00:19:43 | 00:04:07 |
| 177 | 8184 | CARLOS SOARES | CASA DO BENFICA DE PATAIAS | Veterano II | 15 | 00:41:03 | 00:41:00 | 00:19:44 | 00:04:07 |
| 178 | 9317 | TIAGO FILIPE GALVAO LOPES | CASA DO BENFICA DE ALCOBAÇA | Juniores | 18 | 00:41:06 | 00:40:25 | 00:19:18 | 00:04:07 |
| 179 | 10868 | Luis Seco | G.D.R. Figueiras Mª Grande | Veterano III | 17 | 00:41:10 | 00:41:04 | 00:20:08 | 00:04:07 |
| 180 | 9504 | Paulo Pereira | Açoreana Clube Banif | Veterano II | 16 | 00:41:10 | 00:41:03 | 00:20:23 | 00:04:07 |
| 181 | 8937 | João Freire | Grupo Desportivo Imprensa Nacional Casa da moeda | Veterano II | 17 | 00:41:12 | 00:41:07 | 00:19:44 | 00:04:08 |
| 182 | 7070 | José Manuel Gomes Neves | INDIVIDUAL | Veterano I | 29 | 00:41:13 | 00:41:08 | 00:19:39 | 00:04:08 |
| 183 | 9527 | Pedro Silva | FSG Collonge Bellerive - Suíça | Veterano I | 30 | 00:41:15 | 00:41:04 | 00:19:50 | 00:04:08 |
| 184 | 10183 | NUNO MIGUEL RICO CARVALHINHO | INDIVIDUAL | Seniores | 83 | 00:41:16 | 00:41:08 | 00:20:13 | 00:04:08 |
| 185 | 7647 | Teotónio Xavier Neto | ADRC Mata de Benfica | Veterano II | 18 | 00:41:16 | 00:40:54 | 00:19:49 | 00:04:08 |
| 186 | 9347 | JOÃO CALDAS | AUTOCOOPE | Veterano II | 19 | 00:41:18 | 00:40:55 | 00:19:52 | 00:04:08 |
| 187 | 8528 | Joaquim Capela | casa do benfica em alhandra | Veterano I | 31 | 00:41:19 | 00:41:12 | 00:19:49 | 00:04:08 |
| 188 | 10061 | David Marques | CA BARREIRA | Veterano I | 32 | 00:41:19 | 00:40:06 | 00:19:58 | 00:04:08 |
| 189 | 9004 | carlos manuel silva cerdeira | INDIVIDUAL | Seniores | 84 | 00:41:20 | 00:40:57 | 00:19:44 | 00:04:08 |
| 190 | 7046 | Rui Filipe Lopes Figueiredo | INDIVIDUAL | Seniores | 85 | 00:41:20 | 00:41:15 | 00:20:27 | 00:04:08 |
| 191 | 7473 | Luis Miguel Carvalho Neves | INDIVIDUAL | Seniores | 86 | 00:41:20 | 00:41:05 | 00:19:48 | 00:04:08 |
| 192 | 9112 | Luís Rio | Grupo Desportivo e Cultural do Banco de Portugal | Veterano I | 33 | 00:41:24 | 00:41:17 | 00:19:53 | 00:04:09 |
| 193 | 7898 | orlindo figueiredo | SS CGD | Veterano V | 2 | 00:41:27 | 00:41:26 | 00:20:08 | 00:04:09 |
| 194 | 10417 | Dinis Mendes | INDIVIDUAL | Veterano II | 20 | 00:41:29 | 00:41:27 | 00:19:52 | 00:04:09 |
| 195 | 7918 | NUNO REBOCHO | BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO | Seniores | 87 | 00:41:31 | 00:41:30 | 00:19:59 | 00:04:10 |
| 196 | 7917 | NUNO ALDINHAS | BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO | Seniores | 88 | 00:41:31 | 00:41:31 | 00:20:01 | 00:04:10 |
| 197 | 7928 | CARLOS SILVA | BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO | Seniores | 89 | 00:41:31 | 00:41:30 | 00:19:59 | 00:04:10 |
| 198 | 10968 | Gumersindo Rodrigue | Associação de Atletismo Lebres do Sado | Veterano V | 3 | 00:41:32 | 00:41:28 | 00:20:04 | 00:04:10 |
| 199 | 8253 | VITOR NOVAIS | GRUPO DOS AMIGOS DO ATLETISMO DE VILA FRANCA DE XI | Seniores | 90 | 00:41:33 | 00:41:06 | 00:20:03 | 00:04:10 |
| 200 | 9503 | Paulo Ventura | Açoreana Clube Banif | Veterano I | 34 | 00:41:33 | 00:41:14 | 00:20:26 | 00:04:10 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|-----|--------|--|--|--------------|-----|----------|----------|----------|----------|
| 201 | 9511 | Jorge Canteiro | Açoreana Clube Banif | Veterano I | 35 | 00:41:33 | 00:41:17 | 00:20:02 | 00:04:10 |
| 202 | 10568 | GUALTER MANUEL CORDEIRO CONSTANTINO | INDIVIDUAL | Seniores | 91 | 00:41:35 | 00:41:32 | 00:19:33 | 00:04:10 |
| 203 | 8305 | Casimiro Carvalho | Leiria Marcha Atlético Clube | Veterano IV | 11 | 00:41:36 | 00:41:36 | 00:19:33 | 00:04:10 |
| 204 | 7919 | ANTONIO GASPAS | BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO | Veterano III | 18 | 00:41:36 | 00:41:07 | 00:19:53 | 00:04:10 |
| 205 | 9265 | JOSE MOREIRA | INDIVIDUAL | Veterano III | 19 | 00:41:38 | 00:41:36 | 00:19:33 | 00:04:10 |
| 206 | 7924 | JOSÉ VARELA | BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO | Seniores | 92 | 00:41:39 | 00:41:37 | 00:20:18 | 00:04:10 |
| 207 | 11004 | Jaime Goes | Sunset Runners | Seniores | 93 | 00:41:40 | 00:40:51 | 00:20:01 | 00:04:10 |
| 208 | 9328 | Carlos Folgado | G. R. D. Ribeira da Lage | Veterano III | 20 | 00:41:41 | 00:41:38 | 00:20:00 | 00:04:11 |
| 209 | 7056 | SANDRO MIGUEL N. T. SILVA | INDIVIDUAL | Seniores | 94 | 00:41:42 | 00:41:32 | 00:19:45 | 00:04:11 |
| 210 | 9022 | José Gomes | G. D. do Instituto Nacional de Estatística | Veterano IV | 12 | 00:41:43 | 00:41:30 | 00:20:20 | 00:04:11 |
| 211 | 10328 | nuno alexandre guerreiro venancio | INDIVIDUAL | Seniores | 95 | 00:41:49 | 00:41:40 | 00:19:52 | 00:04:11 |
| 212 | 7871 | ANTÓNIO LOURO | GRUPO DESPORTIVO SANTANDER TOTTA | Seniores | 96 | 00:41:50 | 00:41:46 | 00:19:12 | 00:04:11 |
| 213 | 9517 | André Quarenta | Açoreana Clube Banif | Veterano I | 36 | 00:41:52 | 00:41:50 | 00:20:11 | 00:04:12 |
| 214 | 10049 | ALEXEI SCUTARU | GDRC PONTEMOLENSE | Veterano I | 37 | 00:41:52 | 00:41:53 | 00:15:52 | 00:04:12 |
| 215 | 10048 | VERONICA SCUTARU | GDRC PONTE MOLENSE | SenioresF | 8 | 00:41:52 | 00:41:52 | 00:20:01 | 00:04:12 |
| 216 | 8794 | JOAQUIM SANTOS | BANCO CREDIBOM | Veterano I | 38 | 00:41:55 | 00:40:42 | 00:19:34 | 00:04:12 |
| 217 | 10511 | Joao Borba | AABV - LAGOA - ALGARVE | Veterano II | 21 | 00:41:59 | 00:41:52 | 00:20:30 | 00:04:12 |
| 218 | 8834 | carlos fernandes | INDIVIDUAL | Veterano III | 21 | 00:42:00 | 00:41:55 | 00:20:12 | 00:04:12 |
| 219 | 9340 | henrique simao | grupo desportivo diana | Veterano I | 39 | 00:42:01 | 00:41:56 | 00:20:04 | 00:04:13 |
| 220 | 8187 | CARLOS DUARTE | CASA DO BENFICA DE PATAIAS | Veterano II | 22 | 00:42:03 | 00:42:01 | 00:19:50 | 00:04:13 |
| 221 | 9162 | Alexandre Rodrigues | AMIGOS ATLETISMO MAFRA | Seniores | 97 | 00:42:04 | 00:41:07 | 00:20:00 | 00:04:13 |
| 222 | 9995 | ANDRÉ MIRANDA | INDIVIDUAL | Seniores | 98 | 00:42:04 | 00:41:54 | 00:19:58 | 00:04:13 |
| 223 | 8720 | PAULO JORGE DOS SANTOS GUERREIRO | INDIVIDUAL | Veterano II | 23 | 00:42:04 | 00:42:00 | 00:20:37 | 00:04:13 |
| 224 | 7307 | sergio cacherinha | clube elvense de natação | Seniores | 99 | 00:42:04 | 00:42:02 | 00:20:04 | 00:04:13 |
| 225 | 7180 | jose francisco esteves | INDIVIDUAL | Veterano II | 24 | 00:42:05 | 00:41:57 | 00:20:14 | 00:04:13 |
| 226 | 8714 | Armando Correia | Sporting Clube de Casainhos | Seniores | 100 | 00:42:11 | 00:41:55 | 00:19:54 | 00:04:14 |
| 227 | 9930 | José Silva | Clube Desportivo de Mafra | Veterano II | 25 | 00:42:11 | 00:42:09 | 00:21:08 | 00:04:14 |
| 228 | 8906 | Francisco Lima | INDIVIDUAL | Seniores | 101 | 00:42:12 | 00:41:25 | 00:20:00 | 00:04:14 |
| 229 | 9103 | Bruno Pires | Grupo Desportivo e Cultural do Banco de Portugal | Seniores | 102 | 00:42:13 | 00:40:47 | 00:19:33 | 00:04:14 |
| 230 | 10121 | PEDRO SILVA | INDIVIDUAL | Seniores | 103 | 00:42:14 | 00:42:12 | 00:20:02 | 00:04:14 |
| 231 | 9246 | AUGUSTO CRUZ | CAP | Veterano V | 4 | 00:42:14 | 00:42:09 | 00:20:29 | 00:04:14 |
| 232 | 10873 | DIOGO VICTOR | INDIVIDUAL | Seniores | 104 | 00:42:15 | 00:42:00 | 00:20:32 | 00:04:14 |
| 233 | 10789 | Tiago Vargas | INDIVIDUAL | Seniores | 105 | 00:42:17 | 00:41:01 | 00:20:20 | 00:04:14 |
| 234 | 9169 | José Gonçalves | AMIGOS ATLETISMO MAFRA | Veterano II | 26 | 00:42:17 | 00:42:04 | 00:20:15 | 00:04:14 |
| 235 | 8706 | Rui Henriques | Educação Popular | Seniores | 106 | 00:42:18 | 00:41:22 | 00:19:57 | 00:04:14 |
| 236 | 8880 | ARTUR GONÇALVES | OS FLECHAS | Seniores | 107 | 00:42:19 | 00:42:06 | 00:19:54 | 00:04:14 |
| 237 | 9542 | JOAO PAULO MARTINHO LUIS | INDIVIDUAL | Veterano II | 27 | 00:42:20 | 00:42:19 | 00:20:08 | 00:04:14 |
| 238 | 7525 | JOÃO DIAS XAVIER | INDIVIDUAL | Veterano I | 40 | 00:42:20 | 00:42:16 | 00:20:35 | 00:04:14 |
| 239 | 10298 | Henrique Sordo | INDIVIDUAL | Veterano I | 41 | 00:42:22 | 00:42:09 | 00:20:51 | 00:04:15 |
| 240 | 10373 | Raul Quaresma | o mundo da corrida | Seniores | 108 | 00:42:23 | 00:42:06 | 00:20:14 | 00:04:15 |
| 241 | 7872 | ANTÓNIO FERREIRA | GRUPO DESPORTIVO SANTANDER TOTTA | Veterano I | 42 | 00:42:23 | 00:42:13 | 00:20:38 | 00:04:15 |
| 242 | 9156 | Joaquim Viegas | INDIVIDUAL | Veterano II | 28 | 00:42:23 | 00:41:31 | 00:20:19 | 00:04:15 |
| 243 | 9329 | Paulo Lopes | G. R. D. Ribeira da Lage | Veterano I | 43 | 00:42:27 | 00:42:26 | 00:19:50 | 00:04:15 |
| 244 | 9414 | Alexandra Alves | Açoreana Clube Banif | SenioresF | 9 | 00:42:27 | 00:42:18 | 00:20:38 | 00:04:15 |
| 245 | 7617 | PEDRO RAMOS | CLUBE FERROVIÁRIO DE PORTUGAL | Seniores | 109 | 00:42:27 | 00:42:08 | 00:20:25 | 00:04:15 |
| 246 | 10967 | Ana Maria Gomes | INDIVIDUAL | Veteranas II | 1 | 00:42:27 | 00:42:08 | 00:20:03 | 00:04:15 |
| 247 | 10966 | Duarte Nuno Antunes da Ponte | INDIVIDUAL | Seniores | 110 | 00:42:28 | 00:42:10 | 00:20:03 | 00:04:15 |
| 248 | 8758 | José Vital | CLAC - Entroncamento | Veterano II | 29 | 00:42:28 | 00:42:20 | 00:20:40 | 00:04:15 |
| 249 | 10416 | Marco Gonçalves Albuquerque das Neves Campos | INDIVIDUAL | Seniores | 111 | 00:42:29 | 00:42:25 | 00:19:56 | 00:04:15 |
| 250 | 9420 | Francisco Calçada | Açoreana Clube Banif | Veterano II | 30 | 00:42:32 | 00:42:22 | 00:20:08 | 00:04:16 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|-----|--------|---------------------------------------|-----------------------------------|--------------|-----|----------|----------|----------|----------|
| 251 | 7709 | ANTONIO SANTOS | EDP | Veterano IV | 13 | 00:42:34 | 00:42:25 | 00:20:33 | 00:04:16 |
| 252 | 10601 | Diogo António Barreira | INDIVIDUAL | Seniores | 112 | 00:42:38 | 00:42:32 | 00:20:14 | 00:04:16 |
| 253 | 10181 | JOSE BAPTISTA | INDIVIDUAL | Veterano II | 31 | 00:42:39 | 00:42:37 | 00:19:56 | 00:04:16 |
| 254 | 7679 | Helder Rui Lopes Carvalho Marques | INDIVIDUAL | Veterano II | 32 | 00:42:39 | 00:42:30 | 00:20:26 | 00:04:16 |
| 255 | 9626 | Joaquim Santos | INDIVIDUAL | Veterano I | 44 | 00:42:40 | 00:41:29 | 00:19:55 | 00:04:16 |
| 256 | 8011 | MARTIM D'ARAUJO JORGE | RUN 4 FUN | Seniores | 113 | 00:42:40 | 00:42:38 | 00:19:39 | 00:04:16 |
| 257 | 8613 | carlos rosado | CLUBE RUGBY JUROMENHA | Veterano I | 45 | 00:42:41 | 00:41:47 | 00:20:35 | 00:04:17 |
| 258 | 9768 | João Manuel Mendonça Roque | 4 ao Km | Veterano II | 33 | 00:42:43 | 00:42:30 | 00:19:50 | 00:04:17 |
| 259 | 8050 | DIOGO LEÓNIDAS | REPSOL PORTUGUESA | Veterano II | 34 | 00:42:45 | 00:42:36 | 00:20:33 | 00:04:17 |
| 260 | 8918 | Sadiq Murade Kassamo | INDIVIDUAL | Seniores | 114 | 00:42:51 | 00:42:42 | 00:20:32 | 00:04:18 |
| 261 | 8560 | RICARDO SÉRGIO ESTRELA LOBO | C.A. Amigos Parque da Paz | Seniores | 115 | 00:42:54 | 00:42:22 | 00:19:59 | 00:04:18 |
| 262 | 8753 | Mário Abegão | CLAC - Entroncamento | Veterano I | 46 | 00:42:55 | 00:42:45 | 00:20:39 | 00:04:18 |
| 263 | 8289 | João Paulo Cardoso | INDIVIDUAL | Seniores | 116 | 00:42:56 | 00:42:50 | 00:19:44 | 00:04:18 |
| 264 | 9792 | JULIANA RODRIGUES | INSTITUTO DOS PUPILOS DO EXÉRCITO | SenioresF | 10 | 00:42:56 | 00:42:22 | 00:20:43 | 00:04:18 |
| 265 | 8379 | MARCO MOUTINHO | INDIVIDUAL | Seniores | 117 | 00:42:57 | 00:42:29 | 00:20:50 | 00:04:18 |
| 266 | 9344 | TIAGA TELES | AUTOCOOPE | SenioresF | 11 | 00:43:01 | 00:42:39 | 00:20:45 | 00:04:19 |
| 267 | 8290 | Justiniano Francisco da Silva | INDIVIDUAL | Veterano II | 35 | 00:43:02 | 00:42:54 | 00:20:18 | 00:04:19 |
| 268 | 10026 | RUI JOSE NASCIMENTO PIRES | PASSATEMPO EDP | Veterano III | 22 | 00:43:02 | 00:42:57 | 00:20:39 | 00:04:19 |
| 269 | 7011 | LINO SANTOS | NUCLEOEIRAS/SPORTZONE - ADNO | Veterano II | 36 | 00:43:03 | 00:43:01 | 00:20:20 | 00:04:19 |
| 270 | 8129 | Tiago David Henriques Silva | INDIVIDUAL | Seniores | 118 | 00:43:04 | 00:42:42 | 00:20:15 | 00:04:19 |
| 271 | 9230 | Joaquim Semedo Fidalgo | TEJAVISTA | Veterano III | 23 | 00:43:06 | 00:42:30 | 00:20:34 | 00:04:19 |
| 272 | 9833 | Pedro Rosa Relha | INDIVIDUAL | Veterano II | 37 | 00:43:07 | 00:43:03 | 00:20:28 | 00:04:19 |
| 273 | 9975 | David Ventura Gonçalves | INDIVIDUAL | Seniores | 119 | 00:43:09 | 00:42:16 | 00:20:45 | 00:04:19 |
| 274 | 7753 | Rúben José Camacho | INDIVIDUAL | Seniores | 120 | 00:43:11 | 00:43:07 | 00:20:33 | 00:04:20 |
| 275 | 7556 | ANTONIO RENATO ALMEIDA MONTEIRO BOTAO | CLUBE MILLENNIUM BCP | Juniores | 19 | 00:43:12 | 00:43:11 | 00:20:00 | 00:04:20 |
| 276 | 8546 | AJPereira | INDIVIDUAL | Veterano III | 24 | 00:43:13 | 00:43:05 | 00:20:30 | 00:04:20 |
| 277 | 8627 | Rui Geraldés | Rail Runners | Veterano II | 38 | 00:43:13 | 00:43:13 | 00:20:58 | 00:04:20 |
| 278 | 7313 | OZIEL PAULO DE SOUZA | INDIVIDUAL | Seniores | 121 | 00:43:16 | 00:42:56 | 00:19:39 | 00:04:20 |
| 279 | 8262 | Renato Santos Clara | Táleno P`ra Correr Team | Veterano II | 39 | 00:43:16 | 00:42:47 | 00:20:50 | 00:04:20 |
| 280 | 9803 | JOSÉ VENÂNCIO | INSTITUTO DOS PUPILOS DO EXÉRCITO | Seniores | 122 | 00:43:17 | 00:42:26 | 00:20:36 | 00:04:20 |
| 281 | 8045 | Paulo Patrão | INDIVIDUAL | Seniores | 124 | 00:43:18 | 00:42:27 | 00:21:03 | 00:04:20 |
| 282 | 8192 | DARIO CABETE | CASA DO BENFICA DE PATAIAS | Seniores | 123 | 00:43:18 | 00:42:49 | 00:20:51 | 00:04:20 |
| 283 | 7007 | PEDRO SANTOS | INDIVIDUAL | Seniores | 125 | 00:43:19 | 00:43:20 | 00:20:22 | 00:04:20 |
| 284 | 7008 | PAULO PINHEIRO | MARATONA CLUBE DE PORTUGAL | Seniores | 126 | 00:43:19 | 00:43:20 | 00:20:22 | 00:04:20 |
| 285 | 10455 | Victor Parreira | INDIVIDUAL | Veterano V | 5 | 00:43:22 | 00:42:55 | 00:20:58 | 00:04:21 |
| 286 | 9245 | PAULO GAMBOA | CAP | Veterano I | 47 | 00:43:23 | 00:43:19 | 00:20:33 | 00:04:21 |
| 287 | 7041 | Helena Isabel Da Silva Miranda | INDIVIDUAL | SenioresF | 12 | 00:43:28 | 00:43:09 | 00:20:09 | 00:04:21 |
| 288 | 10412 | PAULO JORGE D. R. SANTOS | INDIVIDUAL | Veterano II | 40 | 00:43:29 | 00:42:56 | 00:20:42 | 00:04:21 |
| 289 | 8849 | AUGUSTO PORTUGAL | SERVIÇOS SOCIAIS MONTEPIO | Seniores | 127 | 00:43:29 | 00:42:58 | 00:20:53 | 00:04:21 |
| 290 | 7471 | Carlos Tiago | INDIVIDUAL | Seniores | 128 | 00:43:34 | 00:43:08 | 00:21:08 | 00:04:22 |
| 291 | 7873 | ANTÓNIO CRUZ | GRUPO DESPORTIVO SANTANDER TOTTA | Veterano V | 6 | 00:43:35 | 00:43:27 | 00:21:33 | 00:04:22 |
| 292 | 10235 | Mauro José Pimenta | INDIVIDUAL | Seniores | 129 | 00:43:35 | 00:43:21 | 00:21:24 | 00:04:22 |
| 293 | 7870 | AUGUSTO LOPES | GRUPO DESPORTIVO SANTANDER TOTTA | Veterano IV | 14 | 00:43:36 | 00:43:28 | 00:21:33 | 00:04:22 |
| 294 | 8796 | CARLOS PATO | INSTITUTO DOS PUPILOS DO EXÉRCITO | Veterano I | 48 | 00:43:36 | 00:41:34 | 00:21:02 | 00:04:22 |
| 295 | 10508 | Soraia Inacio | AABV - LAGOA - ALGARVE | SenioresF | 13 | 00:43:37 | 00:43:15 | 00:21:00 | 00:04:22 |
| 296 | 7384 | JOSE FRANCISCO MIRANDA | INDIVIDUAL | Veterano III | 25 | 00:43:39 | 00:43:11 | 00:20:40 | 00:04:22 |
| 297 | 8574 | PAULO CARMO | JORNAL A BOLA | Seniores | 130 | 00:43:39 | 00:43:37 | 00:20:46 | 00:04:22 |
| 298 | 7402 | Ivan Tavares | Marriott Lisboa | Seniores | 131 | 00:43:39 | 00:42:31 | 00:20:32 | 00:04:22 |
| 299 | 7206 | TIAGO PEREIRA | EDP | Seniores | 132 | 00:43:43 | 00:43:10 | 00:20:31 | 00:04:23 |
| 300 | 10471 | Armindo Romana | INDIVIDUAL | Seniores | 133 | 00:43:44 | 00:42:19 | 00:21:19 | 00:04:23 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|-----|--------|---------------------------------|--|---------------|-----|----------|----------|----------|----------|
| 301 | 8635 | Rui Pinela | Bladerunners | Veterano I | 49 | 00:43:45 | 00:42:27 | 00:20:57 | 00:04:23 |
| 302 | 8700 | MARIA RIBEIRO | HONDA | Veteranas III | 2 | 00:43:45 | 00:41:44 | | 00:04:23 |
| 303 | 7251 | Hugo Pinto | CCDT Metro LX | Seniores | 134 | 00:43:45 | 00:43:22 | 00:20:55 | 00:04:23 |
| 304 | 10897 | EMIDIO MARQUES | INDIVIDUAL | Seniores | 136 | 00:43:46 | 00:43:17 | 00:20:42 | 00:04:23 |
| 305 | 10467 | Isac José Lage Vilhena | INDIVIDUAL | Seniores | 135 | 00:43:46 | 00:43:39 | 00:21:19 | 00:04:23 |
| 306 | 10815 | LUIS MIGUEL SIMOES COSTA | INDIVIDUAL | Seniores | 137 | 00:43:47 | 00:43:02 | 00:20:54 | 00:04:23 |
| 307 | 9604 | André Nunes | INDIVIDUAL | Juniores | 20 | 00:43:48 | 00:42:56 | 00:20:22 | 00:04:23 |
| 308 | 7304 | joao relvas | clube elvensê de nataçãõ | Seniores | 138 | 00:43:53 | 00:43:54 | 00:20:35 | 00:04:24 |
| 309 | 9470 | Pedro Miguel dos Santos Rosa | INDIVIDUAL | Seniores | 139 | 00:43:55 | 00:43:50 | 00:20:29 | 00:04:24 |
| 310 | 10217 | Diogo Travassos | INDIVIDUAL | Seniores | 140 | 00:43:56 | 00:43:09 | 00:20:31 | 00:04:24 |
| 311 | 10479 | GONCALO LOPES | Run4Fun | Seniores | 141 | 00:43:58 | 00:43:01 | 00:21:22 | 00:04:24 |
| 312 | 10522 | João Paulo Rego Martins | INDIVIDUAL | Seniores | 142 | 00:44:00 | 00:42:39 | 00:20:41 | 00:04:24 |
| 313 | 7338 | João Manuel de Matos Cadete | INDIVIDUAL | Veterano II | 41 | 00:44:00 | 00:43:53 | 00:20:53 | 00:04:24 |
| 314 | 10353 | Miguel Cardoso | INDIVIDUAL | Seniores | 143 | 00:44:00 | 00:43:43 | 00:20:32 | 00:04:24 |
| 315 | 9101 | ANDRÉ BRAZ RODRIGUES PATO | INDIVIDUAL | Seniores | 144 | 00:44:01 | 00:43:59 | 00:21:10 | 00:04:25 |
| 316 | 9692 | EDUARDO RESENE | AFIS /OVAR | Veterano V | 7 | 00:44:03 | 00:43:59 | 00:21:29 | 00:04:25 |
| 317 | 7109 | Pedro Alexandre Gomes Ferreira | INDIVIDUAL | Seniores | 145 | 00:44:04 | 00:43:03 | 00:21:19 | 00:04:25 |
| 318 | 8647 | PEDRO FERREIRA | JAZZY LIFE CLUB | Seniores | 146 | 00:44:04 | 00:43:17 | 00:20:38 | 00:04:25 |
| 319 | 9611 | Miguel Valente Fernandes | INDIVIDUAL | Seniores | 147 | 00:44:06 | 00:43:53 | 00:22:30 | 00:04:25 |
| 320 | 8308 | Paulo Jorge E C Menezes | INDIVIDUAL | Veterano I | 50 | 00:44:09 | 00:43:54 | 00:21:25 | 00:04:25 |
| 321 | 7123 | Rui Manuel Pereira Carreira | INDIVIDUAL | Veterano II | 42 | 00:44:10 | 00:44:01 | 00:20:59 | 00:04:25 |
| 322 | 7632 | JOÃO PAULO PEREIRA | CLUBE FERROVIÁRIO DE PORTUGAL | Seniores | 148 | 00:44:12 | 00:44:09 | 00:21:00 | 00:04:26 |
| 323 | 7634 | CLAÚDIO BERNARDINO | CLUBE FERROVIÁRIO DE PORTUGAL | Seniores | 149 | 00:44:12 | 00:44:09 | 00:21:00 | 00:04:26 |
| 324 | 8914 | TELMO RODRIGUES | INDIVIDUAL | Veterano I | 51 | 00:44:14 | 00:43:53 | 00:21:25 | 00:04:26 |
| 325 | 10824 | Fábio Felizardo | Sunset Runners | Seniores | 150 | 00:44:14 | 00:43:25 | 00:21:20 | 00:04:26 |
| 326 | 7022 | CARLOS JESUS | A MINHA CORRIDA | Veterano II | 43 | 00:44:15 | 00:43:16 | 00:21:30 | 00:04:26 |
| 327 | 8431 | ANTONIO FERNANDES | INDIVIDUAL | Veterano V | 8 | 00:44:15 | 00:44:15 | 00:31:11 | 00:04:26 |
| 328 | 10818 | Diogo Ferreira | n.a. | Seniores | 151 | 00:44:15 | 00:42:48 | 00:21:02 | 00:04:26 |
| 329 | 10476 | BRUNO FERNANDO PIEDADE | INDIVIDUAL | Veterano I | 52 | 00:44:15 | 00:43:30 | 00:21:20 | 00:04:26 |
| 330 | 10388 | LUIS MIGUEL SANTOS BERNARDINO | EDP | Seniores | 152 | 00:44:15 | 00:43:42 | 00:21:26 | 00:04:26 |
| 331 | 9417 | Paulo Torrão | Açoreana Clube Banif | Veterano I | 53 | 00:44:16 | 00:43:57 | 00:20:57 | 00:04:26 |
| 332 | 8284 | José Luís Ferreira Pires | Clube Desportivo e Recreativo Ribeirinho | Veterano IV | 15 | 00:44:16 | 00:44:15 | 00:20:38 | 00:04:26 |
| 333 | 9053 | Manuel Pereira | INDIVIDUAL | Veterano I | 54 | 00:44:16 | 00:41:56 | 00:20:30 | 00:04:26 |
| 334 | 8174 | FERNANDO LOURENÇO | CASA DO BENFICA EM AGUALVA CACEM | Veterano II | 44 | 00:44:17 | 00:42:47 | 00:21:18 | 00:04:26 |
| 335 | 9257 | Nuno Gonçalo | INDIVIDUAL | Seniores | 153 | 00:44:17 | 00:42:50 | 00:21:09 | 00:04:26 |
| 336 | 7273 | miguel ferreira | superfresco team | Seniores | 154 | 00:44:17 | 00:43:27 | 00:21:21 | 00:04:26 |
| 337 | 8261 | antero martins | Táleno P`ra Correr Team | Veterano I | 55 | 00:44:17 | 00:43:43 | 00:21:17 | 00:04:26 |
| 338 | 10867 | Telmo Sousa Paulino | INDIVIDUAL | Seniores | 155 | 00:44:18 | 00:44:12 | 00:21:16 | 00:04:26 |
| 339 | 10456 | Vitor Galego | n.a. | Veterano I | 56 | 00:44:21 | 00:43:49 | 00:20:52 | 00:04:27 |
| 340 | 8464 | JOAQUIM EPIMÉNIO OLIVEIRA | EDP-LUMIAR | Veterano II | 45 | 00:44:21 | 00:44:14 | 00:21:14 | 00:04:27 |
| 341 | 8885 | luis caleiras | INDIVIDUAL | Veterano I | 57 | 00:44:22 | 00:44:02 | 00:20:59 | 00:04:27 |
| 342 | 10953 | PEDRO FERRABELO ROSA | INDIVIDUAL | Seniores | 156 | 00:44:22 | 00:44:05 | 00:21:09 | 00:04:27 |
| 343 | 7246 | João Miranda | CCDT Metro LX | Veterano III | 26 | 00:44:24 | 00:44:14 | 00:21:39 | 00:04:27 |
| 344 | 10616 | LUIS CAETANO | INDIVIDUAL | Veterano I | 58 | 00:44:24 | 00:44:08 | 00:21:05 | 00:04:27 |
| 345 | 9891 | Carlos Manuel Silvestre Jacinto | INDIVIDUAL | Veterano I | 59 | 00:44:27 | 00:44:17 | 00:21:22 | 00:04:27 |
| 346 | 8622 | Rafael Assunção | Rail Runners | Seniores | 157 | 00:44:27 | 00:43:22 | 00:20:40 | 00:04:27 |
| 347 | 7371 | VITOR CARLOS CHAGAS SANTOS | DOCE CANTINHO COIMBRÃ ATOUGUIA | Seniores | 158 | 00:44:27 | 00:43:56 | 00:21:11 | 00:04:27 |
| 348 | 7671 | José Joaquim Pinheiro Martins | INDIVIDUAL | Veterano IV | 16 | 00:44:28 | 00:43:50 | 00:21:27 | 00:04:27 |
| 349 | 10751 | Bento Jorge Ribeiro | INDIVIDUAL | Veterano III | 27 | 00:44:28 | 00:44:03 | 00:21:35 | 00:04:27 |
| 350 | 10145 | LUIS BRANCO | PUPILOS | Veterano III | 28 | 00:44:28 | 00:43:07 | 00:21:40 | 00:04:27 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|-----|--------|--|--|--------------|-----|----------|----------|----------|----------|
| 351 | 7981 | PEDRO TEIXEIRA | FUND BOX | Veterano I | 60 | 00:44:30 | 00:44:20 | 00:21:37 | 00:04:27 |
| 352 | 9217 | ESTEVAO JOSE RIBEIRO MENDES ANTUNES | INDIVIDUAL | Seniores | 159 | 00:44:31 | 00:44:29 | 00:21:11 | 00:04:28 |
| 353 | 10733 | Pedro Rosa Afonso | INDIVIDUAL | Veterano II | 46 | 00:44:31 | 00:43:47 | 00:21:23 | 00:04:28 |
| 354 | 7958 | Fernando Paulino | Asas nos Pés | Seniores | 160 | 00:44:35 | 00:42:37 | 00:20:06 | 00:04:28 |
| 355 | 8175 | JOÃO RAFAEL DE SOUSA OLIVEIRA | CASA DO BENFICA MONÇÃO | Seniores | 161 | 00:44:35 | 00:44:34 | 00:21:24 | 00:04:28 |
| 356 | 8179 | MANUEL SÁ GARCIA | CASA DO BENFICA MONÇÃO | Veterano III | 29 | 00:44:36 | 00:44:34 | 00:21:24 | 00:04:28 |
| 357 | 7857 | SALVADOR AFONSO | GRUPO DESPORTIVO SANTANDER TOTTA | Veterano III | 30 | 00:44:36 | 00:44:02 | 00:21:13 | 00:04:28 |
| 358 | 7762 | José S. Augusto | Falcões Selvagens | Veterano III | 31 | 00:44:38 | 00:44:10 | 00:21:46 | 00:04:28 |
| 359 | 7065 | ricardo pedroso | os rebenta(dos) | Seniores | 162 | 00:44:39 | 00:43:56 | 00:21:45 | 00:04:28 |
| 360 | 10534 | joaquim manuel azevedo | INDIVIDUAL | Veterano II | 47 | 00:44:39 | 00:44:35 | 00:21:57 | 00:04:28 |
| 361 | 9034 | JOSÉ MANUEL FERNANDES FIGUEIREDO | INDIVIDUAL | Veterano III | 32 | 00:44:40 | 00:43:56 | 00:21:26 | 00:04:28 |
| 362 | 8759 | José Fidélío | CLAC - Entroncamento | Veterano IV | 17 | 00:44:41 | 00:44:32 | 00:21:34 | 00:04:29 |
| 363 | 10510 | Paulo Nascimento | AABV - LAGOA - ALGARVE | Veterano I | 61 | 00:44:44 | 00:44:19 | 00:22:01 | 00:04:29 |
| 364 | 9327 | Fernando Correia | G. R. D. Ribeira da Lage | Veterano II | 48 | 00:44:44 | 00:44:44 | 00:21:21 | 00:04:29 |
| 365 | 9474 | joaquim cunha | os arracaparalelos | Veterano II | 49 | 00:44:45 | 00:44:11 | 00:21:13 | 00:04:29 |
| 366 | 8913 | PAULO BERNARDO | INDIVIDUAL | Veterano II | 50 | 00:44:47 | 00:44:25 | 00:21:28 | 00:04:29 |
| 367 | 10381 | Paulo Jorge da silva matos | INDIVIDUAL | Veterano I | 62 | 00:44:47 | 00:44:23 | 00:21:08 | 00:04:29 |
| 368 | 10515 | Antonio Ferreira | AABV - LAGOA - ALGARVE | Veterano II | 51 | 00:44:48 | 00:44:27 | 00:21:27 | 00:04:29 |
| 369 | 9185 | Duarte Miguel Cabete | INDIVIDUAL | Seniores | 163 | 00:44:49 | 00:43:21 | 00:21:08 | 00:04:29 |
| 370 | 10106 | JORGE POLIDORO | INDIVIDUAL | Veterano II | 52 | 00:44:49 | 00:44:07 | 00:22:30 | 00:04:29 |
| 371 | 10105 | MARCIO JACINTO | INDIVIDUAL | Seniores | 164 | 00:44:49 | 00:44:08 | 00:22:31 | 00:04:29 |
| 372 | 10674 | Luis Mendes | INDIVIDUAL | Seniores | 165 | 00:44:49 | 00:44:09 | 00:21:35 | 00:04:29 |
| 373 | 10107 | JOAO JACINTO | INDIVIDUAL | Veterano III | 33 | 00:44:49 | 00:44:09 | 00:22:32 | 00:04:29 |
| 374 | 8531 | André Filipe do Espírito Santo Robalo | INDIVIDUAL | Seniores | 166 | 00:44:51 | 00:44:06 | 00:21:13 | 00:04:30 |
| 375 | 8816 | LUIS SIMÕES | BRANDOA CORRE | Seniores | 167 | 00:44:51 | 00:44:08 | 00:21:36 | 00:04:30 |
| 376 | 7858 | RUI MACHADINHO | GRUPO DESPORTIVO SANTANDER TOTTA | Seniores | 168 | 00:44:51 | 00:44:18 | 00:21:11 | 00:04:30 |
| 377 | 9310 | Duarte Nuno Gomes Pinheiro | INDIVIDUAL | Seniores | 169 | 00:44:52 | 00:42:38 | 00:20:27 | 00:04:30 |
| 378 | 8487 | Carlos Manuel Venâncio | CLUBE COLABORADORES AXA | Veterano III | 34 | 00:44:52 | 00:44:39 | 00:21:24 | 00:04:30 |
| 379 | 10839 | Nuno Martins | INDIVIDUAL | Seniores | 170 | 00:44:52 | 00:44:43 | 00:21:31 | 00:04:30 |
| 380 | 10308 | Carlos Arsénio Salvaterra dos Santos | INDIVIDUAL | Seniores | 171 | 00:44:53 | 00:44:53 | 00:21:40 | 00:04:30 |
| 381 | 9152 | Bento Maria da Conceição Palma | A.C.R.D Reixida | Seniores | 172 | 00:44:53 | 00:44:42 | 00:21:46 | 00:04:30 |
| 382 | 9956 | FERNANDO JORGE ROCHA | INDIVIDUAL | Veterano II | 53 | 00:44:54 | 00:44:54 | 00:23:08 | 00:04:30 |
| 383 | 8168 | CARLOS ALBERTO CORTE REAL NATHIS | CASA DO BENFICA QUARTEIRA | Veterano II | 54 | 00:44:54 | 00:44:03 | 00:21:29 | 00:04:30 |
| 384 | 8749 | Renato Martins | CLAC - Entroncamento | Veterano I | 63 | 00:44:55 | 00:44:14 | 00:21:45 | 00:04:30 |
| 385 | 9857 | Bruno Soares Rodrigues | INDIVIDUAL | Seniores | 173 | 00:44:55 | 00:43:58 | 00:21:37 | 00:04:30 |
| 386 | 9319 | BRUNO DANIEL RODRIGUES DE ALMEIDA | CASA DO BENFICA DE ALCOBAÇA | Seniores | 174 | 00:44:56 | 00:44:14 | 00:22:56 | 00:04:30 |
| 387 | 9512 | Virgilio Oliveira | Açoreana Clube Banif | Veterano III | 35 | 00:44:56 | 00:44:24 | 00:21:39 | 00:04:30 |
| 388 | 10872 | Jorge André Pellaio de Moura Borges de Sousa | INDIVIDUAL | Seniores | 175 | 00:44:57 | 00:44:01 | 00:20:58 | 00:04:30 |
| 389 | 10115 | EDGAR FERREIRA | INDIVIDUAL | Seniores | 176 | 00:44:57 | 00:43:53 | 00:21:55 | 00:04:30 |
| 390 | 9409 | Pedro Gonçalves Cardoso | Basiliscos Sport Clube | Seniores | 177 | 00:44:57 | 00:43:12 | 00:21:29 | 00:04:30 |
| 391 | 9111 | José Monteiro | Grupo Desportivo e Cultural do Banco de Portugal | Veterano IV | 18 | 00:44:58 | 00:43:22 | 00:21:57 | 00:04:30 |
| 392 | 9502 | Ricardo Alves | Açoreana Clube Banif | Seniores | 178 | 00:44:58 | 00:44:45 | 00:21:26 | 00:04:30 |
| 393 | 7029 | LILIANA RIBEIRO FERNANDES | A MINHA CORRIDA | SenioresF | 14 | 00:44:59 | 00:44:34 | 00:23:07 | 00:04:30 |
| 394 | 10195 | ANDRE PIRES | EDP | Seniores | 179 | 00:45:00 | 00:44:56 | 00:21:22 | 00:04:30 |
| 395 | 10747 | jose alberto rodrigues | INDIVIDUAL | Veterano III | 36 | 00:45:00 | 00:44:28 | 00:21:50 | 00:04:30 |
| 396 | 7672 | Hélio Palma | CCD Tranquilidade | Seniores | 180 | 00:45:01 | 00:44:54 | 00:20:35 | 00:04:31 |
| 397 | 9012 | MARCO MORGADO | INDIVIDUAL | Seniores | 181 | 00:45:01 | 00:44:40 | 00:21:16 | 00:04:31 |
| 398 | 9783 | Arlindo Pinto | C.A. OVAR | Veterano IV | 19 | 00:45:02 | 00:44:57 | 00:22:03 | 00:04:31 |
| 399 | 9697 | PAULO OLIVEIRA | AFIS /OVAR | Veterano II | 55 | 00:45:02 | 00:44:25 | 00:21:14 | 00:04:31 |
| 400 | 9005 | Mário Jorge Santos Dinis | INDIVIDUAL | Seniores | 182 | 00:45:03 | 00:44:44 | 00:21:24 | 00:04:31 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|-----|--------|---------------------------------------|--|--------------|-----|----------|----------|----------|----------|
| 401 | 7075 | Hélio Marco Pereirinha Pereira | INDIVIDUAL | Seniores | 183 | 00:45:04 | 00:44:40 | 00:21:39 | 00:04:31 |
| 402 | 7920 | JOSÉ DELCA | BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO | Juniores | 21 | 00:45:04 | 00:45:01 | 00:21:24 | 00:04:31 |
| 403 | 10852 | João Gonçalo Tiago Miranda | INDIVIDUAL | Seniores | 184 | 00:45:05 | 00:44:53 | 00:21:04 | 00:04:31 |
| 404 | 7034 | evandro leopoldino silva | CCD Renault/ Cacia | Veterano I | 64 | 00:45:07 | 00:44:20 | 00:21:34 | 00:04:31 |
| 405 | 10779 | Jose Luis Alves | INDIVIDUAL | Veterano II | 56 | 00:45:09 | 00:44:31 | 00:21:43 | 00:04:31 |
| 406 | 10791 | Paulo Ricardo Correia Mota de Almeida | INDIVIDUAL | Seniores | 185 | 00:45:09 | 00:44:15 | 00:21:48 | 00:04:31 |
| 407 | 7878 | Filipe Ramalho | Amigos Vale Silencio | Seniores | 186 | 00:45:10 | 00:44:37 | 00:21:47 | 00:04:31 |
| 408 | 7811 | Paulo Jorge Marques Guedelha | INDIVIDUAL | Seniores | 187 | 00:45:11 | 00:44:56 | 00:21:17 | 00:04:32 |
| 409 | 7808 | Elvino Freire Marques | INDIVIDUAL | Seniores | 188 | 00:45:11 | 00:44:55 | 00:21:16 | 00:04:32 |
| 410 | 10241 | Carlos Manuel Dinis Carranca | INDIVIDUAL | Veterano II | 57 | 00:45:11 | 00:44:53 | 00:21:55 | 00:04:32 |
| 411 | 7810 | Joaquim Daniel Brito dos Santos | INDIVIDUAL | Veterano I | 65 | 00:45:11 | 00:44:55 | 00:21:16 | 00:04:32 |
| 412 | 8381 | PEDRO MOREIRA | INDIVIDUAL | Seniores | 189 | 00:45:12 | 00:44:44 | 00:21:32 | 00:04:32 |
| 413 | 7468 | jose eduardo pena | INDIVIDUAL | Veterano II | 58 | 00:45:14 | 00:44:46 | 00:22:07 | 00:04:32 |
| 414 | 10882 | Inacio Silva Camacho | INDIVIDUAL | Seniores | 190 | 00:45:14 | 00:44:57 | 00:21:57 | 00:04:32 |
| 415 | 9149 | CARLOS MANUEL NEVES | INDIVIDUAL | Veterano II | 59 | 00:45:15 | 00:44:54 | 00:21:47 | 00:04:32 |
| 416 | 8321 | Nuno Fernandes | INDIVIDUAL | Seniores | 191 | 00:45:21 | 00:44:31 | 00:21:09 | 00:04:33 |
| 417 | 7760 | Agostinho Valente | Falcões Selvagens | Seniores | 192 | 00:45:21 | 00:44:54 | 00:21:49 | 00:04:33 |
| 418 | 10364 | JORGE PINTO | GENIUS | Veterano V | 9 | 00:45:21 | 00:44:35 | | 00:04:33 |
| 419 | 7042 | Bruno Miguel Amaral Aires | INDIVIDUAL | Seniores | 193 | 00:45:22 | 00:45:03 | 00:20:55 | 00:04:33 |
| 420 | 9419 | Nelson Mota | Açoreana Clube Banif | Veterano I | 66 | 00:45:23 | 00:45:21 | 00:21:45 | 00:04:33 |
| 421 | 8304 | Daniela Cardoso | Leiria Marcha Atlético Clube | SenioresF | 15 | 00:45:26 | 00:45:27 | 00:21:28 | 00:04:33 |
| 422 | 7315 | José Oliveira | INDIVIDUAL | Veterano II | 60 | 00:45:27 | 00:44:15 | 00:21:54 | 00:04:33 |
| 423 | 7596 | RODRIGO ANTONIO CABACO FERREIRA | CLUBE MILLENNIUM BCP | Seniores | 194 | 00:45:27 | 00:45:27 | 00:21:59 | 00:04:33 |
| 424 | 8247 | Vítor Veloso | Casa do Benfica no Seixal | Seniores | 195 | 00:45:28 | 00:45:20 | 00:21:47 | 00:04:33 |
| 425 | 7296 | JOSÉ ANTÓNIO SANTOS FREITAS | INDIVIDUAL | Veterano III | 37 | 00:45:28 | 00:45:17 | 00:20:56 | 00:04:33 |
| 426 | 8465 | MANUEL MARTINS | EDP-LUMIAR | Veterano I | 67 | 00:45:32 | 00:45:30 | 00:21:48 | 00:04:34 |
| 427 | 7954 | Mário Silva | Asas nos Pés | Veterano I | 68 | 00:45:33 | 00:43:34 | 00:21:36 | 00:04:34 |
| 428 | 10258 | ACÁCIO BRANDÃO | XPTOS | Seniores | 196 | 00:45:33 | 00:44:44 | 00:21:51 | 00:04:34 |
| 429 | 7826 | RICARDO RODRIGUES | Multi Mall Management | Seniores | 197 | 00:45:34 | 00:45:34 | | 00:04:34 |
| 430 | 10342 | Miriam Silva Lopes | Clube EDP Lisboa | SenioresF | 16 | 00:45:35 | 00:45:27 | 00:21:55 | 00:04:34 |
| 431 | 7026 | CARLOS LOPES | A MINHA CORRIDA | Seniores | 198 | 00:45:35 | 00:45:26 | 00:21:53 | 00:04:34 |
| 432 | 8884 | Bruno Alexandre Lourenço Martins | INDIVIDUAL | Seniores | 199 | 00:45:36 | 00:44:28 | 00:21:47 | 00:04:34 |
| 433 | 9136 | JOSÉ FERNANDO PEREIRA JESUS | INDIVIDUAL | Veterano II | 61 | 00:45:37 | 00:43:38 | 00:21:46 | 00:04:34 |
| 434 | 7474 | Jose Luis Carvalho da Silva Leal | INDIVIDUAL | Seniores | 200 | 00:45:38 | 00:45:23 | 00:22:45 | 00:04:34 |
| 435 | 7447 | Tiago Nunes Antunes | INDIVIDUAL | Seniores | 201 | 00:45:40 | 00:45:31 | 00:21:57 | 00:04:34 |
| 436 | 10089 | CLAUDIO LEAL | INDIVIDUAL | Seniores | 202 | 00:45:40 | 00:44:56 | 00:21:32 | 00:04:34 |
| 437 | 7140 | MÁRIO RUI ANTUNES NEVES CAMARATE | CASA DO S. L. BENFICA NA MALVEIRA | Veterano I | 69 | 00:45:42 | 00:44:45 | 00:21:04 | 00:04:35 |
| 438 | 7388 | Bruno Cruz | INDIVIDUAL | Seniores | 203 | 00:45:43 | 00:45:21 | 00:20:38 | 00:04:35 |
| 439 | 7015 | ANA PEREIRA | NUCLEOEIRAS/SPORTZONE - ADNO | Veteranas I | 1 | 00:45:44 | 00:45:45 | 00:21:45 | 00:04:35 |
| 440 | 8255 | ANTÓNIO RIBEIRO | GRUPO DOS AMIGOS DO ATLETISMO DE VILA FRANCA DE XI | Veterano III | 38 | 00:45:45 | 00:45:24 | 00:21:56 | 00:04:35 |
| 441 | 8356 | Nuno Jorge | INDIVIDUAL | Seniores | 204 | 00:45:47 | 00:45:13 | 00:21:48 | 00:04:35 |
| 442 | 8206 | VITOR RAIMUNDO | CASA DO BENFICA DE PATAIAS | Veterano I | 70 | 00:45:48 | 00:45:47 | 00:21:50 | 00:04:35 |
| 443 | 9357 | PAULO ALEXANDRE C. TEIXEIRA | GRUPO DESPORTIVO CHELAS | Veterano III | 39 | 00:45:48 | 00:45:38 | 00:21:14 | 00:04:35 |
| 444 | 8718 | CARLOS GOMES FERREIRA | SYNCREA | Veterano I | 71 | 00:45:49 | 00:45:31 | 00:22:06 | 00:04:35 |
| 445 | 8095 | FERNANDO GODINHO | ITAU, SA | Veterano I | 72 | 00:45:49 | 00:45:12 | 00:22:00 | 00:04:35 |
| 446 | 9894 | Gonçalo Magalhães | INDIVIDUAL | Veterano I | 73 | 00:45:49 | 00:45:36 | 00:22:08 | 00:04:35 |
| 447 | 7215 | Paulo Mata | INDIVIDUAL | Seniores | 205 | 00:45:49 | 00:43:52 | 00:21:02 | 00:04:35 |
| 448 | 7126 | João Luís Vieira Paulino Valente | INDIVIDUAL | Seniores | 206 | 00:45:49 | 00:45:37 | 00:22:07 | 00:04:35 |
| 449 | 9287 | JOÃO DO CARMO | CASA DO BENFICA FARO | Veterano I | 74 | 00:45:49 | 00:44:30 | 00:21:50 | 00:04:35 |
| 450 | 9687 | Paulo Sebastião | INDIVIDUAL | Seniores | 207 | 00:45:50 | 00:45:35 | 00:21:21 | 00:04:35 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|-----|--------|---|-----------------------------------|--------------|-----|----------|----------|----------|----------|
| 451 | 10535 | Jose Fernandes | INDIVIDUAL | Veterano V | 10 | 00:45:50 | 00:45:49 | 00:21:56 | 00:04:35 |
| 452 | 10425 | João Carlos Constantino | INDIVIDUAL | Seniores | 208 | 00:45:51 | 00:43:56 | 00:21:26 | 00:04:36 |
| 453 | 8093 | CÉSAR MOREIRA | ITAU, SA | Seniores | 209 | 00:45:51 | 00:44:16 | 00:22:04 | 00:04:36 |
| 454 | 7128 | Hugo Lampreia | INDIVIDUAL | Seniores | 210 | 00:45:52 | 00:44:59 | 00:21:30 | 00:04:36 |
| 455 | 9514 | Fernando Andrade | Açoreana Clube Banif | Veterano IV | 20 | 00:45:53 | 00:45:42 | 00:22:15 | 00:04:36 |
| 456 | 9404 | Casimiro Abreu | INDIVIDUAL | Veterano IV | 21 | 00:45:53 | 00:45:49 | 00:21:43 | 00:04:36 |
| 457 | 9834 | Paulo Jorge Gomes Pereira da Costa | INDIVIDUAL | Seniores | 211 | 00:45:53 | 00:44:55 | 00:21:19 | 00:04:36 |
| 458 | 9140 | ANA FILIPA FERREIRA | ALHANDRA SPORTING CLUB | SenioresF | 17 | 00:45:54 | 00:44:38 | 00:21:52 | 00:04:36 |
| 459 | 9297 | NUNO PEIXEIRO | AMIGOS ATLETISMO DA MOITA | Seniores | 212 | 00:45:56 | 00:45:20 | 00:22:30 | 00:04:36 |
| 460 | 8616 | jose dionisio | multiflow | Veterano III | 40 | 00:45:57 | 00:45:46 | 00:22:16 | 00:04:36 |
| 461 | 10909 | Rui Sales | INDIVIDUAL | Veterano II | 62 | 00:45:58 | 00:45:26 | 00:22:15 | 00:04:36 |
| 462 | 9341 | catarina varela | grupo desportivo diana | SenioresF | 18 | 00:45:59 | 00:45:49 | 00:21:53 | 00:04:36 |
| 463 | 8941 | Bruno Manuel Nunes Lourenço | INDIVIDUAL | Seniores | 213 | 00:45:59 | 00:44:48 | 00:22:13 | 00:04:36 |
| 464 | 9397 | NUNO DIAS | INDIVIDUAL | Veterano I | 75 | 00:46:03 | 00:46:00 | 00:21:22 | 00:04:37 |
| 465 | 10788 | Andre Leite | INDIVIDUAL | Seniores | 214 | 00:46:04 | 00:44:59 | 00:21:26 | 00:04:37 |
| 466 | 7030 | RUI ESTRELINHA | A MINHA CORRIDA | Seniores | 215 | 00:46:04 | 00:44:19 | 00:22:08 | 00:04:37 |
| 467 | 8281 | Vitor Dias | Amigos do Desporto | Veterano II | 63 | 00:46:05 | 00:45:47 | 00:21:48 | 00:04:37 |
| 468 | 9670 | PAULO SANTOS | LOURDETE PERFUMARIAS | Veterano II | 64 | 00:46:05 | 00:45:40 | 00:22:03 | 00:04:37 |
| 469 | 9669 | PAULO DIAS | LOURDETE PERFUMARIAS | Veterano I | 76 | 00:46:05 | 00:45:39 | 00:22:02 | 00:04:37 |
| 470 | 7803 | Luís Carlos Garcia Cascão | INDIVIDUAL | Veterano I | 77 | 00:46:08 | 00:46:02 | 00:22:49 | 00:04:37 |
| 471 | 10816 | RUI PEDRO ALMEIDA PIRES | INDIVIDUAL | Seniores | 216 | 00:46:09 | 00:45:23 | 00:21:03 | 00:04:37 |
| 472 | 9299 | SONIA MARQUES | AMIGOS DO ATLETISMO DA MOITA | SenioresF | 19 | 00:46:09 | 00:46:10 | 00:21:14 | 00:04:37 |
| 473 | 8920 | Vasco Valente | INDIVIDUAL | Seniores | 217 | 00:46:09 | 00:44:29 | 00:21:52 | 00:04:37 |
| 474 | 7119 | João Paulo Oliveira Pires | INDIVIDUAL | Seniores | 218 | 00:46:10 | 00:44:55 | 00:21:58 | 00:04:37 |
| 475 | 9698 | JOSE AMARO | AFIS /OVAR | Veterano III | 41 | 00:46:10 | 00:45:33 | 00:21:44 | 00:04:37 |
| 476 | 7250 | António Gonçalves | CCDT Metro LX | Veterano II | 65 | 00:46:11 | 00:44:38 | 00:22:26 | 00:04:38 |
| 477 | 7245 | João Sequeira | CCDT Metro LX | Veterano II | 66 | 00:46:12 | 00:44:57 | 00:22:53 | 00:04:38 |
| 478 | 8555 | Manuel Nascimento | C.A. Amigos Parque da Paz | Veterano IV | 22 | 00:46:14 | 00:45:33 | 00:22:28 | 00:04:38 |
| 479 | 7063 | luis garção | os rebenta(dos) | Veterano II | 67 | 00:46:15 | 00:45:31 | 00:22:09 | 00:04:38 |
| 480 | 10184 | HELDER ANTONIO SANTINHOS | SLB GINÁSTICA - MADRUGADORES | Veterano I | 78 | 00:46:16 | 00:46:09 | 00:22:03 | 00:04:38 |
| 481 | 7584 | PAULO HERMENEGILDO V G CORREIA PAIS | CLUBE MILLENNIUM BCP | Veterano II | 68 | 00:46:16 | 00:46:05 | 00:21:31 | 00:04:38 |
| 482 | 10051 | FERNANDO GUERRA | GDRC PONTE MOLENSE | Veterano III | 42 | 00:46:16 | 00:44:33 | 00:21:45 | 00:04:38 |
| 483 | 9797 | HUGO MONTEIRO | INSTITUTO DOS PUPILOS DO EXÉRCITO | Seniores | 219 | 00:46:17 | 00:43:52 | 00:21:29 | 00:04:38 |
| 484 | 8717 | FRANCISCO SANTOS ALMEIDA | SYNCREA | Veterano I | 79 | 00:46:18 | 00:45:59 | 00:22:05 | 00:04:38 |
| 485 | 7252 | NORBERTO ALVES COELHO | EDP | Veterano IV | 23 | 00:46:19 | 00:46:11 | 00:22:28 | 00:04:38 |
| 486 | 8516 | jose joao ribeiro | Quarteto Fantástico | Seniores | 220 | 00:46:19 | 00:45:02 | 00:22:21 | 00:04:38 |
| 487 | 10062 | LUIS ESTRELINHA | INDIVIDUAL | Veterano III | 43 | 00:46:20 | 00:45:06 | 00:20:59 | 00:04:38 |
| 488 | 7415 | Márcio Cardeira e sousa | INDIVIDUAL | Seniores | 221 | 00:46:21 | 00:46:16 | 00:22:11 | 00:04:39 |
| 489 | 8813 | JOAQUIM CORRULA | BRANDOA CORRE | Veterano II | 69 | 00:46:21 | 00:45:38 | 00:21:41 | 00:04:39 |
| 490 | 10482 | Tiago Canhoto | INDIVIDUAL | Veterano I | 80 | 00:46:21 | 00:45:19 | 00:22:45 | 00:04:39 |
| 491 | 10714 | José Manuel Alexandre do Nascimento Costa | INDIVIDUAL | Seniores | 222 | 00:46:22 | 00:45:31 | 00:22:40 | 00:04:39 |
| 492 | 10490 | Daniel Candeias Martins | INDIVIDUAL | Seniores | 223 | 00:46:22 | 00:46:15 | 00:21:51 | 00:04:39 |
| 493 | 7850 | LINO MARCO | GRUPO DESPORTIVO SANTANDER TOTTA | Seniores | 224 | 00:46:23 | 00:46:20 | 00:22:09 | 00:04:39 |
| 494 | 9679 | PEDRO JORGE GOMES DA ROCHA | COLABORADOR MODALIDADES ATLETISMO | Veterano II | 70 | 00:46:23 | 00:46:14 | 00:22:09 | 00:04:39 |
| 495 | 10905 | Paulo Manuel Lopes Mendes Durão | INDIVIDUAL | Seniores | 225 | 00:46:24 | 00:45:44 | 00:22:24 | 00:04:39 |
| 496 | 7750 | FRANCISCO ESTRIGA GUERREIRO | INDIVIDUAL | Veterano I | 81 | 00:46:25 | 00:45:54 | 00:21:46 | 00:04:39 |
| 497 | 8922 | Miguel Cardador | INDIVIDUAL | Veterano I | 82 | 00:46:25 | 00:45:46 | 00:21:28 | 00:04:39 |
| 498 | 9262 | FERNANDO FERREIRA | INDIVIDUAL | Veterano I | 83 | 00:46:26 | 00:45:21 | 00:22:25 | 00:04:39 |
| 499 | 8651 | DIOGO LOPES | JAZZY LIFE CLUB | Seniores | 226 | 00:46:26 | 00:45:40 | 00:21:51 | 00:04:39 |
| 500 | 9932 | Jorge Paulino | Clube Desportivo de Mafra | Veterano IV | 24 | 00:46:27 | 00:46:24 | 00:23:12 | 00:04:39 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|-----|--------|------------------------------------|--|--------------|-----|----------|----------|----------|----------|
| 501 | 7487 | Armindo Queimado | ADCSA Baldio | Veterano II | 71 | 00:46:28 | 00:45:34 | 00:22:25 | 00:04:39 |
| 502 | 8948 | CESÁRIO VALENTIN CHA CHA RODRIGUES | INDIVIDUAL | Seniores | 227 | 00:46:30 | 00:44:50 | 00:21:50 | 00:04:39 |
| 503 | 10784 | arlindo cordeiro | União Futebol Degolados | Veterano IV | 25 | 00:46:30 | 00:46:04 | 00:22:32 | 00:04:39 |
| 504 | 9631 | José Manuel de Miranda Monteiro | INDIVIDUAL | Seniores | 228 | 00:46:30 | 00:46:14 | 00:21:37 | 00:04:39 |
| 505 | 7952 | Paulo Estevão | Asas nos Pés | Veterano I | 84 | 00:46:31 | 00:44:31 | 00:21:37 | 00:04:40 |
| 506 | 7867 | JOSÉ PEREIRA | GRUPO DESPORTIVO SANTANDER TOTTA | Veterano I | 85 | 00:46:32 | 00:45:59 | 00:22:30 | 00:04:40 |
| 507 | 8270 | Joao Luis Rato da Fonseca Damas | INDIVIDUAL | Veterano III | 44 | 00:46:32 | 00:45:55 | 00:22:38 | 00:04:40 |
| 508 | 8767 | João Paradinha | INDIVIDUAL | Seniores | 229 | 00:46:33 | 00:45:32 | 00:21:46 | 00:04:40 |
| 509 | 8709 | FRANCISCO MANUEL DOS REIS GOMES | INDIVIDUAL | Seniores | 230 | 00:46:33 | 00:46:08 | 00:22:33 | 00:04:40 |
| 510 | 9125 | Jose Manuel Silva Tavares Andrade | INDIVIDUAL | Veterano II | 72 | 00:46:36 | 00:46:20 | 00:22:22 | 00:04:40 |
| 511 | 8169 | IVAN JOSE LOURENÇO ROSALINO | CASA DO BENFICA QUARTEIRA | Seniores | 231 | 00:46:37 | 00:45:45 | 00:21:40 | 00:04:40 |
| 512 | 10642 | TIAGO RICARDO RODRIGUES MINEIRO | HPP SAÚDE - HOSPITAL DOS LUSÍADAS | Seniores | 232 | 00:46:38 | 00:44:45 | 00:22:20 | 00:04:40 |
| 513 | 9354 | EUSÉBIO MOREIRA NUNES | INDIVIDUAL | Veterano II | 73 | 00:46:39 | 00:46:36 | 00:21:26 | 00:04:40 |
| 514 | 9454 | Gonçalo Ambrósio Fernandes | INDIVIDUAL | Seniores | 233 | 00:46:39 | 00:44:55 | 00:22:54 | 00:04:40 |
| 515 | 10971 | Fernando Carvalho | Associação de Atletismo Lebres do Sado | Veterano V | 11 | 00:46:41 | 00:46:33 | 00:22:48 | 00:04:41 |
| 516 | 9158 | António Ventura | INDIVIDUAL | Seniores | 234 | 00:46:41 | 00:45:49 | 00:22:47 | 00:04:41 |
| 517 | 10324 | Mário Borges | INDIVIDUAL | Seniores | 235 | 00:46:41 | 00:45:13 | 00:21:36 | 00:04:41 |
| 518 | 9892 | Edgar Marques | INDIVIDUAL | Seniores | 236 | 00:46:42 | 00:46:31 | 00:22:02 | 00:04:41 |
| 519 | 11007 | António Bernardes | INDIVIDUAL | Veterano V | 12 | 00:46:43 | 00:46:11 | 00:22:16 | 00:04:41 |
| 520 | 8353 | JOSE MANUEL PAIVA DOS SANTOS | INDIVIDUAL | Seniores | 237 | 00:46:43 | 00:46:27 | 00:22:10 | 00:04:41 |
| 521 | 10861 | João Correia | AFRS ATLETISMO | Veterano I | 86 | 00:46:44 | 00:45:03 | 00:22:51 | 00:04:41 |
| 522 | 10857 | Gonçalo Silva | AFRS ATLETISMO | Seniores | 238 | 00:46:44 | 00:45:02 | 00:22:51 | 00:04:41 |
| 523 | 9300 | RAMIRO ENRIQUES | AMIGOS DO ATLETISMO DA MOITA | Veterano III | 45 | 00:46:44 | 00:46:09 | 00:22:32 | 00:04:41 |
| 524 | 10466 | Tânia Filipa Cabrita Xavier | INDIVIDUAL | SenioresF | 20 | 00:46:45 | 00:46:38 | 00:22:16 | 00:04:41 |
| 525 | 10825 | Tiago Santos | Sunset Runners | Seniores | 239 | 00:46:46 | 00:45:58 | 00:22:41 | 00:04:41 |
| 526 | 7950 | Henrique Silva | Asas nos Pés | Seniores | 240 | 00:46:46 | 00:44:47 | 00:21:36 | 00:04:41 |
| 527 | 9017 | Carlos Alberto Nunes | G. D. do Instituto Nacional de Estatística | Veterano III | 46 | 00:46:47 | 00:46:03 | 00:22:32 | 00:04:41 |
| 528 | 9709 | CARLOS CAMPOS | AFIS /OVAR | Veterano II | 74 | 00:46:47 | 00:46:41 | 00:23:06 | 00:04:41 |
| 529 | 9702 | JOSE SOUSA | AFIS /OVAR | Veterano III | 47 | 00:46:47 | 00:46:09 | 00:22:48 | 00:04:41 |
| 530 | 7933 | JORGE LOPES | PHILIPS PORTUGAL | Veterano I | 87 | 00:46:48 | 00:44:48 | 00:21:38 | 00:04:41 |
| 531 | 10505 | Arlindo Nascimento | AABV - LAGOA - ALGARVE | Veterano IV | 26 | 00:46:50 | 00:46:27 | 00:23:30 | 00:04:41 |
| 532 | 10543 | mário júlio rodrigues lúcio | INDIVIDUAL | Veterano II | 75 | 00:46:50 | 00:46:34 | 00:22:57 | 00:04:41 |
| 533 | 10744 | Manuel Faisca | Associação Cultural Sambrasense | Veterano V | 13 | 00:46:51 | 00:45:54 | 00:22:54 | 00:04:42 |
| 534 | 8028 | pedro silva | INDIVIDUAL | Seniores | 241 | 00:46:52 | 00:46:39 | 00:21:55 | 00:04:42 |
| 535 | 7881 | Leonel Neves | Amigos Vale Silencio | Veterano IV | 27 | 00:46:54 | 00:45:57 | 00:22:36 | 00:04:42 |
| 536 | 9525 | Miguel Ângelo Rocha Penedo | INDIVIDUAL | Seniores | 242 | 00:46:54 | 00:44:36 | 00:21:26 | 00:04:42 |
| 537 | 8482 | Ricardo Ferreira Alves | CLUBE COLABORADORES AXA | Seniores | 243 | 00:46:56 | 00:44:55 | 00:21:23 | 00:04:42 |
| 538 | 9781 | Tiago Gonçalo Lopes Ferreira | INDIVIDUAL | Seniores | 244 | 00:46:58 | 00:46:01 | 00:22:17 | 00:04:42 |
| 539 | 8997 | Nuno Pereira | Pernas de Gafanhoto | Seniores | 245 | 00:47:00 | 00:45:46 | 00:22:45 | 00:04:42 |
| 540 | 9613 | JOAO CARLOS BACAL GONÇALVES | INDIVIDUAL | Seniores | 246 | 00:47:00 | 00:45:36 | 00:22:44 | 00:04:42 |
| 541 | 9544 | Jorge Manuel Morgado Dinis | INDIVIDUAL | Veterano III | 48 | 00:47:00 | 00:46:25 | 00:22:35 | 00:04:42 |
| 542 | 7442 | Ricardo Madrinha | INDIVIDUAL | Seniores | 247 | 00:47:01 | 00:45:45 | 00:22:37 | 00:04:43 |
| 543 | 8829 | Ricardo Marques Batista | INDIVIDUAL | Juniores | 22 | 00:47:01 | 00:46:02 | 00:21:57 | 00:04:43 |
| 544 | 7148 | Rui Miguel Ramos Jorge | INDIVIDUAL | Seniores | 248 | 00:47:01 | 00:45:18 | 00:22:56 | 00:04:43 |
| 545 | 8182 | JOSE RATO | CASA DO BENFICA DE PATAIAS | Veterano III | 49 | 00:47:07 | 00:46:57 | 00:22:27 | 00:04:43 |
| 546 | 10618 | Pedro Miguel Rocha Gonçalves | INDIVIDUAL | Seniores | 249 | 00:47:07 | 00:44:59 | 00:22:23 | 00:04:43 |
| 547 | 8746 | José Garrafão | CLAC - Entroncamento | Veterano III | 50 | 00:47:08 | 00:46:47 | 00:22:07 | 00:04:43 |
| 548 | 8510 | NUNO ALEXANDRE BRANCO CARDOSO | INDIVIDUAL | Veterano I | 88 | 00:47:09 | 00:45:23 | 00:22:35 | 00:04:43 |
| 549 | 8969 | ALESSANDRO PAPARELLI | INDIVIDUAL | Seniores | 250 | 00:47:10 | 00:45:47 | 00:21:29 | 00:04:43 |
| 550 | 8902 | NUNO MIGUEL GOMES SANTOS | INDIVIDUAL | Seniores | 251 | 00:47:10 | 00:46:21 | 00:23:05 | 00:04:43 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|-----|--------|---|-----------------------------|--------------|-----|----------|----------|----------|----------|
| 551 | 8344 | DAVID PEREIRA | POPOS | Seniores | 252 | 00:47:10 | 00:46:25 | 00:23:14 | 00:04:43 |
| 552 | 10586 | Pedro Maria | INDIVIDUAL | Seniores | 253 | 00:47:11 | 00:46:14 | 00:22:34 | 00:04:44 |
| 553 | 10116 | Mario Silva | AFRS ATLETISMO | Veterano I | 89 | 00:47:11 | 00:45:29 | 00:22:51 | 00:04:44 |
| 554 | 7493 | Luis Estêvão | INDIVIDUAL | Veterano I | 90 | 00:47:11 | 00:45:07 | 00:21:58 | 00:04:44 |
| 555 | 7833 | MANUEL SILVA | CASA DO BENFICA EM ABRANTES | Seniores | 254 | 00:47:11 | 00:46:29 | 00:23:18 | 00:04:44 |
| 556 | 8554 | Carlos Gonçalves | C.A. Amigos Parque da Paz | Seniores | 255 | 00:47:11 | 00:44:59 | 00:22:37 | 00:04:44 |
| 557 | 10316 | PAULO JORGE DA SILVA SANTOS | INDIVIDUAL | Veterano II | 76 | 00:47:12 | 00:46:41 | 00:22:43 | 00:04:44 |
| 558 | 9824 | romao correira | ccr carrascal | Seniores | 256 | 00:47:12 | 00:45:59 | 00:21:38 | 00:04:44 |
| 559 | 9541 | Carlos Manuel da Silva Caeiro | INDIVIDUAL | Veterano IV | 28 | 00:47:12 | 00:46:47 | 00:22:44 | 00:04:44 |
| 560 | 10323 | Pedro Ribeiro | INDIVIDUAL | Seniores | 257 | 00:47:12 | 00:45:19 | 00:22:28 | 00:04:44 |
| 561 | 9273 | VASCO DIAS | AMIGOS NUNO LAURENTINO | Veterano I | 91 | 00:47:12 | 00:46:23 | 00:22:37 | 00:04:44 |
| 562 | 10754 | PEDRO CARLOS PANINHA PATRICIO | INDIVIDUAL | Veterano IV | 29 | 00:47:13 | 00:46:46 | 00:22:46 | 00:04:44 |
| 563 | 10289 | Nuno Jerónimo | INDIVIDUAL | Seniores | 258 | 00:47:13 | 00:47:13 | 00:32:32 | 00:04:44 |
| 564 | 7050 | Octávio Morais | INDIVIDUAL | Veterano III | 51 | 00:47:15 | 00:43:31 | 00:21:20 | 00:04:44 |
| 565 | 8652 | ANTÓNIO CARLOS TEIXEIRA | JAZZY LIFE CLUB | Veterano V | 14 | 00:47:17 | 00:46:43 | 00:22:05 | 00:04:44 |
| 566 | 7510 | Nuno Miguel Silva | INDIVIDUAL | Veterano I | 92 | 00:47:18 | 00:46:32 | 00:22:59 | 00:04:44 |
| 567 | 9516 | Carla Calçada | Açoreana Clube Banif | Veteranas I | 2 | 00:47:19 | 00:47:07 | 00:22:27 | 00:04:44 |
| 568 | 9418 | Fernando Celestino | Açoreana Clube Banif | Veterano III | 52 | 00:47:20 | 00:46:25 | 00:22:19 | 00:04:44 |
| 569 | 7256 | JOAQUIM EPIMENIO OLIVEIRA | EDP | Veterano II | 77 | 00:47:20 | 00:47:19 | 00:21:33 | 00:04:44 |
| 570 | 9318 | MIGUEL FERNANDES RIBEIRO | CASA DO BENFICA DE ALCOBAÇA | Juniores | 23 | 00:47:20 | 00:46:39 | 00:22:57 | 00:04:44 |
| 571 | 8128 | Jonathan de Campos Guimarães | INDIVIDUAL | Seniores | 259 | 00:47:22 | 00:46:33 | 00:23:45 | 00:04:45 |
| 572 | 8899 | BRUNO VISEU ROQUE AMARO | INDIVIDUAL | Seniores | 260 | 00:47:22 | 00:46:33 | 00:22:54 | 00:04:45 |
| 573 | 8130 | César Augusto Magalhães Alves | INDIVIDUAL | Seniores | 261 | 00:47:22 | 00:46:34 | 00:23:45 | 00:04:45 |
| 574 | 7290 | Gonçalo Zagalo | Pernas de Gafanhoto | Seniores | 262 | 00:47:23 | 00:46:06 | 00:22:57 | 00:04:45 |
| 575 | 9247 | ALBINO TOMAS | CAP | Veterano IV | 30 | 00:47:23 | 00:47:20 | 00:22:11 | 00:04:45 |
| 576 | 8433 | Edgar Manuel Carreira Muliano | clube desportivo ribeirense | Seniores | 263 | 00:47:23 | 00:47:16 | 00:22:08 | 00:04:45 |
| 577 | 8495 | Luis filipe Vaz Serra Vasconcelos Albuquerque | INDIVIDUAL | Seniores | 264 | 00:47:24 | 00:44:54 | 00:22:10 | 00:04:45 |
| 578 | 7205 | AMILCAR PEREIRA | EDP | Veterano III | 53 | 00:47:25 | 00:46:49 | 00:21:07 | 00:04:45 |
| 579 | 9994 | Guido Pires | INDIVIDUAL | Seniores | 265 | 00:47:25 | 00:47:02 | 00:22:57 | 00:04:45 |
| 580 | 7673 | Miguel Matos | CCD Tranquilidade | Veterano I | 93 | 00:47:25 | 00:47:22 | 00:22:36 | 00:04:45 |
| 581 | 10464 | Jorge Alexandre Correia Cachinho Carvalho | INDIVIDUAL | Seniores | 266 | 00:47:27 | 00:47:14 | 00:22:51 | 00:04:45 |
| 582 | 8326 | Rafael Lavouras | INDIVIDUAL | Veterano II | 78 | 00:47:27 | 00:46:36 | 00:22:26 | 00:04:45 |
| 583 | 9823 | luis maneiro | ccr carrascal | Seniores | 267 | 00:47:27 | 00:46:13 | 00:23:27 | 00:04:45 |
| 584 | 7836 | LUIS EMÍDIO | CASA DO BENFICA EM ABRANTES | Veterano I | 94 | 00:47:27 | 00:46:10 | 00:22:32 | 00:04:45 |
| 585 | 9950 | DANIEL FILIPE CHAGAS | INDIVIDUAL | Seniores | 268 | 00:47:28 | 00:47:03 | 00:23:32 | 00:04:45 |
| 586 | 10598 | Agostinho Fernandes | Casas Adriano Astromil | Seniores | 269 | 00:47:28 | 00:46:59 | 00:22:26 | 00:04:45 |
| 587 | 7287 | Joao Coelho | Pernas de Gafanhoto | Seniores | 270 | 00:47:29 | 00:46:12 | 00:22:57 | 00:04:45 |
| 588 | 9577 | Diogo Manuel Marques da Silva | INDIVIDUAL | Seniores | 271 | 00:47:31 | 00:47:17 | 00:21:58 | 00:04:46 |
| 589 | 7585 | JOAQUIM JOSE GODINHO ARAUJO | CLUBE MILLENNIUM BCP | Veterano II | 79 | 00:47:31 | 00:47:21 | 00:22:16 | 00:04:46 |
| 590 | 10584 | Luis Peerally | INDIVIDUAL | Seniores | 272 | 00:47:31 | 00:46:58 | 00:21:39 | 00:04:46 |
| 591 | 10187 | CARLOS JARDINO | INDIVIDUAL | Veterano II | 80 | 00:47:33 | 00:46:12 | 00:22:44 | 00:04:46 |
| 592 | 8584 | VITOR PEREIRA | EUROPCAR | Seniores | 273 | 00:47:34 | 00:47:29 | 00:21:59 | 00:04:46 |
| 593 | 10870 | Mário Duarte | G.D.R. Figueiras Mª Grande | Veterano III | 54 | 00:47:35 | 00:47:18 | 00:22:24 | 00:04:46 |
| 594 | 9374 | joao marreiros | INDIVIDUAL | Veterano II | 81 | 00:47:36 | 00:46:31 | 00:22:52 | 00:04:46 |
| 595 | 8096 | JORGE TIRAPICOS | ITAU, SA | Veterano I | 95 | 00:47:36 | 00:46:59 | 00:22:11 | 00:04:46 |
| 596 | 10898 | André São Bento Martins Ferreira | Equipa RATAZANAS | Seniores | 274 | 00:47:38 | 00:43:26 | 00:20:51 | 00:04:46 |
| 597 | 9483 | arsénio Fernandes | INDIVIDUAL | Veterano IV | 31 | 00:47:39 | 00:47:03 | 00:22:42 | 00:04:46 |
| 598 | 9163 | Andre Almeida | AMIGOS ATLETISMO MAFRA | Seniores | 275 | 00:47:39 | 00:46:43 | 00:22:07 | 00:04:46 |
| 599 | 8646 | VASCO COSTA | JAZZY LIFE CLUB | Veterano IV | 32 | 00:47:39 | 00:47:31 | 00:22:06 | 00:04:46 |
| 600 | 7325 | vitormanuel parreira nobre | INDIVIDUAL | Seniores | 276 | 00:47:41 | 00:46:19 | 00:22:35 | 00:04:47 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|-----|--------|--|--|--------------|-----|----------|----------|----------|----------|
| 601 | 10862 | goncalo padeira | INDIVIDUAL | Seniores | 277 | 00:47:41 | 00:46:18 | 00:22:01 | 00:04:47 |
| 602 | 7451 | Luís Filipe Batista Mestre | INDIVIDUAL | Seniores | 278 | 00:47:42 | 00:46:10 | 00:22:23 | 00:04:47 |
| 603 | 7965 | Mário José Salvador Alves | INDIVIDUAL | Seniores | 279 | 00:47:43 | 00:47:07 | 00:22:42 | 00:04:47 |
| 604 | 10506 | Daniel Fernandes | AABV - LAGOA - ALGARVE | Juniores | 24 | 00:47:43 | 00:47:21 | 00:21:24 | 00:04:47 |
| 605 | 7923 | ABILIO CATARRO | BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO | Veterano IV | 33 | 00:47:44 | 00:47:44 | 00:23:04 | 00:04:47 |
| 606 | 9489 | Antonio Branco | Clube de Atletismo de Ovar | Veterano IV | 34 | 00:47:45 | 00:47:41 | 00:24:35 | 00:04:47 |
| 607 | 7925 | JOSÉ MARQUES | BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO | Veterano II | 82 | 00:47:45 | 00:47:42 | 00:23:08 | 00:04:47 |
| 608 | 8200 | CLAUDIO NEVES | CASA DO BENFICA DE PATAIAS | Seniores | 280 | 00:47:45 | 00:47:18 | 00:22:49 | 00:04:47 |
| 609 | 9457 | Jose Manuel Cardenas garcia | INDIVIDUAL | Seniores | 281 | 00:47:46 | 00:44:48 | 00:21:29 | 00:04:47 |
| 610 | 8529 | Ramiro Inacio | casa do benfica em alhandra | Veterano V | 15 | 00:47:46 | 00:47:38 | 00:22:50 | 00:04:47 |
| 611 | 8291 | NUNO RICARDO CALADO PAIS | INDIVIDUAL | Seniores | 282 | 00:47:47 | 00:43:01 | 00:21:12 | 00:04:47 |
| 612 | 7609 | Mário Silva | Clube Ferroviário de Portugal | Veterano V | 16 | 00:47:48 | 00:47:19 | 00:22:59 | 00:04:47 |
| 613 | 9488 | João Tiago Barros Costa Santos Calqueiro | INDIVIDUAL | Seniores | 283 | 00:47:49 | 00:46:55 | 00:22:23 | 00:04:47 |
| 614 | 8493 | Miguel Truningner Sousa | CLUBE COLABORADORES AXA | Seniores | 284 | 00:47:49 | 00:45:48 | 00:21:23 | 00:04:47 |
| 615 | 10721 | Marcelo Xavier | INDIVIDUAL | Seniores | 285 | 00:47:50 | 00:47:24 | 00:22:17 | 00:04:47 |
| 616 | 7380 | Leonardo Duarte | INDIVIDUAL | Seniores | 286 | 00:47:52 | 00:47:41 | 00:24:30 | 00:04:48 |
| 617 | 7176 | André Lima | INDIVIDUAL | Seniores | 287 | 00:47:52 | 00:46:28 | 00:22:56 | 00:04:48 |
| 618 | 7177 | Miguel Leal | INDIVIDUAL | Seniores | 288 | 00:47:53 | 00:46:28 | 00:22:55 | 00:04:48 |
| 619 | 10509 | Joao Ribeiro | AABV - LAGOA - ALGARVE | Veterano II | 83 | 00:47:53 | 00:47:29 | 00:22:20 | 00:04:48 |
| 620 | 9110 | Joaquim Ferrão | Grupo Desportivo e Cultural do Banco de Portugal | Veterano III | 55 | 00:47:53 | 00:46:19 | 00:22:45 | 00:04:48 |
| 621 | 9160 | Luís Marques | INDIVIDUAL | Veterano II | 84 | 00:47:54 | 00:47:02 | 00:22:08 | 00:04:48 |
| 622 | 9200 | NUNO JOSE ALMEIDA | INDIVIDUAL | Seniores | 289 | 00:47:55 | 00:45:29 | 00:21:49 | 00:04:48 |
| 623 | 9993 | Joaquim Mateus Grilo | INDIVIDUAL | Seniores | 290 | 00:47:57 | 00:47:34 | 00:22:22 | 00:04:48 |
| 624 | 8460 | HELDER PEREIRA | INDIVIDUAL | Seniores | 291 | 00:47:58 | 00:46:13 | 00:22:37 | 00:04:48 |
| 625 | 9264 | CARLOS RAFAEL GUIMARAES MILHEIRO | INDIVIDUAL | Seniores | 292 | 00:47:58 | 00:46:56 | 00:22:11 | 00:04:48 |
| 626 | 10712 | Joel Marcos fernandes Sebastiao | INDIVIDUAL | Seniores | 293 | 00:47:59 | 00:47:37 | 00:24:06 | 00:04:48 |
| 627 | 10128 | RUTE MARTINS | CLUBE DE ATLETISMO FERREIRA DO ZEZERE | SenioresF | 21 | 00:47:59 | 00:47:56 | 00:22:40 | 00:04:48 |
| 628 | 8244 | Paulo Lopes | Casa do Benfica no Seixal | Veterano I | 96 | 00:48:00 | 00:46:48 | 00:22:42 | 00:04:48 |
| 629 | 8254 | JOSÉ SERAFIM | GRUPO DOS AMIGOS DO ATLETISMO DE VILA FRANCA DE XI | Veterano IV | 35 | 00:48:00 | 00:47:40 | 00:23:06 | 00:04:48 |
| 630 | 8245 | Roberto Lourenço | Casa do Benfica no Seixal | Veterano I | 97 | 00:48:00 | 00:46:48 | 00:22:41 | 00:04:48 |
| 631 | 9075 | paulo tomas | u.r.d.arranhò | Veterano I | 98 | 00:48:00 | 00:47:22 | 00:23:15 | 00:04:48 |
| 632 | 10257 | JOÃO TOMÁS | XPTOS | Veterano IV | 36 | 00:48:01 | 00:47:12 | 00:23:01 | 00:04:49 |
| 633 | 7749 | NORBERTO ESTRIGA GUERREIRO | INDIVIDUAL | Seniores | 294 | 00:48:01 | 00:47:12 | 00:23:02 | 00:04:49 |
| 634 | 10269 | Hillson de Jesus Augusto | INDIVIDUAL | Seniores | 295 | 00:48:01 | 00:47:16 | 00:22:28 | 00:04:49 |
| 635 | 8657 | CAROLINA FERREIRA | JAZZY LIFE CLUB | SenioresF | 22 | 00:48:02 | 00:47:16 | 00:22:36 | 00:04:49 |
| 636 | 9274 | RODRIGO MARTINS | AMIGOS NUNO LAURENTINO | Seniores | 296 | 00:48:03 | 00:47:52 | 00:22:52 | 00:04:49 |
| 637 | 8710 | Luís Miguel Xavier | INDIVIDUAL | Veterano I | 99 | 00:48:03 | 00:47:15 | 00:23:10 | 00:04:49 |
| 638 | 8190 | PAULO RAINHO | CASA DO BENFICA DE PATAIAS | Seniores | 297 | 00:48:04 | 00:47:47 | 00:23:00 | 00:04:49 |
| 639 | 7737 | ALEXANDRE ANTUNES | KONICA MINOLTA | Seniores | 298 | 00:48:05 | 00:47:24 | 00:22:38 | 00:04:49 |
| 640 | 7127 | Paulo Alexandre Matos Lança | INDIVIDUAL | Veterano II | 85 | 00:48:05 | 00:47:51 | 00:22:54 | 00:04:49 |
| 641 | 9990 | Steven Dunlop | INDIVIDUAL | Seniores | 299 | 00:48:05 | 00:47:56 | 00:22:34 | 00:04:49 |
| 642 | 10596 | Luís Araujo | Casas Adriano Astromil | Veterano II | 86 | 00:48:09 | 00:47:46 | 00:22:22 | 00:04:49 |
| 643 | 8332 | Carlos José Marques Filipe | INDIVIDUAL | Seniores | 300 | 00:48:09 | 00:47:54 | 00:22:46 | 00:04:49 |
| 644 | 10520 | Joao filipe da costa lança | INDIVIDUAL | Seniores | 301 | 00:48:11 | 00:47:58 | 00:21:08 | 00:04:50 |
| 645 | 10486 | Pedro Mendes | Educar a Sorrir | Seniores | 303 | 00:48:11 | 00:46:51 | 00:22:45 | 00:04:50 |
| 646 | 10485 | Marcelo Areias | Educar a Sorrir | Seniores | 302 | 00:48:11 | 00:46:51 | 00:22:45 | 00:04:50 |
| 647 | 10379 | BRUNO ANTUNES | INDIVIDUAL | Seniores | 304 | 00:48:15 | 00:47:26 | 00:23:14 | 00:04:50 |
| 648 | 9947 | Hugo Miguel Soares da Luz | INDIVIDUAL | Seniores | 305 | 00:48:15 | 00:46:34 | 00:22:42 | 00:04:50 |
| 649 | 10900 | LUÍS MANUEL BIDARRA PAIS | INDIVIDUAL | Veterano I | 100 | 00:48:15 | 00:47:00 | 00:23:53 | 00:04:50 |
| 650 | 7416 | David Manuel Filipe Salgueiro | INDIVIDUAL | Seniores | 306 | 00:48:15 | 00:48:15 | 00:22:17 | 00:04:50 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|-----|--------|-------------------------------------|--|--------------|-----|----------|----------|----------|----------|
| 651 | 8282 | José Pinto | Amigos do Desporto | Veterano V | 17 | 00:48:17 | 00:48:00 | 00:22:33 | 00:04:50 |
| 652 | 9367 | HELDER JORGE F. LOPES | INDIVIDUAL | Seniores | 307 | 00:48:19 | 00:48:05 | 00:22:49 | 00:04:50 |
| 653 | 7631 | JOSÉ ALCOBIA | CLUBE FERROVIÁRIO DE PORTUGAL | Veterano IV | 37 | 00:48:19 | 00:46:35 | 00:26:04 | 00:04:50 |
| 654 | 9150 | JOÃO SALDANHA | INDIVIDUAL | Veterano I | 101 | 00:48:20 | 00:47:58 | 00:22:45 | 00:04:50 |
| 655 | 9254 | Gonçalo Brito | SERLIMA | Seniores | 308 | 00:48:20 | 00:47:40 | 00:22:56 | 00:04:50 |
| 656 | 8409 | CARLOS ARRAIOLOS | AMAZÓNIA HOTÉIS | Seniores | 309 | 00:48:21 | 00:46:13 | 00:22:56 | 00:04:51 |
| 657 | 10795 | André Filipe Sobreiro Marques | INDIVIDUAL | Seniores | 310 | 00:48:21 | 00:47:18 | 00:23:21 | 00:04:51 |
| 658 | 7013 | RUI LOPES | NUCLEOEIRAS/SPORTZONE - ADNO | Veterano IV | 38 | 00:48:21 | 00:48:20 | 00:24:54 | 00:04:51 |
| 659 | 7190 | FLÁVIO LUÍS CALESTO CARVALHO | INDIVIDUAL | Seniores | 311 | 00:48:23 | 00:46:41 | 00:21:25 | 00:04:51 |
| 660 | 7254 | MANUEL MARTINS | EDP | Veterano I | 102 | 00:48:23 | 00:47:44 | 00:22:55 | 00:04:51 |
| 661 | 10430 | JAIME DAMIÃO DOS ANJOS CADETE | INDIVIDUAL | Veterano I | 103 | 00:48:24 | 00:47:37 | 00:23:13 | 00:04:51 |
| 662 | 9786 | DANIEL AZEVEDO | INSTITUTO DOS PUPILOS DO EXÉRCITO | Seniores | 312 | 00:48:24 | 00:47:51 | 00:21:10 | 00:04:51 |
| 663 | 10428 | jorge manuel anjos rei | INDIVIDUAL | Seniores | 313 | 00:48:24 | 00:48:04 | 00:21:32 | 00:04:51 |
| 664 | 8769 | Jacinto Pereira | Lis Running | Veterano III | 56 | 00:48:25 | 00:47:51 | 00:23:04 | 00:04:51 |
| 665 | 10997 | João Rebelo | INDIVIDUAL | Veterano II | 87 | 00:48:26 | 00:48:00 | 00:23:55 | 00:04:51 |
| 666 | 7756 | carlos antonio pinto craveira | INDIVIDUAL | Veterano I | 104 | 00:48:27 | 00:47:29 | 00:22:27 | 00:04:51 |
| 667 | 10798 | Antonio Rodrigues Barbosa | INDIVIDUAL | Veterano III | 57 | 00:48:27 | 00:48:10 | 00:24:05 | 00:04:51 |
| 668 | 9422 | Tam Afonso | Açoreana Clube Banif | Veterano V | 18 | 00:48:27 | 00:48:17 | 00:23:30 | 00:04:51 |
| 669 | 10984 | Ana Oliveira | INDIVIDUAL | SenioresF | 23 | 00:48:28 | 00:48:05 | 00:23:02 | 00:04:51 |
| 670 | 9710 | MARIO CONDE | AFIS /OVAR | Veterano IV | 39 | 00:48:29 | 00:48:24 | 00:23:06 | 00:04:51 |
| 671 | 7033 | jaim e silva júnior | CCD Renault/ Cacia | Veterano I | 105 | 00:48:29 | 00:47:42 | 00:23:11 | 00:04:51 |
| 672 | 10088 | ABILIO FRANCISCO DOS SANTOS SILVA | INDIVIDUAL | Veterano I | 106 | 00:48:29 | 00:48:14 | 00:23:25 | 00:04:51 |
| 673 | 10087 | ANTONIO MANUEL | INDIVIDUAL | Veterano III | 58 | 00:48:29 | 00:48:15 | 00:23:26 | 00:04:51 |
| 674 | 10502 | MANUEL PEDRO | INDIVIDUAL | Veterano V | 19 | 00:48:30 | 00:48:25 | 00:23:15 | 00:04:51 |
| 675 | 7840 | PEDRO AC CARVALHO | TECH DATA | Seniores | 314 | 00:48:30 | 00:47:41 | 00:23:00 | 00:04:51 |
| 676 | 7876 | António Fernandes | Amigos Vale Silencio | Veterano IV | 40 | 00:48:30 | 00:48:02 | 00:23:52 | 00:04:51 |
| 677 | 7839 | GONÇALO FONSECA | TECH DATA | Seniores | 315 | 00:48:30 | 00:47:43 | 00:23:01 | 00:04:51 |
| 678 | 7844 | FERNANDO ALVES | TECH DATA | Seniores | 316 | 00:48:31 | 00:47:43 | 00:23:01 | 00:04:52 |
| 679 | 8024 | FERNANDO GONÇALVES | INDIVIDUAL | Veterano II | 88 | 00:48:31 | 00:48:15 | 00:23:48 | 00:04:52 |
| 680 | 9236 | HERNANI MANUEL NASCIMENTO FERNANDES | INDIVIDUAL | Veterano III | 59 | 00:48:32 | 00:46:28 | 00:22:30 | 00:04:52 |
| 681 | 8088 | JOÃO FERNANDO COVAS SIMÕES | ITAU, SA | Veterano I | 107 | 00:48:32 | 00:46:33 | 00:22:30 | 00:04:52 |
| 682 | 9041 | Nuno Vítor Franco | INDIVIDUAL | Seniores | 317 | 00:48:33 | 00:47:35 | 00:23:14 | 00:04:52 |
| 683 | 9713 | Hugo Miguel Paisana Domingos | INDIVIDUAL | Seniores | 318 | 00:48:39 | 00:47:17 | 00:22:33 | 00:04:52 |
| 684 | 9151 | Bernardo Elias da Costa Figueiredo | INDIVIDUAL | Veterano I | 108 | 00:48:39 | 00:46:44 | 00:23:12 | 00:04:52 |
| 685 | 7977 | Bento Raminhos | INDIVIDUAL | Veterano I | 109 | 00:48:40 | 00:48:09 | 00:23:27 | 00:04:52 |
| 686 | 10951 | Hugo Ricardo Alexandre Caldeira | INDIVIDUAL | Seniores | 319 | 00:48:41 | 00:47:25 | 00:22:39 | 00:04:53 |
| 687 | 9020 | Pedro Gomes | G. D. do Instituto Nacional de Estatística | Seniores | 320 | 00:48:42 | 00:47:07 | 00:23:01 | 00:04:53 |
| 688 | 8772 | Duarte Sousa | Aclis Liberty Seguros | Veterano I | 110 | 00:48:43 | 00:47:36 | 00:22:51 | 00:04:53 |
| 689 | 8663 | PEDRO REIS | JAZZY LIFE CLUB | Seniores | 321 | 00:48:44 | 00:48:20 | 00:23:42 | 00:04:53 |
| 690 | 7635 | CARLOS ALVES | CLUBE FERROVIÁRIO DE PORTUGAL | Veterano IV | 41 | 00:48:45 | 00:48:16 | 00:23:12 | 00:04:53 |
| 691 | 7789 | António Lucas Rosa | INDIVIDUAL | Veterano II | 89 | 00:48:45 | 00:47:46 | 00:22:58 | 00:04:53 |
| 692 | 10458 | MIGUEL ANGELO MARTINS VICENTE | INDIVIDUAL | Juniores | 25 | 00:48:46 | 00:48:45 | 00:21:09 | 00:04:53 |
| 693 | 9284 | ANDREIA FRANCISCO | CASA DO BENFICA FARO | SenioresF | 24 | 00:48:48 | 00:48:35 | 00:23:03 | 00:04:53 |
| 694 | 10108 | RUI BORBA | INDIVIDUAL | Veterano IV | 42 | 00:48:50 | 00:46:45 | 00:23:46 | 00:04:53 |
| 695 | 9725 | ru i manuel rodrigues | INDIVIDUAL | Veterano II | 90 | 00:48:50 | 00:48:46 | 00:23:21 | 00:04:53 |
| 696 | 10483 | José Canhoto | INDIVIDUAL | Veterano V | 20 | 00:48:52 | 00:48:42 | 00:23:13 | 00:04:54 |
| 697 | 10821 | Fernando Costa | INDIVIDUAL | Seniores | 322 | 00:48:54 | 00:47:55 | 00:23:06 | 00:04:54 |
| 698 | 8738 | Mario Jorge Correia Ribeiro | INDIVIDUAL | Seniores | 323 | 00:48:54 | 00:47:55 | 00:23:00 | 00:04:54 |
| 699 | 7051 | Ana Rita Morais | INDIVIDUAL | SenioresF | 25 | 00:48:56 | 00:48:11 | 00:23:14 | 00:04:54 |
| 700 | 9405 | vtor aguilar | RUN 4 FUN | Veterano V | 21 | 00:48:57 | 00:47:23 | 00:23:07 | 00:04:54 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo | |
|-----|--------|---|--|--------------|----------|----------|----------|----------|----------|----------|
| 701 | 10583 | João Manuel Teixeira | Governo Gregório | INDIVIDUAL | Seniores | 324 | 00:48:57 | 00:47:11 | 00:22:52 | 00:04:54 |
| 702 | 8252 | olimpio guedelha | GRUPO DOS AMIGOS DO ATLETISMO DE VILA FRANCA DE XI | Veterano IV | 43 | 00:48:58 | 00:48:44 | 00:23:33 | 00:04:54 | |
| 703 | 7515 | nuno clemente | INDIVIDUAL | Veterano I | 111 | 00:49:00 | 00:47:16 | 00:22:47 | 00:04:54 | |
| 704 | 10252 | Pedro Martins | INDIVIDUAL | Seniores | 325 | 00:49:01 | 00:47:25 | 00:23:00 | 00:04:55 | |
| 705 | 8230 | Miguel Jorge de Castro Esteves Guerra | INDIVIDUAL | Veterano II | 91 | 00:49:02 | 00:45:19 | 00:22:41 | 00:04:55 | |
| 706 | 8331 | Pedro Freitas | INDIVIDUAL | Seniores | 326 | 00:49:02 | 00:48:49 | 00:22:46 | 00:04:55 | |
| 707 | 7990 | JOAQUIM MIGUEL C. C. MEIRELLES | FUND BOX | Veterano II | 92 | 00:49:03 | 00:48:52 | 00:22:55 | 00:04:55 | |
| 708 | 7481 | Pedro Cunha | CCDT Metro LX | Veterano II | 93 | 00:49:04 | 00:47:30 | 00:23:15 | 00:04:55 | |
| 709 | 8275 | ANTÓNIO DA SILVEIRA P. RAPOSO | INDIVIDUAL | Veterano II | 94 | 00:49:04 | 00:48:24 | 00:23:29 | 00:04:55 | |
| 710 | 8770 | Ricardo Silva | Aclis Liberty Seguros | Seniores | 327 | 00:49:05 | 00:48:53 | 00:23:25 | 00:04:55 | |
| 711 | 7253 | JOAO PAULO SILVA | EDP | Veterano I | 112 | 00:49:06 | 00:49:00 | 00:23:20 | 00:04:55 | |
| 712 | 10327 | Idalécio Barros | INDIVIDUAL | Veterano IV | 44 | 00:49:07 | 00:48:39 | 00:22:57 | 00:04:55 | |
| 713 | 9396 | AMERICO JOSÉ VIEIRA PIMENTA | INDIVIDUAL | Veterano II | 95 | 00:49:07 | 00:49:03 | 00:22:58 | 00:04:55 | |
| 714 | 10978 | lino fita | INDIVIDUAL | Veterano IV | 45 | 00:49:08 | 00:47:53 | 00:22:34 | 00:04:55 | |
| 715 | 9407 | Alexandre Ormonde Ribeiro Mateus | INDIVIDUAL | Seniores | 329 | 00:49:09 | 00:49:06 | 00:23:40 | 00:04:55 | |
| 716 | 9448 | MARIO FERNANDES GOUVEIA | EDP | Seniores | 328 | 00:49:09 | 00:48:14 | 00:24:01 | 00:04:55 | |
| 717 | 7120 | José Manuel da Silva Martins | INDIVIDUAL | Veterano II | 96 | 00:49:10 | 00:48:31 | 00:23:26 | 00:04:55 | |
| 718 | 8761 | João Pedro Ferreira | CLAC - Entroncamento | Seniores | 330 | 00:49:10 | 00:48:51 | 00:25:21 | 00:04:55 | |
| 719 | 9429 | António Manuel da Graça Lopes Miguéns | INDIVIDUAL | Veterano II | 97 | 00:49:12 | 00:48:32 | 00:23:25 | 00:04:56 | |
| 720 | 9182 | Carlos Vasconcelos | INDIVIDUAL | Veterano III | 60 | 00:49:12 | 00:49:10 | 00:23:29 | 00:04:56 | |
| 721 | 10370 | Henrique Jose Samora | A.C.R.D Reixida | Veterano III | 61 | 00:49:12 | 00:48:18 | 00:24:16 | 00:04:56 | |
| 722 | 9673 | FREDERICO VASCO B. MONTEIRO DE MELO | INDIVIDUAL | Seniores | 331 | 00:49:12 | 00:49:02 | 00:22:47 | 00:04:56 | |
| 723 | 8988 | Nuno Miguel Grilo Fialho | INDIVIDUAL | Seniores | 332 | 00:49:13 | 00:48:19 | 00:22:33 | 00:04:56 | |
| 724 | 9366 | ANTÓNIO NUNES | OS PERIGOSOS | Seniores | 333 | 00:49:15 | 00:48:39 | 00:23:37 | 00:04:56 | |
| 725 | 10201 | Carlos Pereira | INDIVIDUAL | Veterano II | 98 | 00:49:17 | 00:47:01 | 00:23:18 | 00:04:56 | |
| 726 | 9952 | GABRIELA FREITAS | INDIVIDUAL | SenioresF | 26 | 00:49:18 | 00:49:09 | 00:24:00 | 00:04:56 | |
| 727 | 8207 | JOSÉ JULIO LOPES SILVA | INDIVIDUAL | Veterano II | 99 | 00:49:19 | 00:48:23 | 00:23:07 | 00:04:56 | |
| 728 | 8585 | CARLOS PIRES | EUROPCAR | Seniores | 334 | 00:49:19 | 00:49:04 | 00:23:26 | 00:04:56 | |
| 729 | 10095 | Luís Filipe de Vasconcellos Corrêa Mendes Hortêncio | INDIVIDUAL | Seniores | 336 | 00:49:20 | 00:49:06 | 00:23:28 | 00:04:56 | |
| 730 | 8324 | Duarte Miragaia | INDIVIDUAL | Seniores | 335 | 00:49:20 | 00:49:02 | 00:22:51 | 00:04:56 | |
| 731 | 9294 | NUNO PEREIRA | AMIGOS DO ATLETISMO DA MOITA | Juniores | 26 | 00:49:20 | 00:48:05 | 00:24:30 | 00:04:56 | |
| 732 | 8343 | ARMANDO MARTINS | POPOS | Veterano II | 100 | 00:49:20 | 00:48:43 | 00:22:40 | 00:04:56 | |
| 733 | 7028 | SUZETE SILVA | A MINHA CORRIDA | Veteranas I | 3 | 00:49:21 | 00:49:17 | 00:23:37 | 00:04:57 | |
| 734 | 9453 | João Pedro Gomes Breda | INDIVIDUAL | Seniores | 337 | 00:49:22 | 00:49:12 | 00:23:14 | 00:04:57 | |
| 735 | 11008 | Agostinho Miguel Ferreira da Silva | INDIVIDUAL | Seniores | 338 | 00:49:22 | 00:48:58 | 00:23:33 | 00:04:57 | |
| 736 | 8049 | ANA SILVIA SOBREIRA | REPSOL PORTUGUESA | Veteranas I | 4 | 00:49:23 | 00:49:12 | 00:23:37 | 00:04:57 | |
| 737 | 8272 | Luís Filipe Ferreira Figueiredo | INDIVIDUAL | Veterano III | 62 | 00:49:23 | 00:49:08 | 00:23:11 | 00:04:57 | |
| 738 | 7773 | ANTÓNIO MANUEL DOS SANTOS E SILVA | INDIVIDUAL | Veterano III | 63 | 00:49:24 | 00:49:10 | 00:23:22 | 00:04:57 | |
| 739 | 8185 | VITOR MONTEIRO | CASA DO BENFICA DE PATAIAS | Veterano II | 101 | 00:49:25 | 00:48:24 | 00:23:18 | 00:04:57 | |
| 740 | 7370 | Ricardo Pedro Ferreira | INDIVIDUAL | Veterano II | 102 | 00:49:25 | 00:49:16 | 00:23:09 | 00:04:57 | |
| 741 | 9997 | RUI FILIPE DA SILVA FERREIRA | INDIVIDUAL | Juniores | 27 | 00:49:27 | 00:49:22 | 00:23:03 | 00:04:57 | |
| 742 | 8536 | Sérgio Manso | INDIVIDUAL | Seniores | 339 | 00:49:27 | 00:49:11 | 00:23:32 | 00:04:57 | |
| 743 | 8461 | MAFALDA VITORINO | INDIVIDUAL | SenioresF | 27 | 00:49:27 | 00:47:44 | 00:22:53 | 00:04:57 | |
| 744 | 7478 | FILIPE DA SILVA LOURENÇO | INDIVIDUAL | Seniores | 340 | 00:49:27 | 00:47:05 | 00:23:55 | 00:04:57 | |
| 745 | 9002 | José Carlos Ferreira Silva | INDIVIDUAL | Seniores | 341 | 00:49:28 | 00:47:06 | 00:23:56 | 00:04:57 | |
| 746 | 7367 | HUMBERTO TOMÉ MENDONÇA | INDIVIDUAL | Seniores | 342 | 00:49:28 | 00:48:28 | 00:22:21 | 00:04:57 | |
| 747 | 9047 | Ricardo Miguel de Jesus Franco Bernardes | INDIVIDUAL | Seniores | 343 | 00:49:31 | 00:49:26 | 00:22:41 | 00:04:58 | |
| 748 | 7754 | MÁRIO JOSÉ DUARTE RODRIGUES | INDIVIDUAL | Veterano I | 113 | 00:49:31 | 00:48:56 | 00:23:02 | 00:04:58 | |
| 749 | 7455 | David Saraiva | INDIVIDUAL | Seniores | 344 | 00:49:32 | 00:49:14 | 00:23:28 | 00:04:58 | |
| 750 | 7963 | José Henriques | Asas nos Pés | Seniores | 345 | 00:49:32 | 00:47:32 | 00:22:43 | 00:04:58 | |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|-----|--------|---|---|--------------|-----|----------|----------|----------|----------|
| 751 | 10495 | VITOR MANUEL LIMA FERNANDES | INDIVIDUAL | Seniores | 346 | 00:49:32 | 00:48:09 | 00:24:15 | 00:04:58 |
| 752 | 9083 | Jacinto Jesus Ferreira | INDIVIDUAL | Veterano IV | 46 | 00:49:32 | 00:47:49 | 00:23:54 | 00:04:58 |
| 753 | 9639 | Nuno Miguel Henriques Frade | INDIVIDUAL | Seniores | 347 | 00:49:33 | 00:49:17 | 00:23:07 | 00:04:58 |
| 754 | 9031 | CARLOS FILIPE CARVALHO RAYOS | INDIVIDUAL | Seniores | 348 | 00:49:34 | 00:46:54 | 00:24:11 | 00:04:58 |
| 755 | 9671 | João Pedro Couceiro | INDIVIDUAL | Seniores | 349 | 00:49:36 | 00:47:49 | 00:22:51 | 00:04:58 |
| 756 | 8357 | JORGE DUARTE PINHEIRO | RUN 4 FUN | Veterano II | 103 | 00:49:36 | 00:48:00 | 00:23:08 | 00:04:58 |
| 757 | 7429 | Vasco Leal | INDIVIDUAL | Veterano III | 64 | 00:49:37 | 00:47:56 | 00:23:36 | 00:04:58 |
| 758 | 7931 | João Carlos L Pinto | Sport Lisboa e Benfica | Juniores | 28 | 00:49:38 | 00:49:07 | 00:21:47 | 00:04:58 |
| 759 | 9832 | Marco António Antunes Clara | INDIVIDUAL | Seniores | 350 | 00:49:39 | 00:48:12 | 00:23:50 | 00:04:58 |
| 760 | 10964 | Vierie | vrai Benfica style | Seniores | 351 | 00:49:39 | 00:48:56 | 00:24:00 | 00:04:58 |
| 761 | 10377 | Bruno M M Afonso | INDIVIDUAL | Seniores | 352 | 00:49:40 | 00:49:25 | 00:22:49 | 00:04:58 |
| 762 | 8793 | JOÃO PEDRO TEIXEIRA SOARES | BANCO CREDIBOM | Seniores | 353 | 00:49:41 | 00:47:47 | 00:23:28 | 00:04:59 |
| 763 | 7785 | PEDRO JORDÃO | REPSOL PORTUGUESA | Seniores | 354 | 00:49:41 | 00:48:31 | 00:23:49 | 00:04:59 |
| 764 | 8223 | ANDRÉ CAMPOS | ASCENDUM | Seniores | 355 | 00:49:41 | 00:47:12 | 00:23:17 | 00:04:59 |
| 765 | 9006 | César Augusto da Costa Gonçalves | INDIVIDUAL | Seniores | 356 | 00:49:42 | 00:49:24 | 00:22:21 | 00:04:59 |
| 766 | 8186 | VITOR RODRIGUES | CASA DO BENFICA DE PATAIAS | Veterano II | 104 | 00:49:43 | 00:49:16 | 00:24:05 | 00:04:59 |
| 767 | 8573 | RICARDO PAIVA | JORNAL A BOLA | Veterano II | 105 | 00:49:43 | 00:48:36 | 00:22:53 | 00:04:59 |
| 768 | 8198 | HELDER ASCENSO | CASA DO BENFICA DE PATAIAS | Veterano III | 65 | 00:49:43 | 00:49:17 | 00:24:06 | 00:04:59 |
| 769 | 7885 | João Paiva | Clube ANACOM | Veterano I | 114 | 00:49:44 | 00:48:06 | 00:23:25 | 00:04:59 |
| 770 | 8952 | João Catalão | INDIVIDUAL | Seniores | 357 | 00:49:45 | 00:49:22 | 00:22:41 | 00:04:59 |
| 771 | 8392 | Daniel Fatela | Lagoa da Pedra & Arredores Running Team | Seniores | 358 | 00:49:46 | 00:47:46 | 00:23:14 | 00:04:59 |
| 772 | 10477 | JOSE CARLOS CALVARIO DA SILVA | INDIVIDUAL | Veterano I | 115 | 00:49:46 | 00:49:13 | 00:24:25 | 00:04:59 |
| 773 | 8779 | Pedro Gonçalves | INDIVIDUAL | Veterano IV | 47 | 00:49:47 | 00:49:41 | 00:23:08 | 00:04:59 |
| 774 | 9625 | Vitor Moreira | INDIVIDUAL | Juniores | 29 | 00:49:47 | 00:48:34 | 00:23:10 | 00:04:59 |
| 775 | 9447 | PEDRO MIGUEL FERNANDES | EDP | Seniores | 359 | 00:49:48 | 00:48:58 | 00:23:02 | 00:04:59 |
| 776 | 10409 | António Justino da Silva Geraldo Linheiro | INDIVIDUAL | Veterano III | 66 | 00:49:48 | 00:49:13 | 00:23:07 | 00:04:59 |
| 777 | 7845 | NUNO DAMIÃES | GRUPO DESPORTIVO SANTANDER TOTTA | Seniores | 360 | 00:49:49 | 00:48:16 | 00:23:34 | 00:04:59 |
| 778 | 8107 | ELSA FIGUEIRA | HPP SAÚDE - HOSPITAL DOS LUSÍADAS | SenioresF | 28 | 00:49:49 | 00:49:01 | 00:23:33 | 00:04:59 |
| 779 | 7639 | Cristina Oliveira Martins | ADRC Mata de Benfica | Seniores | 361 | 00:49:50 | 00:49:35 | 00:23:27 | 00:04:59 |
| 780 | 7408 | Antonio Alves | Marriott Lisboa | Veterano III | 67 | 00:49:50 | 00:48:38 | 00:23:41 | 00:04:59 |
| 781 | 10206 | Rui Almeida | INDIVIDUAL | Seniores | 362 | 00:49:51 | 00:49:43 | 00:24:04 | 00:05:00 |
| 782 | 9543 | vitor ferreira | INDIVIDUAL | Veterano II | 106 | 00:49:51 | 00:49:22 | 00:23:46 | 00:05:00 |
| 783 | 8730 | José António Beldroegas | INDIVIDUAL | Veterano I | 116 | 00:49:52 | 00:49:18 | 00:23:48 | 00:05:00 |
| 784 | 10284 | CARLOS MANUEL GOMES MOTA MIGUEL | INDIVIDUAL | Veterano I | 117 | 00:49:53 | 00:49:32 | 00:23:56 | 00:05:00 |
| 785 | 8729 | José Manuel Martins Ameixa | INDIVIDUAL | Seniores | 363 | 00:49:53 | 00:49:19 | 00:23:50 | 00:05:00 |
| 786 | 10813 | Miguel Filipe Ferreira Gonçalves | INDIVIDUAL | Seniores | 364 | 00:49:54 | 00:48:06 | 00:24:49 | 00:05:00 |
| 787 | 9233 | Antonio Sales Nobre | INDIVIDUAL | Juniores | 30 | 00:49:54 | 00:49:44 | 00:25:09 | 00:05:00 |
| 788 | 7574 | AUGUSTO SEABRA LOURENCO | CLUBE MILLENNIUM BCP | Veterano III | 68 | 00:49:54 | 00:48:33 | 00:23:10 | 00:05:00 |
| 789 | 7466 | jose nunes | INDIVIDUAL | Veterano II | 107 | 00:49:55 | 00:49:27 | 00:24:13 | 00:05:00 |
| 790 | 7469 | joaquim varanda | INDIVIDUAL | Veterano III | 69 | 00:49:55 | 00:49:27 | 00:24:03 | 00:05:00 |
| 791 | 7122 | RAÚL GRILO | INDIVIDUAL | Veterano IV | 48 | 00:49:55 | 00:49:43 | 00:24:00 | 00:05:00 |
| 792 | 9828 | Rui Jorge Nobre | INDIVIDUAL | Seniores | 365 | 00:49:56 | 00:49:02 | 00:24:50 | 00:05:00 |
| 793 | 10864 | Rui Pedro caeiro Ruivo | INDIVIDUAL | Seniores | 366 | 00:49:56 | 00:49:49 | 00:23:05 | 00:05:00 |
| 794 | 7121 | ROGÉRIO FOLGADO | INDIVIDUAL | Veterano III | 70 | 00:49:56 | 00:49:44 | 00:24:00 | 00:05:00 |
| 795 | 8809 | Roberto Fernandes Agostinho | INDIVIDUAL | Veterano I | 118 | 00:49:57 | 00:48:04 | 00:23:44 | 00:05:00 |
| 796 | 9377 | mario manuel soares alves | INDIVIDUAL | Veterano IV | 49 | 00:49:57 | 00:49:32 | 00:23:58 | 00:05:00 |
| 797 | 9007 | Fernando Miguel Patrício Gomes | INDIVIDUAL | Seniores | 367 | 00:49:58 | 00:48:56 | 00:24:16 | 00:05:00 |
| 798 | 8263 | Mauricio Santos | INDIVIDUAL | Veterano II | 108 | 00:49:59 | 00:49:34 | 00:24:01 | 00:05:00 |
| 799 | 7742 | FERNANDO SEQUEIRA DIAS | INDIVIDUAL | Veterano III | 71 | 00:50:00 | 00:49:37 | 00:23:19 | 00:05:00 |
| 800 | 8540 | JOÃO ANTUNES | INDIVIDUAL | Veterano IV | 50 | 00:50:01 | 00:49:26 | 00:23:53 | 00:05:01 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|-----|--------|--|---|---------------|-----|----------|----------|----------|----------|
| 801 | 9337 | sérgio rodrigues | grupo desportivo diana | Seniores | 368 | 00:50:01 | 00:49:50 | 00:23:51 | 00:05:01 |
| 802 | 7573 | FERNANDO MANUEL SILVA DE ALMEIDA | CLUBE MILLENNIUM BCP | Veterano I | 119 | 00:50:03 | 00:49:51 | 00:23:36 | 00:05:01 |
| 803 | 10442 | Tiago Guerra Marques | INDIVIDUAL | Seniores | 369 | 00:50:03 | 00:46:24 | 00:22:32 | 00:05:01 |
| 804 | 7154 | Bruno Miguel Henriques Bonito | INDIVIDUAL | Seniores | 370 | 00:50:03 | 00:49:58 | 00:23:07 | 00:05:01 |
| 805 | 8825 | Luis Zezere | INDIVIDUAL | Seniores | 371 | 00:50:03 | 00:48:56 | 00:23:56 | 00:05:01 |
| 806 | 10844 | Paulo Godinho | INDIVIDUAL | Veterano I | 120 | 00:50:04 | 00:48:14 | 00:23:49 | 00:05:01 |
| 807 | 10365 | NUNO SILVA | GENIUS | Seniores | 372 | 00:50:05 | 00:48:53 | 00:24:14 | 00:05:01 |
| 808 | 7412 | Luis Manuel Gomes Almeida Tavares | INDIVIDUAL | Veterano I | 121 | 00:50:05 | 00:49:47 | 00:24:10 | 00:05:01 |
| 809 | 10022 | CARLOS MANUEL PEREIRA PINHEIRO | INDIVIDUAL | Seniores | 373 | 00:50:05 | 00:48:36 | 00:24:58 | 00:05:01 |
| 810 | 10060 | JOAO CARLOS SANTOS CORREIA | INDIVIDUAL | Veterano III | 72 | 00:50:05 | 00:49:59 | 00:23:43 | 00:05:01 |
| 811 | 10498 | Claudio Monteiro | Run4Fun | Veterano II | 109 | 00:50:05 | 00:48:28 | 00:23:34 | 00:05:01 |
| 812 | 8188 | ANIBAL SILVA | CASA DO BENFICA DE PATAIAS | Veterano II | 110 | 00:50:06 | 00:49:49 | 00:24:51 | 00:05:01 |
| 813 | 8556 | Amílcar Póvoa | C.A. Amigos Parque da Paz | Veterano V | 22 | 00:50:07 | 00:50:05 | 00:23:48 | 00:05:01 |
| 814 | 9067 | Diogo Alfaro | INDIVIDUAL | Seniores | 374 | 00:50:07 | 00:48:13 | 00:22:36 | 00:05:01 |
| 815 | 7967 | ANGELO RELVAS | INDIVIDUAL | Seniores | 375 | 00:50:07 | 00:48:54 | 00:24:16 | 00:05:01 |
| 816 | 8798 | DANIEL GARCIA | INSTITUTO DOS PUPILOS DO EXÉRCITO | Juniores | 31 | 00:50:07 | 00:49:54 | 00:24:23 | 00:05:01 |
| 817 | 10138 | MARIANA CAVADAS | PUPILOS | SenioresF | 29 | 00:50:08 | 00:47:08 | 00:22:39 | 00:05:01 |
| 818 | 10700 | Nuno Filipe Neves Viegas da Silva Afonso | INDIVIDUAL | Seniores | 376 | 00:50:08 | 00:48:21 | 00:24:04 | 00:05:01 |
| 819 | 9078 | JOAQUIM MATOS FERNANDES | COLABORADOR SLB FUTEBOL | Veterano III | 73 | 00:50:09 | 00:49:58 | 00:24:00 | 00:05:01 |
| 820 | 9724 | GEORGE RIBEIRO | INDIVIDUAL | Seniores | 377 | 00:50:10 | 00:49:36 | 00:24:09 | 00:05:01 |
| 821 | 9909 | RUI DIAS | Pi-Linha Runners | Seniores | 378 | 00:50:11 | 00:48:46 | 00:23:34 | 00:05:02 |
| 822 | 9076 | ANTÓNIO FERNANDO PEREIRA MARTINHO | COLABORADOR SLB FUTEBOL | Veterano III | 74 | 00:50:11 | 00:50:01 | 00:24:00 | 00:05:02 |
| 823 | 8391 | NUNO MENDES | Lagoa da Pedra & Arredores Running Team | Seniores | 379 | 00:50:13 | 00:48:01 | 00:24:45 | 00:05:02 |
| 824 | 10571 | José Marques Coelho | INDIVIDUAL | Veterano V | 23 | 00:50:13 | 00:50:10 | 00:23:52 | 00:05:02 |
| 825 | 7786 | MANUEL GARRINHAS | REPSOL PORTUGUESA | Veterano III | 75 | 00:50:14 | 00:50:00 | 00:24:17 | 00:05:02 |
| 826 | 10814 | Rui Manuel Santos Moreira | INDIVIDUAL | Veterano I | 122 | 00:50:15 | 00:48:27 | 00:24:49 | 00:05:02 |
| 827 | 9494 | RICARDO MARQUES | INDIVIDUAL | Seniores | 380 | 00:50:16 | 00:48:54 | 00:24:16 | 00:05:02 |
| 828 | 9244 | Frederico Carvalho Rodrigues | INDIVIDUAL | Juniores | 32 | 00:50:16 | 00:50:10 | 00:22:43 | 00:05:02 |
| 829 | 8039 | Parente Rodrigues | Clube EDP Lisboa | Veterano IV | 51 | 00:50:16 | 00:50:06 | 00:23:02 | 00:05:02 |
| 830 | 7576 | MARIO BOTAS CAMPOS | CLUBE MILLENNIUM BCP | Veterano V | 24 | 00:50:17 | 00:49:47 | 00:24:25 | 00:05:02 |
| 831 | 8008 | ANA SANDRA COSTA | INDIVIDUAL | Veteranas I | 5 | 00:50:18 | 00:47:54 | 00:23:16 | 00:05:02 |
| 832 | 7110 | Helia Sofia Francisco Santos | INDIVIDUAL | SenioresF | 30 | 00:50:19 | 00:49:18 | 00:25:06 | 00:05:02 |
| 833 | 7604 | NUNO REBELO | JSRAUTOMOVEIS | Seniores | 381 | 00:50:19 | 00:48:47 | 00:23:27 | 00:05:02 |
| 834 | 9126 | Paulo Miguel Silvério Santos | INDIVIDUAL | Seniores | 382 | 00:50:19 | 00:48:17 | 00:22:07 | 00:05:02 |
| 835 | 9478 | António Figueiredo | Veteranos do Teixoso | Veterano IV | 52 | 00:50:19 | 00:50:05 | 00:24:39 | 00:05:02 |
| 836 | 9482 | João Real | Veteranos do Teixoso | Veterano IV | 53 | 00:50:20 | 00:50:07 | 00:24:42 | 00:05:02 |
| 837 | 9481 | Lisdália Nunes | Veteranos do Teixoso | Veteranas III | 3 | 00:50:20 | 00:50:06 | 00:24:40 | 00:05:02 |
| 838 | 7539 | Jorge Maunuel Alves dos Santos | INDIVIDUAL | Veterano II | 111 | 00:50:20 | 00:49:14 | 00:23:37 | 00:05:02 |
| 839 | 9227 | JOSE LUIS GARCIA MARTINS | TEJAVISTA | Seniores | 383 | 00:50:21 | 00:48:28 | 00:23:53 | 00:05:03 |
| 840 | 9919 | Deonilde Costa | ACV | SenioresF | 31 | 00:50:21 | 00:49:41 | 00:25:12 | 00:05:03 |
| 841 | 8629 | Nuno Sá | Rail Runners | Seniores | 384 | 00:50:21 | 00:47:20 | 00:22:43 | 00:05:03 |
| 842 | 10243 | João Correia Amorim Pereira | INDIVIDUAL | Veterano III | 76 | 00:50:21 | 00:49:48 | 00:23:40 | 00:05:03 |
| 843 | 7847 | MANUEL ROBALO | GRUPO DESPORTIVO SANTANDER TOTTA | Veterano V | 25 | 00:50:21 | 00:49:38 | 00:23:44 | 00:05:03 |
| 844 | 10082 | Horácio José Caramelo Pereira | INDIVIDUAL | Veterano I | 123 | 00:50:21 | 00:50:18 | 00:23:47 | 00:05:03 |
| 845 | 8488 | Maria Lurdes Venâncio | CLUBE COLABORADORES AXA | Veteranas II | 2 | 00:50:22 | 00:48:21 | 00:23:46 | 00:05:03 |
| 846 | 8818 | Rui Carvalheira | INDIVIDUAL | Seniores | 385 | 00:50:23 | 00:48:17 | 00:22:21 | 00:05:03 |
| 847 | 8189 | TELMO PEDROSO | CASA DO BENFICA DE PATAIAS | Seniores | 386 | 00:50:23 | 00:50:06 | 00:23:48 | 00:05:03 |
| 848 | 8319 | LUIS MOS | SAGRES/UNILOGOS S.A | Veterano II | 112 | 00:50:23 | 00:49:03 | 00:23:55 | 00:05:03 |
| 849 | 7687 | Ricardo Miguel Martins | GD Banco BPI | Seniores | 387 | 00:50:25 | 00:49:29 | 00:23:51 | 00:05:03 |
| 850 | 8638 | Francisco Garoto | Bladerunners | Veterano I | 124 | 00:50:26 | 00:49:07 | 00:24:25 | 00:05:03 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|-----|--------|---|--|---------------|-----|----------|----------|----------|----------|
| 851 | 9588 | Diogo Rosa | INDIVIDUAL | Seniores | 388 | 00:50:28 | 00:50:07 | 00:24:32 | 00:05:03 |
| 852 | 8376 | RUI JORGE GUIMARAES CORREIA | INDIVIDUAL | Veterano I | 125 | 00:50:29 | 00:49:09 | 00:22:58 | 00:05:03 |
| 853 | 8298 | MARIA DOS PRAZERES MOREIRA PINHEIRO NEVES | EDP | Veteranas III | 4 | 00:50:30 | 00:48:57 | 00:23:55 | 00:05:03 |
| 854 | 8211 | JOAO CALADO | IBM | Veterano II | 113 | 00:50:30 | 00:49:15 | 00:24:45 | 00:05:03 |
| 855 | 8624 | Manuel António | Rail Runners | Veterano I | 126 | 00:50:30 | 00:49:53 | 00:23:27 | 00:05:03 |
| 856 | 7242 | Rui Araújo | CCDT Metro LX | Veterano III | 77 | 00:50:31 | 00:48:55 | 00:23:44 | 00:05:04 |
| 857 | 7622 | MANUEL MARTINHO | CLUBE FERROVIÁRIO DE PORTUGAL | Veterano V | 26 | 00:50:31 | 00:50:19 | 00:22:46 | 00:05:04 |
| 858 | 9190 | João Pedro Paiva Calado | INDIVIDUAL | Veterano II | 114 | 00:50:31 | 00:49:16 | 00:24:44 | 00:05:04 |
| 859 | 8764 | Ricardo Augusto Caetano da Silva | INDIVIDUAL | Seniores | 389 | 00:50:32 | 00:50:04 | 00:24:22 | 00:05:04 |
| 860 | 10389 | Joaquim Zambana | INDIVIDUAL | Veterano II | 115 | 00:50:32 | 00:49:18 | 00:23:45 | 00:05:04 |
| 861 | 8771 | Fernando Nuno | Aclis Liberty Seguros | Veterano III | 78 | 00:50:33 | 00:50:21 | 00:23:25 | 00:05:04 |
| 862 | 10972 | Amândio Lobo | Associação de Atletismo Lebres do Sado | Veterano V | 27 | 00:50:34 | 00:49:41 | 00:24:34 | 00:05:04 |
| 863 | 9133 | Jorge Simoes | INDIVIDUAL | Veterano I | 127 | 00:50:34 | 00:49:38 | 00:24:00 | 00:05:04 |
| 864 | 10129 | Manuel Baptista | Associação de Atletismo Lebres do Sado | Veterano V | 28 | 00:50:34 | 00:49:42 | 00:24:34 | 00:05:04 |
| 865 | 10828 | Pedro Duarte | Malta do Rally | Veterano I | 128 | 00:50:34 | 00:50:34 | | 00:05:04 |
| 866 | 10676 | NUNO FRAGA | INDIVIDUAL | Seniores | 390 | 00:50:35 | 00:49:44 | 00:23:04 | 00:05:04 |
| 867 | 8347 | PAULO SALSA | POPOS | Seniores | 391 | 00:50:36 | 00:50:01 | 00:22:59 | 00:05:04 |
| 868 | 10758 | Mario Ramos | APOGMA | Veterano III | 79 | 00:50:36 | 00:49:50 | 00:25:20 | 00:05:04 |
| 869 | 11011 | Teresa Maria de Oliveira Martins | INDIVIDUAL | SenioresF | 32 | 00:50:36 | 00:50:01 | 00:24:35 | 00:05:04 |
| 870 | 8765 | JOSÉ MIGUEL GARCIA CALHEIROS | INDIVIDUAL | Seniores | 392 | 00:50:36 | 00:50:25 | 00:24:18 | 00:05:04 |
| 871 | 10778 | antónio vaz de oliveira | INDIVIDUAL | Veterano IV | 54 | 00:50:36 | 00:50:27 | 00:23:01 | 00:05:04 |
| 872 | 7892 | JOSE FERNANDES | SS CGD | Veterano IV | 55 | 00:50:37 | 00:49:39 | 00:24:24 | 00:05:04 |
| 873 | 7549 | DANILO OMAR ALEGY RAICHANDE | CLUBE MILLENNIUM BCP | Veterano I | 129 | 00:50:37 | 00:48:46 | 00:24:31 | 00:05:04 |
| 874 | 9618 | Filipe Manuel Sucena Gameiro Brogueira | INDIVIDUAL | Seniores | 393 | 00:50:37 | 00:48:25 | 00:24:07 | 00:05:04 |
| 875 | 9905 | Antonio Major | Associação de Pára-quedistas Tejo Norte | Veterano III | 80 | 00:50:38 | 00:48:55 | 00:23:09 | 00:05:04 |
| 876 | 7805 | Acácio Gama Reis | INDIVIDUAL | Seniores | 394 | 00:50:38 | 00:48:49 | 00:23:52 | 00:05:04 |
| 877 | 10692 | JORGE ALEXANDRE PAULINO CONCEIÇÃO MARTINS | INDIVIDUAL | Seniores | 395 | 00:50:39 | 00:49:56 | 00:23:37 | 00:05:04 |
| 878 | 7025 | CARLA JESUS | A MINHA CORRIDA | Veteranas I | 6 | 00:50:39 | 00:48:17 | 00:23:17 | 00:05:04 |
| 879 | 7998 | Bruno José Marques Gonçalves | INDIVIDUAL | Seniores | 396 | 00:50:39 | 00:48:55 | 00:24:19 | 00:05:04 |
| 880 | 9642 | Rui Pedro Dias Biga da Conceição | INDIVIDUAL | Seniores | 397 | 00:50:39 | 00:49:49 | 00:23:37 | 00:05:04 |
| 881 | 9263 | HENRIQUE ORTIGAO | INDIVIDUAL | Seniores | 398 | 00:50:40 | 00:49:36 | 00:24:05 | 00:05:04 |
| 882 | 10280 | Augusto Silva Fonseca | INDIVIDUAL | Veterano IV | 56 | 00:50:40 | 00:49:09 | 00:23:36 | 00:05:04 |
| 883 | 10657 | António Sérgio | INDIVIDUAL | Seniores | 399 | 00:50:40 | 00:50:17 | 00:23:37 | 00:05:04 |
| 884 | 7689 | NUNO LUIS LOURENÇO DE SOUSA | IMPÉRIO BONANÇA - FIDELIDADE - MULTICARE | Seniores | 401 | 00:50:41 | 00:47:25 | 00:23:04 | 00:05:05 |
| 885 | 10602 | Paulo Jorge Costa Guerreiro | INDIVIDUAL | Seniores | 400 | 00:50:41 | 00:50:36 | 00:23:31 | 00:05:05 |
| 886 | 8645 | CARLA AMARAL | JAZZY LIFE CLUB | SenioresF | 33 | 00:50:41 | 00:49:55 | 00:23:50 | 00:05:05 |
| 887 | 10671 | DOMINGOS DANIEL FRANCO FERREIRA | INDIVIDUAL | Veterano III | 81 | 00:50:41 | 00:50:32 | 00:24:10 | 00:05:05 |
| 888 | 8986 | Pedro Daniel Marques Barbosa | INDIVIDUAL | Seniores | 402 | 00:50:42 | 00:50:22 | 00:24:35 | 00:05:05 |
| 889 | 9202 | FABIO ANTONIO DA SILVA | INDIVIDUAL | Seniores | 403 | 00:50:43 | 00:49:15 | 00:25:58 | 00:05:05 |
| 890 | 10261 | João Carlos Oliveira Ribeiro | Beja Atletico Clube | Veterano II | 116 | 00:50:43 | 00:50:31 | 00:23:35 | 00:05:05 |
| 891 | 10527 | Filipe Cruz | INDIVIDUAL | Seniores | 404 | 00:50:43 | 00:48:07 | 00:23:45 | 00:05:05 |
| 892 | 10011 | MIGUEL ALEXANDRE PERDIGÃO SILVA | INDIVIDUAL | Seniores | 405 | 00:50:44 | 00:49:14 | 00:23:47 | 00:05:05 |
| 893 | 7062 | Sergio Floriano | INDIVIDUAL | Seniores | 406 | 00:50:46 | 00:48:42 | 00:24:45 | 00:05:05 |
| 894 | 8046 | Paulo Patrão | INDIVIDUAL | Seniores | 407 | 00:50:46 | 00:49:56 | 00:23:47 | 00:05:05 |
| 895 | 8994 | ANDRÉ FILIPE DO NORTE SIMÃO RIBEIRO | INDIVIDUAL | Seniores | 408 | 00:50:48 | 00:50:18 | 00:24:04 | 00:05:05 |
| 896 | 9716 | Filipe Miguel Pereira Nunes | INDIVIDUAL | Seniores | 409 | 00:50:48 | 00:49:02 | 00:23:54 | 00:05:05 |
| 897 | 9285 | JOSÉ BRITO | CASA DO BENFICA FARO | Veterano III | 82 | 00:50:49 | 00:49:39 | 00:24:25 | 00:05:05 |
| 898 | 9498 | VANIA FILIPA GAMA | AMIGOS PONTE FAJÃO | SenioresF | 34 | 00:50:49 | 00:50:09 | 00:23:50 | 00:05:05 |
| 899 | 7966 | Jesus Manuel Duarte Jorge | INDIVIDUAL | Seniores | 410 | 00:50:50 | 00:50:14 | 00:23:48 | 00:05:05 |
| 900 | 8183 | OCTAVIO MARIANO | CASA DO BENFICA DE PATAIAS | Veterano I | 130 | 00:50:50 | 00:49:50 | 00:24:08 | 00:05:05 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|-----|--------|---|---|--------------|-----|----------|----------|----------|----------|
| 901 | 8361 | MIGUEL MARTINHO | INDIVIDUAL | Seniores | 411 | 00:50:50 | 00:49:48 | 00:24:49 | 00:05:05 |
| 902 | 10256 | VENANCIO BRANCO | TECNOSPIE | Veterano I | 131 | 00:50:51 | 00:49:24 | 00:24:26 | 00:05:06 |
| 903 | 9259 | RUI CARLOS OLIVEIRA DIAS DA SILVA | INDIVIDUAL | Seniores | 412 | 00:50:52 | 00:50:21 | 00:24:07 | 00:05:06 |
| 904 | 7172 | João Fernandes | INDIVIDUAL | Seniores | 413 | 00:50:52 | 00:48:48 | 00:24:46 | 00:05:06 |
| 905 | 8216 | EDUARDA MARQUES | IBM | Veteranas I | 7 | 00:50:52 | 00:49:37 | 00:24:45 | 00:05:06 |
| 906 | 8544 | JOAO PEREIRA | INDIVIDUAL | Veterano I | 132 | 00:50:53 | 00:49:00 | 00:23:57 | 00:05:06 |
| 907 | 8394 | Paulo Faustino | Lagoa da Pedra & Arredores Running Team | Seniores | 414 | 00:50:54 | 00:48:43 | 00:24:46 | 00:05:06 |
| 908 | 9073 | edgar françisco | u.r.d.arranhò | Veterano II | 117 | 00:50:54 | 00:50:22 | 00:24:00 | 00:05:06 |
| 909 | 9074 | filipe branco | u.r.d.arranhò | Veterano I | 133 | 00:50:54 | 00:50:22 | 00:24:00 | 00:05:06 |
| 910 | 10265 | Luis Mamuel Mota Ferreira | INDIVIDUAL | Veterano IV | 57 | 00:50:55 | 00:50:41 | 00:24:02 | 00:05:06 |
| 911 | 9365 | HELDER VALADAS | OS PERIGOSOS | Seniores | 415 | 00:50:55 | 00:50:19 | 00:23:45 | 00:05:06 |
| 912 | 9638 | Rodrigo Fernandes Santos | INDIVIDUAL | Seniores | 416 | 00:50:56 | 00:49:29 | 00:24:22 | 00:05:06 |
| 913 | 9876 | MANUEL FRANCISCO MARQUES PERAS | INDIVIDUAL | Veterano IV | 58 | 00:50:56 | 00:50:03 | 00:24:35 | 00:05:06 |
| 914 | 8795 | HUGO ALEXANDRE DOS SANTOS DOS REIS | BANCO CREDIBOM | Seniores | 417 | 00:50:56 | 00:49:42 | 00:24:31 | 00:05:06 |
| 915 | 10454 | Fernando Esperança | INDIVIDUAL | Veterano II | 118 | 00:50:56 | 00:49:46 | 00:23:47 | 00:05:06 |
| 916 | 7461 | Edgar Filipe da Costa Felisberto | INDIVIDUAL | Seniores | 419 | 00:50:58 | 00:50:39 | 00:22:51 | 00:05:06 |
| 917 | 10830 | João Bucho | Atletismo Clube de Portalegre | Seniores | 418 | 00:50:58 | 00:48:03 | 00:22:15 | 00:05:06 |
| 918 | 9321 | PEDRO BANDEIRA | DELL PORTUGAL | Seniores | 420 | 00:51:00 | 00:50:43 | 00:24:20 | 00:05:06 |
| 919 | 10367 | JÚLIO FERREIRA | GENIUS | Veterano IV | 59 | 00:51:00 | 00:51:02 | 00:24:43 | 00:05:06 |
| 920 | 10896 | BRUNO GOMES PEREIRA | INDIVIDUAL | Seniores | 421 | 00:51:00 | 00:50:29 | 00:24:35 | 00:05:06 |
| 921 | 7411 | Maria Filomena Pinto Braga | INDIVIDUAL | SenioresF | 35 | 00:51:01 | 00:49:52 | 00:24:15 | 00:05:07 |
| 922 | 9766 | JOÃO COUTO | INDIVIDUAL | Seniores | 422 | 00:51:01 | 00:50:33 | 00:24:42 | 00:05:07 |
| 923 | 9348 | CARLOS FERREIRA | AUTOCOOPE | Veterano III | 83 | 00:51:02 | 00:50:38 | 00:23:44 | 00:05:07 |
| 924 | 7861 | JOSÉ MARÇAL | GRUPO DESPORTIVO SANTANDER TOTTA | Veterano IV | 60 | 00:51:02 | 00:50:20 | 00:24:34 | 00:05:07 |
| 925 | 9996 | ROGÉRIO MIRANDA | INDIVIDUAL | Veterano IV | 61 | 00:51:02 | 00:50:57 | 00:23:34 | 00:05:07 |
| 926 | 10766 | Gonçalo Santos | INDIVIDUAL | Seniores | 423 | 00:51:02 | 00:50:02 | 00:24:17 | 00:05:07 |
| 927 | 10392 | Francisco Miguel Arrieta Pestana Miranda Ceia | INDIVIDUAL | Seniores | 424 | 00:51:02 | 00:49:36 | 00:23:25 | 00:05:07 |
| 928 | 8513 | Filipe Junqueira | INDIVIDUAL | Seniores | 425 | 00:51:02 | 00:50:38 | 00:24:58 | 00:05:07 |
| 929 | 10391 | Filipe Arrieta Pestana Miranda Ceia | INDIVIDUAL | Seniores | 426 | 00:51:02 | 00:49:36 | 00:24:36 | 00:05:07 |
| 930 | 10981 | Luís Duarte | INDIVIDUAL | Seniores | 427 | 00:51:03 | 00:50:36 | 00:24:26 | 00:05:07 |
| 931 | 7302 | PEDRO NUNO DOMINGUES ALMEIDA | INDIVIDUAL | Veterano I | 134 | 00:51:03 | 00:50:52 | 00:23:43 | 00:05:07 |
| 932 | 7501 | christopher monteiro | INDIVIDUAL | Seniores | 428 | 00:51:04 | 00:48:42 | 00:23:56 | 00:05:07 |
| 933 | 7735 | RUI CUNHA LINO | KONICA MINOLTA | Seniores | 429 | 00:51:04 | 00:51:02 | 00:23:27 | 00:05:07 |
| 934 | 8597 | SÉRGIO CAMPOS | EUROPCAR | Seniores | 430 | 00:51:04 | 00:50:01 | 00:25:08 | 00:05:07 |
| 935 | 9279 | JOSE ANTONIO ESTEVES | INDIVIDUAL | Veterano V | 29 | 00:51:05 | 00:50:50 | 00:24:52 | 00:05:07 |
| 936 | 7629 | NUNO ALCOBIA | CLUBE FERROVIÁRIO DE PORTUGAL | Seniores | 431 | 00:51:05 | 00:49:21 | 00:25:06 | 00:05:07 |
| 937 | 10740 | Nuno Miguel Conceição Rosa | INDIVIDUAL | Seniores | 432 | 00:51:06 | 00:49:18 | 00:24:50 | 00:05:07 |
| 938 | 7779 | João Pedro Veiga | RUN 4 FUN | Seniores | 433 | 00:51:06 | 00:49:30 | 00:23:15 | 00:05:07 |
| 939 | 10408 | Hugo Filipe Leonardo Figueiredo | INDIVIDUAL | Seniores | 434 | 00:51:07 | 00:49:05 | 00:23:44 | 00:05:07 |
| 940 | 7406 | Joao Santos | Marriott Lisboa | Seniores | 435 | 00:51:07 | 00:49:56 | 00:24:53 | 00:05:07 |
| 941 | 9077 | RAFAEL FILIPE MORGADINHO MARTINHO | ACOMP. ANTÓNIO MARTINHO | Seniores | 436 | 00:51:08 | 00:50:56 | 00:24:46 | 00:05:07 |
| 942 | 9545 | Jorge Manuel Morgado Dinis | INDIVIDUAL | Veterano III | 84 | 00:51:08 | 00:50:27 | 00:23:50 | 00:05:07 |
| 943 | 7661 | Antonio Batista | INDIVIDUAL | Veterano I | 135 | 00:51:08 | 00:48:22 | 00:23:41 | 00:05:07 |
| 944 | 7470 | pedro dias | INDIVIDUAL | Seniores | 437 | 00:51:08 | 00:50:40 | 00:24:34 | 00:05:07 |
| 945 | 10750 | André Filipe Guerreiro Estevão | INDIVIDUAL | Veterano V | 30 | 00:51:09 | 00:49:44 | 00:23:53 | 00:05:07 |
| 946 | 7217 | Joaquim José Vasques Condeça | INDIVIDUAL | Seniores | 438 | 00:51:10 | 00:49:13 | 00:23:52 | 00:05:07 |
| 947 | 8181 | RUI VENTURA | CASA DO BENFICA DE PATAIAS | Veterano III | 85 | 00:51:11 | 00:50:53 | 00:24:14 | 00:05:08 |
| 948 | 7937 | DIOGO LOPES | PHILIPS PORTUGAL | Seniores | 439 | 00:51:12 | 00:47:56 | 00:23:08 | 00:05:08 |
| 949 | 9048 | Carla Domingues | INDIVIDUAL | SenioresF | 36 | 00:51:12 | 00:49:14 | 00:23:38 | 00:05:08 |
| 950 | 9052 | Maria Margarida Rosado Cotrim | INDIVIDUAL | SenioresF | 37 | 00:51:12 | 00:49:14 | 00:23:38 | 00:05:08 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|------------------------------------|-----------------------------------|--------------|-----|----------|----------|----------|----------|
| 951 | 8320 | Milene Calado | INDIVIDUAL | SenioresF | 38 | 00:51:13 | 00:50:23 | 00:30:23 | 00:05:08 |
| 952 | 8386 | RUI MARQUES | INDIVIDUAL | Seniores | 440 | 00:51:13 | 00:50:11 | 00:24:49 | 00:05:08 |
| 953 | 9467 | Pedro Costa | INDIVIDUAL | Seniores | 441 | 00:51:14 | 00:51:09 | 00:23:33 | 00:05:08 |
| 954 | 9466 | Luis Gouveia Ramos | INDIVIDUAL | Seniores | 442 | 00:51:14 | 00:51:13 | 00:23:36 | 00:05:08 |
| 955 | 9465 | Tiago Manuel da Silva Ramalho | INDIVIDUAL | Seniores | 443 | 00:51:15 | 00:51:13 | 00:23:36 | 00:05:08 |
| 956 | 7538 | Abilio paulo moitinho de campos | INDIVIDUAL | Veterano I | 136 | 00:51:15 | 00:50:59 | 00:24:19 | 00:05:08 |
| 957 | 8618 | Pedro Miguel Agulha | Rail Runners | Seniores | 444 | 00:51:15 | 00:49:33 | 00:23:40 | 00:05:08 |
| 958 | 10333 | Joao Dias | INDIVIDUAL | Veterano II | 119 | 00:51:17 | 00:50:17 | 00:24:34 | 00:05:08 |
| 959 | 8832 | José Eduardo Maurício Fachada | INDIVIDUAL | Veterano V | 31 | 00:51:17 | 00:49:45 | 00:24:51 | 00:05:08 |
| 960 | 9127 | Luís Miguel Matias Morgado Pereira | INDIVIDUAL | Seniores | 445 | 00:51:17 | 00:50:02 | 00:23:52 | 00:05:08 |
| 961 | 9345 | JOSÉ DIAS | AUTOCOOPE | Veterano III | 86 | 00:51:18 | 00:50:50 | 00:24:36 | 00:05:08 |
| 962 | 9343 | SERGIO BORGES | AUTOCOOPE | Veterano I | 137 | 00:51:18 | 00:50:51 | 00:24:48 | 00:05:08 |
| 963 | 8762 | João Tavares Catatão | INDIVIDUAL | Veterano I | 138 | 00:51:18 | 00:50:08 | 00:24:34 | 00:05:08 |
| 964 | 10725 | André Pires | INDIVIDUAL | Seniores | 446 | 00:51:18 | 00:47:13 | 00:23:30 | 00:05:08 |
| 965 | 10660 | Paulo Lourenço | INDIVIDUAL | Seniores | 447 | 00:51:19 | 00:49:59 | 00:25:49 | 00:05:08 |
| 966 | 9822 | nuno poeira | ccr carrascal | Seniores | 448 | 00:51:20 | 00:50:07 | 00:24:25 | 00:05:08 |
| 967 | 7526 | CARLOS MACHADO | INDIVIDUAL | Seniores | 449 | 00:51:21 | 00:50:54 | 00:24:09 | 00:05:09 |
| 968 | 10402 | Gilberto Gonçalves | Recreativo de Alvorada | Veterano V | 32 | 00:51:21 | 00:50:14 | 00:24:45 | 00:05:09 |
| 969 | 9706 | JOSE MANTA | AFIS /OVAR | Veterano IV | 62 | 00:51:21 | 00:49:57 | 00:24:38 | 00:05:09 |
| 970 | 7506 | ANTÓNIO CARLOS LOPES FAIA | INDIVIDUAL | Seniores | 450 | 00:51:22 | 00:50:12 | 00:23:27 | 00:05:09 |
| 971 | 9693 | MANUEL RAMOS | AFIS /OVAR | Veterano V | 33 | 00:51:22 | 00:49:59 | 00:24:39 | 00:05:09 |
| 972 | 7616 | DIOGO FOUTO | CLUBE FERROVIÁRIO DE PORTUGAL | Seniores | 451 | 00:51:22 | 00:49:38 | 00:24:12 | 00:05:09 |
| 973 | 10002 | JOSÉ SILVA | DELL PORTUGAL | Veterano II | 120 | 00:51:23 | 00:49:11 | 00:23:55 | 00:05:09 |
| 974 | 10090 | PEDRO FERREIRA | PASSATEMPO BENFICA | Seniores | 452 | 00:51:23 | 00:50:26 | 00:23:49 | 00:05:09 |
| 975 | 8373 | JOSE COSTA ALVES | INDIVIDUAL | Veterano I | 139 | 00:51:23 | 00:50:22 | 00:24:59 | 00:05:09 |
| 976 | 7719 | HUGO RICARDO CARDOSO SIMÕES | INDIVIDUAL | Seniores | 453 | 00:51:24 | 00:49:54 | 00:24:04 | 00:05:09 |
| 977 | 8949 | Nuno Cardador | INDIVIDUAL | Veterano I | 140 | 00:51:24 | 00:50:45 | 00:24:47 | 00:05:09 |
| 978 | 8348 | JOAO RODRIGUES MIGUEL | INDIVIDUAL | Veterano V | 34 | 00:51:24 | 00:51:20 | 00:25:45 | 00:05:09 |
| 979 | 9801 | VALTER VALE | INSTITUTO DOS PUPILOS DO EXÉRCITO | Seniores | 454 | 00:51:24 | 00:48:20 | 00:23:18 | 00:05:09 |
| 980 | 9120 | VITOR MANUEL PEREIRA FARIA | INDIVIDUAL | Veterano I | 141 | 00:51:25 | 00:49:17 | 00:24:22 | 00:05:09 |
| 981 | 8967 | ANDRÉ SILVA | INDIVIDUAL | Seniores | 455 | 00:51:25 | 00:49:51 | 00:24:59 | 00:05:09 |
| 982 | 9677 | Vitor Vieira | INDIVIDUAL | Seniores | 456 | 00:51:27 | 00:49:55 | 00:24:21 | 00:05:09 |
| 983 | 8991 | Helder José dos Anjos Moreira | INDIVIDUAL | Seniores | 457 | 00:51:27 | 00:50:23 | 00:24:39 | 00:05:09 |
| 984 | 7387 | Luis Miguel Neves Fura | INDIVIDUAL | Seniores | 458 | 00:51:29 | 00:49:43 | 00:23:58 | 00:05:09 |
| 985 | 7980 | Miguel Angelo Ferreira Custodio | INDIVIDUAL | Seniores | 459 | 00:51:29 | 00:50:12 | 00:23:39 | 00:05:09 |
| 986 | 10025 | DIOGO RAFAEL SOUSA ROVISCO | COLABORADOR DIREÇÃO TECNICA | Seniores | 460 | 00:51:30 | 00:49:17 | 00:23:28 | 00:05:09 |
| 987 | 9522 | tiago ramos | INDIVIDUAL | Seniores | 461 | 00:51:30 | 00:48:16 | 00:25:04 | 00:05:09 |
| 988 | 7314 | Márcio Fernando Domingos Nogueira | INDIVIDUAL | Seniores | 462 | 00:51:31 | 00:49:34 | 00:24:46 | 00:05:10 |
| 989 | 8067 | JOAO ALCIDES ROCHA SILVESTRE | HPP SAÚDE - HOSPITAL DOS LUSÍADAS | Seniores | 463 | 00:51:31 | 00:49:32 | 00:24:04 | 00:05:10 |
| 990 | 9209 | Tiago Moreira | INDIVIDUAL | Seniores | 464 | 00:51:31 | 00:48:25 | 00:21:32 | 00:05:10 |
| 991 | 9761 | FRANCISCO ANTÓNIO CAPELAS | INDIVIDUAL | Veterano II | 121 | 00:51:32 | 00:49:53 | 00:24:45 | 00:05:10 |
| 992 | 10499 | Ricardo Emanuel Duarte Lopes | INDIVIDUAL | Seniores | 465 | 00:51:33 | 00:50:35 | 00:22:34 | 00:05:10 |
| 993 | 9060 | Luis Filipe Nunes | INDIVIDUAL | Seniores | 466 | 00:51:33 | 00:50:57 | 00:25:52 | 00:05:10 |
| 994 | 9549 | Adelino Trindade | C.C.D.Portalegre | Veterano I | 142 | 00:51:33 | 00:51:15 | 00:24:16 | 00:05:10 |
| 995 | 9941 | NORBERTO RIO DIEGUES | INDIVIDUAL | Veterano IV | 63 | 00:51:34 | 00:49:55 | 00:24:04 | 00:05:10 |
| 996 | 10783 | Paulo Vilão | INDIVIDUAL | Seniores | 467 | 00:51:35 | 00:49:43 | 00:23:26 | 00:05:10 |
| 997 | 7095 | CLAUDIA CARMO | ACAPO | SenioresF | 39 | 00:51:35 | 00:51:15 | 00:24:27 | 00:05:10 |
| 998 | 9780 | Joaquim Guedelha | INDIVIDUAL | Veterano II | 122 | 00:51:35 | 00:50:13 | 00:25:03 | 00:05:10 |
| 999 | 10182 | Miguel Branco | INDIVIDUAL | Seniores | 468 | 00:51:36 | 00:50:12 | 00:25:03 | 00:05:10 |
| 1000 | 8507 | JOAO ANTONIO PEREIRA | INDIVIDUAL | Seniores | 469 | 00:51:36 | 00:50:13 | 00:25:03 | 00:05:10 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|---|---|--------------|-----|----------|----------|----------|----------|
| 1001 | 7136 | AMÉRICO SABINO | CASA DO POVO DO GRADIL | Veterano II | 123 | 00:51:36 | 00:50:06 | 00:24:50 | 00:05:10 |
| 1002 | 7669 | bruno gonçalo melfe de matos | INDIVIDUAL | Seniores | 470 | 00:51:36 | 00:49:57 | 00:24:04 | 00:05:10 |
| 1003 | 9485 | MANUEL SILVA | SSS JM | Veterano IV | 64 | 00:51:38 | 00:48:28 | 00:22:58 | 00:05:10 |
| 1004 | 9068 | DIOGO HENRIQUE FERNANDES SOARES MACHADO | INDIVIDUAL | Seniores | 471 | 00:51:40 | 00:51:00 | 00:25:02 | 00:05:10 |
| 1005 | 7085 | ALBANO GINJA | ACAPO | Veterano IV | 65 | 00:51:40 | 00:51:20 | 00:24:27 | 00:05:10 |
| 1006 | 9676 | Nuno Bento | SLB Forever | Veterano I | 143 | 00:51:40 | 00:50:54 | 00:24:39 | 00:05:10 |
| 1007 | 8118 | Bruno Pissarra | INDIVIDUAL | Seniores | 472 | 00:51:41 | 00:50:18 | 00:24:45 | 00:05:11 |
| 1008 | 8747 | José Manuel Santos | CLAC - Entroncamento | Veterano IV | 66 | 00:51:41 | 00:51:23 | 00:25:21 | 00:05:11 |
| 1009 | 9763 | Nuno Miguel da Silva Oliveira | INDIVIDUAL | Seniores | 473 | 00:51:41 | 00:49:46 | 00:25:33 | 00:05:11 |
| 1010 | 8721 | EDUARDO MANUEL ALEIXO | SERVIÇOS SOCIAIS DA CML | Seniores | 474 | 00:51:43 | 00:49:28 | 00:23:32 | 00:05:11 |
| 1011 | 7272 | antonio rufino | superfresco team | Seniores | 475 | 00:51:43 | 00:50:54 | 00:23:52 | 00:05:11 |
| 1012 | 9852 | João Filipe Macias Ventura de Figueiredo | INDIVIDUAL | Seniores | 476 | 00:51:44 | 00:51:04 | 00:24:30 | 00:05:11 |
| 1013 | 7137 | MANUEL BARBOSA | CASA DO POVO DO GRADIL | Seniores | 477 | 00:51:44 | 00:50:10 | 00:24:49 | 00:05:11 |
| 1014 | 8393 | Paulo Barbosa | Lagoa da Pedra & Arredores Running Team | Seniores | 478 | 00:51:44 | 00:49:34 | 00:24:47 | 00:05:11 |
| 1015 | 10349 | Sérgio Fernando Resende da Silva Pereira | INDIVIDUAL | Veterano I | 144 | 00:51:45 | 00:51:38 | 00:24:36 | 00:05:11 |
| 1016 | 8278 | carlos manuel r silva | INDIVIDUAL | Veterano IV | 67 | 00:51:46 | 00:51:41 | 00:24:28 | 00:05:11 |
| 1017 | 10761 | Paulo Pires | APOGMA | Veterano II | 124 | 00:51:46 | 00:51:06 | 00:24:52 | 00:05:11 |
| 1018 | 9372 | JORGE FERREIRA | INDIVIDUAL | Veterano III | 87 | 00:51:46 | 00:51:31 | 00:25:01 | 00:05:11 |
| 1019 | 8551 | João Diogo Reis Afonso | INDIVIDUAL | Seniores | 479 | 00:51:46 | 00:51:08 | 00:25:31 | 00:05:11 |
| 1020 | 10285 | RUI JORGE MARQUES GOMES | INDIVIDUAL | Seniores | 480 | 00:51:47 | 00:51:27 | 00:23:59 | 00:05:11 |
| 1021 | 10287 | paulo fernando severino marques | INDIVIDUAL | Seniores | 481 | 00:51:47 | 00:51:27 | 00:23:58 | 00:05:11 |
| 1022 | 7904 | joaquim frade | SS CGD | Veterano IV | 68 | 00:51:49 | 00:50:25 | 00:24:20 | 00:05:11 |
| 1023 | 8826 | Pedro Jorge Almeida Sesoes | INDIVIDUAL | Veterano II | 125 | 00:51:50 | 00:50:50 | 00:24:14 | 00:05:11 |
| 1024 | 10619 | Antonio Marques | INDIVIDUAL | Veterano II | 126 | 00:51:50 | 00:51:13 | 00:25:20 | 00:05:11 |
| 1025 | 8828 | Carla Sofia Grilo de Oliveira Marques | INDIVIDUAL | Veteranas I | 8 | 00:51:50 | 00:50:51 | 00:24:15 | 00:05:11 |
| 1026 | 9847 | José Lopes da Silva | INDIVIDUAL | Seniores | 482 | 00:51:51 | 00:51:33 | 00:24:28 | 00:05:12 |
| 1027 | 10600 | André Ferreira Gomes | INDIVIDUAL | Seniores | 483 | 00:51:51 | 00:51:44 | 00:22:54 | 00:05:12 |
| 1028 | 10135 | Diogo João Santana Santos | INDIVIDUAL | Seniores | 484 | 00:51:52 | 00:51:31 | 00:24:26 | 00:05:12 |
| 1029 | 9038 | Tiago André Palma Gonçalves | INDIVIDUAL | Seniores | 485 | 00:51:52 | 00:50:55 | 00:23:15 | 00:05:12 |
| 1030 | 8349 | PAULA MADEIRA | INDIVIDUAL | SenioresF | 40 | 00:51:52 | 00:51:40 | 00:25:01 | 00:05:12 |
| 1031 | 10969 | Constântino Mendão | Associação de Atletismo Lebres do Sado | Veterano III | 88 | 00:51:53 | 00:51:18 | 00:24:51 | 00:05:12 |
| 1032 | 10782 | João Bernardino Veloso Rodrigues | INDIVIDUAL | Veterano II | 127 | 00:51:53 | 00:50:56 | 00:25:15 | 00:05:12 |
| 1033 | 7755 | andrea carina moura oliveira | INDIVIDUAL | SenioresF | 41 | 00:51:54 | 00:50:57 | 00:24:30 | 00:05:12 |
| 1034 | 9963 | Edgar Alexandre Piazzentim Ferreira da Mota e Sousa | INDIVIDUAL | Seniores | 486 | 00:51:54 | 00:50:45 | 00:24:03 | 00:05:12 |
| 1035 | 9730 | ANDREIA CARVALHO FRANCO | INDIVIDUAL | SenioresF | 42 | 00:51:55 | 00:51:38 | 00:25:17 | 00:05:12 |
| 1036 | 7787 | FERNANDO FAVINHA | REPSOL PORTUGUESA | Veterano III | 89 | 00:51:55 | 00:50:47 | 00:24:24 | 00:05:12 |
| 1037 | 9731 | VITOR LEONARDO | INDIVIDUAL | Seniores | 487 | 00:51:55 | 00:51:41 | 00:25:20 | 00:05:12 |
| 1038 | 10091 | BRUNO GOMES | PASSATEMPO BENFICA | Seniores | 488 | 00:51:55 | 00:50:59 | 00:24:47 | 00:05:12 |
| 1039 | 9406 | David Silva Clemente | INDIVIDUAL | Seniores | 489 | 00:51:56 | 00:50:49 | 00:24:50 | 00:05:12 |
| 1040 | 8811 | joaquim seco | INDIVIDUAL | Veterano I | 145 | 00:51:56 | 00:51:44 | 00:24:16 | 00:05:12 |
| 1041 | 10137 | JOÃO VALE | PUPILOS | Seniores | 490 | 00:51:56 | 00:48:52 | 00:23:18 | 00:05:12 |
| 1042 | 10620 | Manuel Ribeiro | INDIVIDUAL | Veterano IV | 69 | 00:51:56 | 00:51:19 | 00:25:20 | 00:05:12 |
| 1043 | 7112 | António dos Santos Gonçalves | INDIVIDUAL | Veterano IV | 70 | 00:51:57 | 00:51:35 | 00:25:06 | 00:05:12 |
| 1044 | 8968 | CARLOS SEBASTIÃO | INDIVIDUAL | Veterano III | 90 | 00:51:57 | 00:50:36 | 00:25:12 | 00:05:12 |
| 1045 | 7113 | Nuno Miguel Rodrigues Gonçalves | INDIVIDUAL | Seniores | 491 | 00:51:57 | 00:51:35 | 00:25:06 | 00:05:12 |
| 1046 | 9563 | MARIO SANTOS | TABAQUEIRA | Seniores | 492 | 00:51:58 | 00:50:20 | 00:24:33 | 00:05:12 |
| 1047 | 7849 | LINO OLIVEIRA | GRUPO DESPORTIVO SANTANDER TOTTA | Veterano V | 35 | 00:51:58 | 00:50:34 | 00:25:03 | 00:05:12 |
| 1048 | 9912 | Artur Miguel de Oliveira Denominato | Pi-Linha Runners | Veterano I | 146 | 00:51:58 | 00:50:31 | 00:25:07 | 00:05:12 |
| 1049 | 10074 | NELSON CAMPANHO | INDIVIDUAL | Seniores | 493 | 00:52:00 | 00:51:10 | 00:25:34 | 00:05:12 |
| 1050 | 9324 | Pedro Simplício | INDIVIDUAL | Seniores | 494 | 00:52:01 | 00:50:04 | 00:23:52 | 00:05:13 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|-------------------------------------|--|--------------|-----|----------|----------|----------|----------|
| 1051 | 7938 | JOSE LEITAO | PHILIPS PORTUGAL | Veterano I | 147 | 00:52:01 | 00:50:02 | 00:24:32 | 00:05:13 |
| 1052 | 7059 | Pedro Maria Montes Alves de Castro | INDIVIDUAL | Veterano II | 128 | 00:52:02 | 00:51:52 | 00:24:30 | 00:05:13 |
| 1053 | 7080 | RUI PENIM | GUERIN RENTCAR | Seniores | 495 | 00:52:03 | 00:51:15 | 00:24:37 | 00:05:13 |
| 1054 | 8999 | LUIS RIBEIRO ROSA | INDIVIDUAL | Veterano IV | 71 | 00:52:03 | 00:50:26 | 00:24:56 | 00:05:13 |
| 1055 | 10707 | Ricardo Jorge Pereira | INDIVIDUAL | Seniores | 496 | 00:52:03 | 00:50:33 | 00:23:12 | 00:05:13 |
| 1056 | 9515 | Fausto Isaac | Açoreana Clube Banif | Veterano I | 148 | 00:52:03 | 00:51:05 | 00:25:15 | 00:05:13 |
| 1057 | 9548 | João Trindade | C.C.D.Portalegre | Juniores | 33 | 00:52:03 | 00:51:42 | 00:24:13 | 00:05:13 |
| 1058 | 10690 | JOÃO GUERREIRO | INDIVIDUAL | Veterano I | 149 | 00:52:04 | 00:51:20 | 00:24:58 | 00:05:13 |
| 1059 | 8620 | Rui Gonçalves | Rail Runners | Veterano II | 129 | 00:52:04 | 00:50:24 | 00:24:30 | 00:05:13 |
| 1060 | 9184 | Olindo António Cota Pereira | INDIVIDUAL | Veterano II | 130 | 00:52:04 | 00:51:38 | 00:24:48 | 00:05:13 |
| 1061 | 9717 | Hugo Miguel Horta Nunes | INDIVIDUAL | Seniores | 497 | 00:52:05 | 00:50:19 | 00:23:55 | 00:05:13 |
| 1062 | 10250 | ILUIS MIGUEL VICENTE VARANDAS | INDIVIDUAL | Veterano II | 131 | 00:52:05 | 00:51:11 | 00:24:20 | 00:05:13 |
| 1063 | 8741 | Antonio Jorge F. Martinho | INDIVIDUAL | Veterano II | 132 | 00:52:05 | 00:51:36 | 00:25:14 | 00:05:13 |
| 1064 | 10023 | CARLOS HUMBERTO SILVA PINTO | INDIVIDUAL | Seniores | 498 | 00:52:06 | 00:49:38 | 00:24:41 | 00:05:13 |
| 1065 | 7160 | Ricardo Manuel Beirão Lampreia | INDIVIDUAL | Seniores | 499 | 00:52:06 | 00:51:13 | 00:24:43 | 00:05:13 |
| 1066 | 8628 | Pedro Sá | Rail Runners | Seniores | 500 | 00:52:06 | 00:49:04 | 00:24:09 | 00:05:13 |
| 1067 | 7328 | Joaquim de Almeida Machado | INDIVIDUAL | Veterano V | 36 | 00:52:08 | 00:51:05 | 00:28:54 | 00:05:13 |
| 1068 | 9168 | João Paço | AMIGOS ATLETISMO MAFRA | Veterano III | 91 | 00:52:08 | 00:51:02 | 00:25:02 | 00:05:13 |
| 1069 | 7223 | carlos manuel da silva lopes | clube de veteranos de atletismo de coimbra | Veterano IV | 72 | 00:52:09 | 00:52:01 | 00:24:51 | 00:05:13 |
| 1070 | 7809 | Aníbal José Grilo dos Santos | INDIVIDUAL | Veterano II | 133 | 00:52:09 | 00:51:54 | 00:23:44 | 00:05:13 |
| 1071 | 9237 | ricardo fonseca | INDIVIDUAL | Seniores | 501 | 00:52:10 | 00:49:58 | 00:24:28 | 00:05:13 |
| 1072 | 10846 | João Cabanas | INDIVIDUAL | Seniores | 502 | 00:52:11 | 00:50:36 | 00:24:48 | 00:05:14 |
| 1073 | 9428 | André Filipe Vieira Miguéns | INDIVIDUAL | Juniores | 34 | 00:52:13 | 00:51:33 | 00:23:56 | 00:05:14 |
| 1074 | 9965 | Diogo Rafael Bragança Chaves | INDIVIDUAL | Seniores | 503 | 00:52:13 | 00:51:21 | 00:24:22 | 00:05:14 |
| 1075 | 7165 | Pedro Ricardo dos Santos Monteiro | INDIVIDUAL | Seniores | 504 | 00:52:13 | 00:50:45 | 00:25:08 | 00:05:14 |
| 1076 | 9826 | Francisco Farrajota | Clínica Dr. Pacheco Pinto | Veterano V | 37 | 00:52:14 | 00:50:08 | 00:24:47 | 00:05:14 |
| 1077 | 9825 | João Pacheco Pinto Jorge | Clínica Dr. Pacheco Pinto | Seniores | 505 | 00:52:14 | 00:50:08 | 00:24:47 | 00:05:14 |
| 1078 | 7238 | João Rodrigues dos Reis | INDIVIDUAL | Veterano V | 38 | 00:52:15 | 00:52:15 | | 00:05:14 |
| 1079 | 7259 | Luis M B Pereira | INDIVIDUAL | Veterano III | 92 | 00:52:15 | 00:51:24 | 00:24:01 | 00:05:14 |
| 1080 | 7258 | JORGE ADELINO FONSECA ALVES | ACOMP. RICARDO TAVARES | Veterano I | 150 | 00:52:15 | 00:51:23 | 00:24:00 | 00:05:14 |
| 1081 | 8172 | JOSE RODRIGUES | CASA DO BENFICA EM AGUALVA CACEM | Veterano III | 93 | 00:52:15 | 00:50:24 | 00:24:37 | 00:05:14 |
| 1082 | 9314 | RICARDO MIGUEL NEVES E SILVA | INDIVIDUAL | Veterano I | 151 | 00:52:16 | 00:49:03 | 00:24:29 | 00:05:14 |
| 1083 | 7449 | VASCO REBELO NOGUEIRA | INDIVIDUAL | Veterano III | 94 | 00:52:18 | 00:47:41 | 00:24:12 | 00:05:14 |
| 1084 | 10956 | Flávio Romão | INDIVIDUAL | Seniores | 506 | 00:52:19 | 00:50:53 | 00:24:20 | 00:05:14 |
| 1085 | 8807 | PAULO RICARDO COSTA | INSTITUTO DOS PUPILOS DO EXÉRCITO | Seniores | 507 | 00:52:20 | 00:51:47 | 00:24:29 | 00:05:14 |
| 1086 | 9276 | GONÇALO CATARINO | AMIGOS NUNO LAURENTINO | Seniores | 508 | 00:52:21 | 00:51:32 | 00:24:45 | 00:05:15 |
| 1087 | 8384 | Rafael Pina | INDIVIDUAL | Seniores | 509 | 00:52:24 | 00:50:57 | 00:24:23 | 00:05:15 |
| 1088 | 7912 | ANTONIO CARPINTEIRO | SS CGD | Veterano V | 39 | 00:52:25 | 00:51:41 | 00:25:35 | 00:05:15 |
| 1089 | 7706 | Rui Migue Santos Cunha | INDIVIDUAL | Seniores | 510 | 00:52:26 | 00:51:01 | 00:26:51 | 00:05:15 |
| 1090 | 8370 | MIGUEL FERREIRA RAU | INDIVIDUAL | Seniores | 511 | 00:52:27 | 00:52:15 | 00:24:13 | 00:05:15 |
| 1091 | 7366 | Rui Martins | INDIVIDUAL | Seniores | 512 | 00:52:28 | 00:50:33 | 00:25:33 | 00:05:15 |
| 1092 | 8025 | JOSÉ MILAGRES | INDIVIDUAL | Veterano IV | 73 | 00:52:28 | 00:52:11 | 00:24:20 | 00:05:15 |
| 1093 | 10251 | JOSE MONTEIRO | INDIVIDUAL | Veterano IV | 74 | 00:52:29 | 00:52:21 | 00:25:21 | 00:05:15 |
| 1094 | 9785 | Sebastião Guerra Rodrigues da Silva | INDIVIDUAL | Seniores | 513 | 00:52:30 | 00:51:23 | 00:25:09 | 00:05:15 |
| 1095 | 10325 | Daniel Pinto | INDIVIDUAL | Seniores | 514 | 00:52:30 | 00:51:02 | 00:24:20 | 00:05:15 |
| 1096 | 7055 | MANUELA ANDREIA NUNES DA SILVA | INDIVIDUAL | SenioresF | 43 | 00:52:30 | 00:52:19 | 00:25:06 | 00:05:15 |
| 1097 | 9288 | HENRIQUE MOTRENA | CASA DO BENFICA FARO | Veterano III | 95 | 00:52:30 | 00:51:12 | 00:24:31 | 00:05:15 |
| 1098 | 7579 | PAULO ALEXANDRE VALE COUTINHO | CLUBE MILLENNIUM BCP | Veterano I | 152 | 00:52:31 | 00:51:09 | 00:24:59 | 00:05:16 |
| 1099 | 10143 | PAULO NUNES | PUPILOS | Seniores | 516 | 00:52:31 | 00:51:29 | 00:24:57 | 00:05:16 |
| 1100 | 10140 | FABIO CABRAL | PUPILOS | Seniores | 515 | 00:52:31 | 00:51:30 | 00:24:58 | 00:05:16 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|--|--|--------------|-----|----------|----------|----------|----------|
| 1101 | 10142 | MANUEL ROCHA | PUPILOS | Seniores | 517 | 00:52:31 | 00:51:30 | 00:24:58 | 00:05:16 |
| 1102 | 10144 | FRANCISCO VARELA | PUPILOS | Seniores | 518 | 00:52:31 | 00:51:30 | 00:24:57 | 00:05:16 |
| 1103 | 8459 | SAMUEL FILIPE | INDIVIDUAL | Seniores | 519 | 00:52:32 | 00:50:45 | 00:24:56 | 00:05:16 |
| 1104 | 9694 | SEVERINO CRUZ | AFIS /OVAR | Veterano III | 96 | 00:52:33 | 00:51:58 | 00:25:21 | 00:05:16 |
| 1105 | 9802 | MARIA RIBEIRO | INSTITUTO DOS PUPILOS DO EXÉRCITO | SenioresF | 44 | 00:52:33 | 00:51:29 | 00:25:00 | 00:05:16 |
| 1106 | 9789 | ANDRÉ BENTO | INSTITUTO DOS PUPILOS DO EXÉRCITO | Seniores | 520 | 00:52:33 | 00:51:30 | 00:25:00 | 00:05:16 |
| 1107 | 8819 | Nuno miguel bjanca martins | INDIVIDUAL | Seniores | 521 | 00:52:34 | 00:50:28 | 00:23:56 | 00:05:16 |
| 1108 | 9636 | Óscar Manuel Ricardo Jardim Cascais | INDIVIDUAL | Veterano II | 134 | 00:52:34 | 00:51:04 | 00:25:44 | 00:05:16 |
| 1109 | 9408 | João Luis Maltez Almeida | Basiliscos Sport Clube | Seniores | 522 | 00:52:34 | 00:50:51 | 00:24:42 | 00:05:16 |
| 1110 | 9204 | EDGAR JOSE CARVALHO TRANCOS | INDIVIDUAL | Seniores | 523 | 00:52:35 | 00:51:08 | 00:26:01 | 00:05:16 |
| 1111 | 8286 | Celestino Cipriano Barros da Silva | INDIVIDUAL | Seniores | 524 | 00:52:35 | 00:51:27 | 00:24:11 | 00:05:16 |
| 1112 | 7941 | Hugo Pinto | ACS - Amigos da Corrida de Salvaterra | Seniores | 525 | 00:52:37 | 00:51:23 | 00:26:03 | 00:05:16 |
| 1113 | 7286 | Luis Oliveira | ACB | Veterano I | 153 | 00:52:37 | 00:50:50 | 00:24:35 | 00:05:16 |
| 1114 | 10036 | PEDRO FONSECA | INDIVIDUAL | Seniores | 526 | 00:52:37 | 00:51:26 | 00:24:53 | 00:05:16 |
| 1115 | 9949 | JOSÉ ESTEVES MONTEIRO | INDIVIDUAL | Veterano IV | 75 | 00:52:37 | 00:52:15 | 00:24:04 | 00:05:16 |
| 1116 | 9735 | alberto almeida santos | INDIVIDUAL | Veterano III | 97 | 00:52:37 | 00:50:49 | 00:24:51 | 00:05:16 |
| 1117 | 10484 | Nuno Guerreiro | Educar a Sorrir | Seniores | 527 | 00:52:38 | 00:51:15 | 00:23:29 | 00:05:16 |
| 1118 | 8974 | David Silva Cordeiro | Basiliscos Sport Clube | Seniores | 528 | 00:52:38 | 00:50:54 | 00:24:41 | 00:05:16 |
| 1119 | 10303 | João Paulo da Silva Pratas | INDIVIDUAL | Veterano II | 135 | 00:52:38 | 00:50:21 | 00:24:23 | 00:05:16 |
| 1120 | 9927 | PAULO REIS | INDIVIDUAL | Veterano I | 154 | 00:52:39 | 00:51:42 | 00:25:27 | 00:05:16 |
| 1121 | 8971 | BRIGITTE CARDOSO | IMPÉRIO BONANÇA - FIDELIDADE - MULTICARE | SenioresF | 45 | 00:52:39 | 00:50:53 | 00:24:57 | 00:05:16 |
| 1122 | 8690 | JAISON FERNANDES | INDIVIDUAL | Seniores | 529 | 00:52:39 | 00:48:45 | 00:23:55 | 00:05:16 |
| 1123 | 9817 | António Correia | Georunners | Veterano IV | 76 | 00:52:39 | 00:49:13 | 00:24:35 | 00:05:16 |
| 1124 | 9819 | Rui Pires | Georunners | Veterano II | 136 | 00:52:40 | 00:52:33 | 00:24:06 | 00:05:16 |
| 1125 | 9605 | Daniel Lopes Mateus | INDIVIDUAL | Veterano I | 155 | 00:52:41 | 00:49:23 | 00:23:40 | 00:05:17 |
| 1126 | 10755 | JORGE MANUEL SOUSA R. SALVADO | INDIVIDUAL | Veterano III | 98 | 00:52:41 | 00:51:10 | 00:25:43 | 00:05:17 |
| 1127 | 7545 | Hugo Filipe Dias Pragana | INDIVIDUAL | Seniores | 530 | 00:52:41 | 00:52:34 | 00:24:26 | 00:05:17 |
| 1128 | 7037 | Domingos Borges | Os Antigos | Veterano IV | 77 | 00:52:42 | 00:52:37 | 00:25:58 | 00:05:17 |
| 1129 | 7394 | Sérgio Teixeira | INDIVIDUAL | Seniores | 531 | 00:52:43 | 00:52:41 | 00:25:30 | 00:05:17 |
| 1130 | 7088 | ISABEL PARREIRA LIMA | ACAPO | Veteranas II | 3 | 00:52:43 | 00:52:38 | 00:24:24 | 00:05:17 |
| 1131 | 7393 | Carlos Teixeira | INDIVIDUAL | Veterano V | 40 | 00:52:43 | 00:52:42 | 00:25:31 | 00:05:17 |
| 1132 | 7848 | LUCIO SILVA | GRUPO DESPORTIVO SANTANDER TOTTA | Veterano II | 137 | 00:52:43 | 00:51:10 | 00:24:34 | 00:05:17 |
| 1133 | 10114 | HAMILTON MACOSSO | INDIVIDUAL | Seniores | 532 | 00:52:44 | 00:51:42 | 00:25:17 | 00:05:17 |
| 1134 | 9779 | Luis Anastácio | INDIVIDUAL | Seniores | 533 | 00:52:44 | 00:52:41 | 00:25:25 | 00:05:17 |
| 1135 | 9849 | Carlos Pedro de Brito Neves | INDIVIDUAL | Veterano I | 156 | 00:52:46 | 00:50:16 | 00:24:11 | 00:05:17 |
| 1136 | 10548 | Nuno Carneiro | INDIVIDUAL | Seniores | 534 | 00:52:47 | 00:52:23 | 00:24:51 | 00:05:17 |
| 1137 | 9476 | celso nogueira | os arracaparelos | Seniores | 535 | 00:52:47 | 00:52:12 | 00:23:34 | 00:05:17 |
| 1138 | 7339 | Nuno Fernando Marques Paiva de Almeida | INDIVIDUAL | Veterano V | 41 | 00:52:47 | 00:50:44 | 00:24:32 | 00:05:17 |
| 1139 | 10904 | NOEMIA MONTEIRO | INDIVIDUAL | SenioresF | 46 | 00:52:48 | 00:51:29 | 00:25:00 | 00:05:17 |
| 1140 | 7939 | EDUARDO LOBITO | PHILIPS PORTUGAL | Seniores | 536 | 00:52:48 | 00:50:47 | 00:24:30 | 00:05:17 |
| 1141 | 7441 | Eliseu Duarte Reia | INDIVIDUAL | Seniores | 537 | 00:52:49 | 00:50:52 | 00:25:05 | 00:05:17 |
| 1142 | 7862 | JOÃO ROCHA | GRUPO DESPORTIVO SANTANDER TOTTA | Veterano V | 42 | 00:52:50 | 00:51:26 | 00:25:04 | 00:05:17 |
| 1143 | 7210 | PAULO ALEXANDRE DA SILVA ROXO | INDIVIDUAL | Seniores | 538 | 00:52:50 | 00:52:41 | 00:24:56 | 00:05:17 |
| 1144 | 7894 | ana bras | SS CGD | SenioresF | 47 | 00:52:50 | 00:52:18 | 00:25:25 | 00:05:17 |
| 1145 | 7483 | Carlos Soares | INDIVIDUAL | Veterano II | 138 | 00:52:50 | 00:51:50 | 00:24:44 | 00:05:17 |
| 1146 | 7770 | Ricardo Botelho Correia | INDIVIDUAL | Seniores | 539 | 00:52:51 | 00:50:40 | 00:24:33 | 00:05:18 |
| 1147 | 7423 | André Filipe Gonçalves Borralho | INDIVIDUAL | Seniores | 540 | 00:52:51 | 00:50:42 | 00:24:03 | 00:05:18 |
| 1148 | 9705 | MOREIRA SILVA | AFIS /OVAR | Veterano IV | 78 | 00:52:51 | 00:52:46 | 00:24:34 | 00:05:18 |
| 1149 | 9987 | Carlos Neves | Os Neves | Seniores | 541 | 00:52:51 | 00:51:39 | 00:24:48 | 00:05:18 |
| 1150 | 8588 | PEDRO GANDARA | EUROPCAR | Seniores | 542 | 00:52:51 | 00:51:46 | 00:25:45 | 00:05:18 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|---|-------------------------------|--------------|-----|----------|----------|----------|----------|
| 1151 | 10273 | Jorge Rodrigues | INDIVIDUAL | Seniores | 543 | 00:52:51 | 00:51:08 | 00:24:33 | 00:05:18 |
| 1152 | 7562 | MARIO RUI TAVARES ROMAO | CLUBE MILLENNIUM BCP | Veterano I | 157 | 00:52:52 | 00:52:49 | 00:23:40 | 00:05:18 |
| 1153 | 9389 | Jorge Tiago Ramalho | INDIVIDUAL | Seniores | 544 | 00:52:52 | 00:51:40 | 00:25:42 | 00:05:18 |
| 1154 | 9413 | telmo abreu | INDIVIDUAL | Veterano II | 139 | 00:52:53 | 00:51:20 | 00:25:24 | 00:05:18 |
| 1155 | 7774 | Carla Sofia Guerreiro Martins Carmona | INDIVIDUAL | SenioresF | 48 | 00:52:54 | 00:51:51 | 00:25:29 | 00:05:18 |
| 1156 | 7775 | João Nuno Silva Ferreira | INDIVIDUAL | Seniores | 545 | 00:52:54 | 00:51:52 | 00:25:29 | 00:05:18 |
| 1157 | 10800 | Pedro Miguel Monzelo | INDIVIDUAL | Seniores | 546 | 00:52:54 | 00:52:18 | 00:25:31 | 00:05:18 |
| 1158 | 9188 | Alexandre Fernandes | Power Rangers | Seniores | 547 | 00:52:55 | 00:51:49 | 00:25:12 | 00:05:18 |
| 1159 | 10887 | PAULO JORGE DIAS MENDES | INDIVIDUAL | Veterano I | 158 | 00:52:55 | 00:52:43 | 00:24:11 | 00:05:18 |
| 1160 | 7626 | MÁRIO FERRO | CLUBE FERROVIÁRIO DE PORTUGAL | Veterano V | 43 | 00:52:55 | 00:52:44 | 00:25:41 | 00:05:18 |
| 1161 | 8547 | João Luis dos Santos Faustino | INDIVIDUAL | Veterano V | 44 | 00:52:56 | 00:52:00 | 00:25:20 | 00:05:18 |
| 1162 | 10489 | Pedro Miguel Belo das Neves | INDIVIDUAL | Seniores | 548 | 00:52:56 | 00:52:17 | 00:26:05 | 00:05:18 |
| 1163 | 9652 | Hugo Filipe de Almeida Marreiros | INDIVIDUAL | Seniores | 549 | 00:52:57 | 00:50:42 | 00:23:50 | 00:05:18 |
| 1164 | 7274 | JOÃO CÉSAR DE MENDONÇA | INDIVIDUAL | Veterano II | 140 | 00:52:57 | 00:51:44 | 00:24:46 | 00:05:18 |
| 1165 | 10845 | Artur Manuel Sampaio | INDIVIDUAL | Veterano II | 141 | 00:52:59 | 00:51:42 | 00:24:04 | 00:05:18 |
| 1166 | 10374 | João Francisco Duarte | INDIVIDUAL | Veterano IV | 79 | 00:53:00 | 00:52:46 | 00:25:27 | 00:05:18 |
| 1167 | 10580 | Joao Marques | INDIVIDUAL | Seniores | 550 | 00:53:00 | 00:51:13 | 00:24:33 | 00:05:18 |
| 1168 | 7225 | LUIS CRESPO | INDIVIDUAL | Juniores | 35 | 00:53:01 | 00:52:16 | 00:26:16 | 00:05:19 |
| 1169 | 7101 | MÓNICA SOFIA PIRES DE OLIVEIRA MARTINHO | INDIVIDUAL | SenioresF | 49 | 00:53:01 | 00:52:35 | 00:25:30 | 00:05:19 |
| 1170 | 7224 | ANDRÉ MAGALHÃES | INDIVIDUAL | Seniores | 551 | 00:53:01 | 00:52:17 | 00:26:17 | 00:05:19 |
| 1171 | 10630 | ORLANDO AUGUSTO DOS SANTOS SILVA | INDIVIDUAL | Veterano I | 159 | 00:53:01 | 00:53:00 | 00:24:31 | 00:05:19 |
| 1172 | 10665 | RICARDO JORGE PINTO FERNANDES | INDIVIDUAL | Juniores | 36 | 00:53:01 | 00:52:27 | 00:25:07 | 00:05:19 |
| 1173 | 9648 | TEREZA BAIANO SILVA BASTOS | INDIVIDUAL | SenioresF | 50 | 00:53:01 | 00:52:39 | 00:24:21 | 00:05:19 |
| 1174 | 9203 | DAVID FERNANDES EUSEBIO | INDIVIDUAL | Seniores | 552 | 00:53:02 | 00:51:35 | 00:25:58 | 00:05:19 |
| 1175 | 7488 | António J M Serra | ADCSA Baldio | Veterano III | 99 | 00:53:02 | 00:52:09 | 00:25:09 | 00:05:19 |
| 1176 | 7699 | Luis Cabecinha | INDIVIDUAL | Seniores | 553 | 00:53:03 | 00:52:14 | 00:25:22 | 00:05:19 |
| 1177 | 9350 | David Alexandre Cruz Almeida | INDIVIDUAL | Seniores | 554 | 00:53:03 | 00:51:28 | 00:25:38 | 00:05:19 |
| 1178 | 9102 | Daniel Jesus Semedo Estevens da Silva | INDIVIDUAL | Seniores | 555 | 00:53:03 | 00:51:29 | 00:25:39 | 00:05:19 |
| 1179 | 8231 | Maurício Ferreira Concidra | INDIVIDUAL | Veterano IV | 80 | 00:53:04 | 00:52:19 | 00:24:32 | 00:05:19 |
| 1180 | 10644 | viktor joão santos leonardo | INDIVIDUAL | Seniores | 556 | 00:53:04 | 00:52:42 | 00:25:10 | 00:05:19 |
| 1181 | 9452 | José Vicente Afonso | INDIVIDUAL | Seniores | 557 | 00:53:04 | 00:51:11 | 00:25:26 | 00:05:19 |
| 1182 | 10729 | Daniel Coelho | INDIVIDUAL | Seniores | 558 | 00:53:05 | 00:52:42 | 00:25:01 | 00:05:19 |
| 1183 | 10678 | André Xavier Rocha Morgado | INDIVIDUAL | Seniores | 559 | 00:53:05 | 00:52:17 | 00:26:01 | 00:05:19 |
| 1184 | 7580 | JOSE DE MOURA BRANCO | CLUBE MILLENNIUM BCP | Veterano V | 45 | 00:53:06 | 00:51:30 | 00:25:16 | 00:05:19 |
| 1185 | 7957 | José Gouveia | Asas nos Pés | Veterano II | 142 | 00:53:06 | 00:53:06 | | 00:05:19 |
| 1186 | 7301 | JOÃO EDUARDO VICENTE ROQUE | INDIVIDUAL | Veterano III | 100 | 00:53:06 | 00:52:52 | 00:25:35 | 00:05:19 |
| 1187 | 10213 | luis miguel marques vieira grilo | INDIVIDUAL | Veterano II | 143 | 00:53:07 | 00:51:57 | 00:24:52 | 00:05:19 |
| 1188 | 8404 | NUNO FILIPE COLA | AMAZÓNIA HOTÉIS | Seniores | 560 | 00:53:07 | 00:52:35 | 00:25:46 | 00:05:19 |
| 1189 | 9490 | Gonçalo Garcia | INDIVIDUAL | Seniores | 561 | 00:53:08 | 00:51:39 | 00:25:11 | 00:05:19 |
| 1190 | 8285 | Hugo André Nunes de Freitas | INDIVIDUAL | Seniores | 562 | 00:53:09 | 00:51:56 | 00:25:23 | 00:05:19 |
| 1191 | 10274 | Patrícia Tendeiro | INDIVIDUAL | SenioresF | 51 | 00:53:09 | 00:51:55 | 00:25:36 | 00:05:19 |
| 1192 | 8739 | Vitor Ferreira | Webwise | Seniores | 563 | 00:53:09 | 00:52:41 | 00:24:28 | 00:05:19 |
| 1193 | 8788 | HELDER JOAQUIM CARVALHEIRA GOMES | BANCO CREDIBOM | Seniores | 564 | 00:53:10 | 00:50:39 | 00:23:01 | 00:05:19 |
| 1194 | 7078 | TIAGO FERRITO | INDIVIDUAL | Seniores | 565 | 00:53:10 | 00:50:33 | 00:24:49 | 00:05:19 |
| 1195 | 10438 | Tiago Almeida | INDIVIDUAL | Seniores | 566 | 00:53:10 | 00:50:52 | 00:25:32 | 00:05:19 |
| 1196 | 8898 | Francisco João Henriques | INDIVIDUAL | Seniores | 567 | 00:53:10 | 00:48:53 | 00:23:22 | 00:05:19 |
| 1197 | 9291 | JOSÉ CARLOS SILVA | CASA DO BENFICA FARO | Veterano I | 160 | 00:53:10 | 00:51:53 | 00:24:32 | 00:05:19 |
| 1198 | 10461 | Pedro Teixeira | n.a. | Veterano I | 161 | 00:53:11 | 00:53:01 | 00:24:23 | 00:05:20 |
| 1199 | 10496 | JOÃO JOSÉ MENDES CRISTINO | INDIVIDUAL | Veterano IV | 81 | 00:53:11 | 00:51:47 | 00:24:46 | 00:05:20 |
| 1200 | 7053 | Mário Manuel Pinto Ferreira | INDIVIDUAL | Veterano III | 101 | 00:53:11 | 00:49:58 | 00:25:05 | 00:05:20 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|--|--|--------------|-----|----------|----------|----------|----------|
| 1201 | 9714 | Pedro Miguel Varela Vieira | INDIVIDUAL | Seniores | 568 | 00:53:12 | 00:51:25 | 00:24:06 | 00:05:20 |
| 1202 | 9030 | Bruno Joao Almeida Loureiro | INDIVIDUAL | Seniores | 569 | 00:53:12 | 00:52:21 | 00:24:52 | 00:05:20 |
| 1203 | 8505 | JORGE LOPES | INDIVIDUAL | Veterano II | 144 | 00:53:12 | 00:51:29 | 00:25:39 | 00:05:20 |
| 1204 | 9001 | Cristina Alexandra Freitas Abreu | INDIVIDUAL | SenioresF | 52 | 00:53:12 | 00:50:51 | 00:23:58 | 00:05:20 |
| 1205 | 8506 | TERESA LOPES | INDIVIDUAL | Veteranas II | 4 | 00:53:13 | 00:51:29 | 00:25:39 | 00:05:20 |
| 1206 | 8264 | MIGUEL FILIPE SANTOS SILVA | INDIVIDUAL | Seniores | 570 | 00:53:14 | 00:52:37 | 00:26:10 | 00:05:20 |
| 1207 | 8260 | NUNO RICARDO DELGADO CONSTÂNCIO | COLABORADOR SLB RECURSOS HUMANOS | Seniores | 571 | 00:53:14 | 00:52:08 | 00:25:40 | 00:05:20 |
| 1208 | 7875 | Carlos Costa | Amigos Vale Silencio | Veterano II | 145 | 00:53:14 | 00:52:05 | 00:26:13 | 00:05:20 |
| 1209 | 7407 | Jorge Guerreiro | Marriott Lisboa | Seniores | 572 | 00:53:14 | 00:52:01 | 00:25:15 | 00:05:20 |
| 1210 | 7271 | luis antunes | superfresco team | Seniores | 573 | 00:53:14 | 00:52:24 | 00:24:07 | 00:05:20 |
| 1211 | 7879 | Tiago Costa | Amigos Vale Silencio | Juniores | 37 | 00:53:14 | 00:52:05 | 00:26:13 | 00:05:20 |
| 1212 | 9143 | ANA FILIPA SAMPAIO | ALHANDRA SPORTING CLUB | SenioresF | 53 | 00:53:15 | 00:51:59 | 00:25:37 | 00:05:20 |
| 1213 | 7443 | ANTÓNIO JOSÉ MARTINS HENRIQUES | INDIVIDUAL | Veterano III | 102 | 00:53:15 | 00:52:52 | 00:24:15 | 00:05:20 |
| 1214 | 9795 | MILTON PERPÉTUA | INSTITUTO DOS PUPILOS DO EXÉRCITO | Seniores | 574 | 00:53:15 | 00:52:04 | 00:24:58 | 00:05:20 |
| 1215 | 8865 | Nelson Cerqueira | INDIVIDUAL | Seniores | 575 | 00:53:16 | 00:52:08 | 00:25:04 | 00:05:20 |
| 1216 | 9530 | Ligia Morais | INDIVIDUAL | Veteranas I | 9 | 00:53:16 | 00:53:06 | 00:24:34 | 00:05:20 |
| 1217 | 9612 | David Valente Fernandes | INDIVIDUAL | Seniores | 576 | 00:53:17 | 00:52:17 | 00:23:58 | 00:05:20 |
| 1218 | 10191 | DAVID RODRIGUES | COLABORADOR SLB RESERVA C. E RESTAURO | Seniores | 577 | 00:53:17 | 00:53:05 | 00:25:51 | 00:05:20 |
| 1219 | 9565 | MANUEL MARQUES | TABAQUEIRA | Veterano I | 162 | 00:53:17 | 00:51:39 | 00:25:41 | 00:05:20 |
| 1220 | 7163 | Nuno Graça | Blade Runners | Veterano I | 163 | 00:53:17 | 00:51:44 | 00:25:17 | 00:05:20 |
| 1221 | 9740 | JOÃO ANDRÉ MESTRE DIAS MARTINHO | ACOMP. NUNO AZEVEDO | Seniores | 578 | 00:53:18 | 00:49:49 | 00:24:24 | 00:05:20 |
| 1222 | 10358 | JOSÉ GABRIEL | GENIUS | Veterano IV | 82 | 00:53:19 | 00:51:36 | 00:25:38 | 00:05:20 |
| 1223 | 10413 | LUIS CARLOS CAÇADOR MONTEIRO | INDIVIDUAL | Seniores | 579 | 00:53:20 | 00:52:55 | 00:25:02 | 00:05:20 |
| 1224 | 9610 | Armando Fernandes | INDIVIDUAL | Veterano II | 146 | 00:53:24 | 00:52:24 | 00:25:29 | 00:05:21 |
| 1225 | 7450 | Nuno Moreira | INDIVIDUAL | Seniores | 580 | 00:53:24 | 00:51:20 | 00:24:42 | 00:05:21 |
| 1226 | 7400 | Vitor Carvalho | Marriott Lisboa | Veterano III | 103 | 00:53:26 | 00:52:14 | 00:25:56 | 00:05:21 |
| 1227 | 10666 | ricardo jorge pereira da fonseca | INDIVIDUAL | Seniores | 581 | 00:53:27 | 00:53:05 | 00:24:18 | 00:05:21 |
| 1228 | 7722 | Frederico Miguel da Silva Mouta Raposo | INDIVIDUAL | Seniores | 582 | 00:53:28 | 00:53:16 | 00:25:52 | 00:05:21 |
| 1229 | 8784 | ANTONIO ARAUJO | INDIVIDUAL | Veterano IV | 83 | 00:53:29 | 00:50:23 | 00:23:38 | 00:05:21 |
| 1230 | 7226 | arlindo josé barros freire | INDIVIDUAL | Veterano IV | 84 | 00:53:30 | 00:53:08 | 00:25:14 | 00:05:21 |
| 1231 | 9760 | José Lourenço | INDIVIDUAL | Veterano II | 147 | 00:53:30 | 00:53:09 | 00:25:35 | 00:05:21 |
| 1232 | 8963 | pedro miguel ferreira dos santos | INDIVIDUAL | Seniores | 583 | 00:53:31 | 00:52:47 | 00:25:51 | 00:05:22 |
| 1233 | 7600 | José Rebelo | INDIVIDUAL | Seniores | 584 | 00:53:31 | 00:51:59 | 00:26:27 | 00:05:22 |
| 1234 | 9065 | João Tiago Alves Fernandes machado | INDIVIDUAL | Seniores | 585 | 00:53:31 | 00:52:52 | 00:25:45 | 00:05:22 |
| 1235 | 8919 | Miguel Ângelo Pereira e Castro | INDIVIDUAL | Veterano II | 148 | 00:53:32 | 00:52:43 | 00:26:12 | 00:05:22 |
| 1236 | 8538 | JOSÉ CARLOS DE MATOS ROBALO | INDIVIDUAL | Veterano II | 149 | 00:53:32 | 00:53:21 | 00:24:16 | 00:05:22 |
| 1237 | 9976 | Cláudio Marques Amaral | INDIVIDUAL | Seniores | 586 | 00:53:32 | 00:51:14 | 00:25:19 | 00:05:22 |
| 1238 | 7681 | Francisco Matias | INDIVIDUAL | Seniores | 587 | 00:53:32 | 00:53:11 | 00:26:53 | 00:05:22 |
| 1239 | 8010 | Joel Rodrigues | INDIVIDUAL | Veterano I | 164 | 00:53:33 | 00:52:45 | 00:24:10 | 00:05:22 |
| 1240 | 10786 | Alcino Cirilo | União Futebol Degolados | Veterano IV | 85 | 00:53:33 | 00:51:14 | 00:25:15 | 00:05:22 |
| 1241 | 7891 | Paulo Bonacho | SS CGD | Seniores | 588 | 00:53:34 | 00:53:13 | 00:25:56 | 00:05:22 |
| 1242 | 7230 | Antónioi José F.R.Gonçalves | INDIVIDUAL | Veterano V | 46 | 00:53:34 | 00:53:11 | 00:25:14 | 00:05:22 |
| 1243 | 10538 | João José Paulo de Jesus Fernandes | INDIVIDUAL | Seniores | 589 | 00:53:35 | 00:51:32 | 00:25:08 | 00:05:22 |
| 1244 | 8180 | LEANDRO OLIVEIRA | CASA DO BENFICA MONÇÃO | Seniores | 590 | 00:53:35 | 00:53:31 | 00:26:46 | 00:05:22 |
| 1245 | 8443 | ricardo neiva | INDIVIDUAL | Veterano I | 165 | 00:53:35 | 00:51:06 | 00:25:43 | 00:05:22 |
| 1246 | 9019 | PAULO PALMA | G. D. do Instituto Nacional de Estatística | Seniores | 591 | 00:53:36 | 00:53:25 | 00:25:07 | 00:05:22 |
| 1247 | 7620 | MARTINS BARATA | CLUBE FERROVIÁRIO DE PORTUGAL | Veterano V | 47 | 00:53:40 | 00:52:11 | 00:25:23 | 00:05:22 |
| 1248 | 10375 | Luis Manuel Lopes Vicente | INDIVIDUAL | Veterano III | 104 | 00:53:41 | 00:53:27 | 00:25:33 | 00:05:23 |
| 1249 | 9787 | ANDRÉ PAULINO PARREIRA | INSTITUTO DOS PUPILOS DO EXÉRCITO | Seniores | 592 | 00:53:41 | 00:53:08 | 00:24:30 | 00:05:23 |
| 1250 | 9917 | Helder Miranda | ACV | Seniores | 593 | 00:53:42 | 00:53:01 | 00:26:27 | 00:05:23 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|--|-----------------------------------|--------------|-----|----------|----------|----------|----------|
| 1251 | 9918 | Blandina Lourenço | ACV | SenioresF | 54 | 00:53:42 | 00:53:02 | 00:26:28 | 00:05:23 |
| 1252 | 8797 | JOSÉ GARCIA | INSTITUTO DOS PUPILOS DO EXÉRCITO | Veterano II | 150 | 00:53:42 | 00:53:28 | 00:24:37 | 00:05:23 |
| 1253 | 8338 | FRANCISCO PEREIRA | INDIVIDUAL | Seniores | 594 | 00:53:43 | 00:52:00 | 00:25:24 | 00:05:23 |
| 1254 | 7071 | pedro miguel barreira da silva | INDIVIDUAL | Veterano I | 166 | 00:53:45 | 00:53:38 | 00:25:07 | 00:05:23 |
| 1255 | 8576 | FERNANDO URBANO | JORNAL A BOLA | Seniores | 595 | 00:53:45 | 00:51:25 | 00:25:20 | 00:05:23 |
| 1256 | 8577 | HUGO FORTE | JORNAL A BOLA | Seniores | 596 | 00:53:46 | 00:51:25 | 00:25:20 | 00:05:23 |
| 1257 | 10704 | Pedro Simões Oliveira | INDIVIDUAL | Seniores | 597 | 00:53:47 | 00:51:33 | 00:25:14 | 00:05:23 |
| 1258 | 8241 | Tânia Correia | Casa do Benfica no Seixal | SenioresF | 55 | 00:53:47 | 00:52:35 | 00:25:41 | 00:05:23 |
| 1259 | 10481 | Pedro Miguel Matos | INDIVIDUAL | Seniores | 598 | 00:53:47 | 00:51:33 | 00:25:13 | 00:05:23 |
| 1260 | 8468 | JORGE FERREIRA | CATEDRAL DA CERVEJA | Seniores | 599 | 00:53:49 | 00:51:35 | 00:25:50 | 00:05:23 |
| 1261 | 10156 | ANDRE ALEIXO SERRA LOPES | | Seniores | 600 | 00:53:49 | 00:53:49 | 00:31:42 | 00:05:23 |
| 1262 | 9238 | Ricardo Camacho | INDIVIDUAL | Seniores | 601 | 00:53:50 | 00:51:37 | 00:23:58 | 00:05:23 |
| 1263 | 8843 | Pedro Miguel Cavaca Neves | INDIVIDUAL | Seniores | 602 | 00:53:50 | 00:50:13 | 00:24:42 | 00:05:23 |
| 1264 | 7228 | MARIA GRAÇA CARDOSO | EDP | Veteranas I | 10 | 00:53:50 | 00:53:24 | 00:26:06 | 00:05:23 |
| 1265 | 7227 | VITOR MANUEL CARDOSO | EDP | Veterano II | 151 | 00:53:50 | 00:53:24 | 00:26:06 | 00:05:23 |
| 1266 | 9028 | Luis David | INDIVIDUAL | Seniores | 603 | 00:53:51 | 00:52:15 | 00:25:14 | 00:05:24 |
| 1267 | 7575 | ANTONIO JOAQUIM GAMA DUARTE SANTOS | CLUBE MILLENNIUM BCP | Veterano III | 105 | 00:53:52 | 00:52:47 | 00:25:35 | 00:05:24 |
| 1268 | 10448 | Hélio Martins | INDIVIDUAL | Seniores | 604 | 00:53:52 | 00:52:45 | 00:25:25 | 00:05:24 |
| 1269 | 8633 | MANUEL SILVEIRA ALVES FELIX | GRUPO VENDAP | Veterano IV | 86 | 00:53:53 | 00:53:03 | 00:25:21 | 00:05:24 |
| 1270 | 7405 | Vitor Monteiro | Marriott Lisboa | Veterano III | 106 | 00:53:53 | 00:53:53 | 00:27:08 | 00:05:24 |
| 1271 | 8242 | Edgar Seia | Casa do Benfica no Seixal | Seniores | 605 | 00:53:54 | 00:52:42 | 00:25:39 | 00:05:24 |
| 1272 | 9954 | Edmir Nilson Vieira Mendes | INDIVIDUAL | Seniores | 606 | 00:53:54 | 00:52:13 | 00:26:34 | 00:05:24 |
| 1273 | 7115 | KELVYN ORNETTE SOL MARTE | INDIVIDUAL | Seniores | 607 | 00:53:54 | 00:49:50 | 00:25:51 | 00:05:24 |
| 1274 | 9475 | joao nogueira | os arracaparalelos | Veterano I | 167 | 00:53:55 | 00:53:17 | 00:25:56 | 00:05:24 |
| 1275 | 8824 | nuno miguel da costa carvalho | INDIVIDUAL | Seniores | 608 | 00:53:55 | 00:53:37 | 00:24:47 | 00:05:24 |
| 1276 | 7337 | JOAO PEDRO MENDES RIGUEIRO | INDIVIDUAL | Seniores | 609 | 00:53:55 | 00:53:55 | 00:30:43 | 00:05:24 |
| 1277 | 8084 | ANTÓNIO AUGUSTO LOURENÇO | ACOMPANHANTE ANA LOURENÇO | Veterano IV | 87 | 00:53:56 | 00:52:52 | 00:26:28 | 00:05:24 |
| 1278 | 8674 | PAULO MENDES | THALES PORTUGAL | Veterano I | 168 | 00:53:56 | 00:53:13 | 00:25:18 | 00:05:24 |
| 1279 | 10526 | Tomás Prazeres | Godinho | Seniores | 610 | 00:53:56 | 00:52:07 | 00:26:25 | 00:05:24 |
| 1280 | 7995 | ARLINDO CONDE DOS SANTOS | SLB GINÁSTICA - MADRUGADORES | Veterano III | 107 | 00:53:56 | 00:52:52 | 00:26:27 | 00:05:24 |
| 1281 | 10682 | Paulo Jorge Ruivo | INDIVIDUAL | Seniores | 612 | 00:53:56 | 00:51:03 | 00:24:54 | 00:05:24 |
| 1282 | 10118 | JORGE MIGUEL SANTOS SILVA | EDP | Seniores | 611 | 00:53:56 | 00:53:01 | 00:25:13 | 00:05:24 |
| 1283 | 7023 | PAULA MADEIRA | A MINHA CORRIDA | SenioresF | 56 | 00:53:57 | 00:53:45 | 00:24:34 | 00:05:24 |
| 1284 | 10612 | Valdemar Alirio Damião | INDIVIDUAL | Veterano V | 48 | 00:53:57 | 00:53:30 | 00:26:21 | 00:05:24 |
| 1285 | 9742 | Hugo Castro | INDIVIDUAL | Seniores | 613 | 00:53:57 | 00:52:29 | 00:25:37 | 00:05:24 |
| 1286 | 8881 | ESTELA GONÇALVES | OS FLECHAS | SenioresF | 57 | 00:53:58 | 00:53:44 | 00:25:37 | 00:05:24 |
| 1287 | 8503 | Sérgio Ricardo Cardoso Infante da Câmara | INDIVIDUAL | Seniores | 614 | 00:53:58 | 00:51:28 | 00:25:33 | 00:05:24 |
| 1288 | 10346 | Diogo Manuel Ferreira Miragaia | INDIVIDUAL | Seniores | 615 | 00:53:59 | 00:53:40 | 00:26:02 | 00:05:24 |
| 1289 | 10249 | ANTÓNIO FERNANDES | INDIVIDUAL | Veterano V | 49 | 00:53:59 | 00:52:48 | 00:26:48 | 00:05:24 |
| 1290 | 8094 | SANDRA LOPES LUÍS | ITAU, SA | SenioresF | 58 | 00:53:59 | 00:52:24 | 00:25:40 | 00:05:24 |
| 1291 | 7081 | JORGE SILVA | GUERIN RENTCAR | Seniores | 616 | 00:53:59 | 00:52:28 | 00:26:03 | 00:05:24 |
| 1292 | 7664 | ALBERTO PEREIRA DOS SANTOS | INDIVIDUAL | Veterano IV | 88 | 00:54:00 | 00:53:09 | 00:25:55 | 00:05:24 |
| 1293 | 10723 | Ivo Miguel da Silva Antunes | INDIVIDUAL | Seniores | 617 | 00:54:00 | 00:53:30 | 00:24:50 | 00:05:24 |
| 1294 | 9557 | CARLOS NEVES | INDIVIDUAL | Veterano V | 50 | 00:54:01 | 00:52:44 | | 00:05:25 |
| 1295 | 9303 | FERNANDO SILVA | INDIVIDUAL | Veterano II | 152 | 00:54:01 | 00:52:57 | 00:25:00 | 00:05:25 |
| 1296 | 10242 | José Filipe Alarico Vilela | INDIVIDUAL | Seniores | 618 | 00:54:02 | 00:53:36 | 00:25:13 | 00:05:25 |
| 1297 | 9878 | RICARDO SOUSA | PAPOILAS SALTITANTES | Seniores | 619 | 00:54:02 | 00:53:28 | 00:24:44 | 00:05:25 |
| 1298 | 7386 | TELMO ANTÓNIO LOPES PEDRO | INDIVIDUAL | Seniores | 620 | 00:54:02 | 00:50:17 | 00:24:58 | 00:05:25 |
| 1299 | 9518 | SELMA NAIR DE ALMEIDA MARTINS GONÇALVES | INDIVIDUAL | SenioresF | 59 | 00:54:03 | 00:52:21 | 00:25:48 | 00:05:25 |
| 1300 | 7901 | jose gaspar | SS CGD | Veterano II | 153 | 00:54:03 | 00:53:10 | 00:25:16 | 00:05:25 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|------------------------------------|--|--------------|-----|----------|----------|----------|----------|
| 1301 | 9929 | Diamantino Albuquerque | Clube Desportivo de Mafra | Veterano IV | 89 | 00:54:03 | 00:54:00 | 00:26:20 | 00:05:25 |
| 1302 | 8743 | CarLos Machado | INDIVIDUAL | Seniores | 621 | 00:54:03 | 00:53:55 | 00:23:48 | 00:05:25 |
| 1303 | 9632 | Israel Dias | INDIVIDUAL | Seniores | 622 | 00:54:04 | 00:50:54 | 00:24:22 | 00:05:25 |
| 1304 | 8744 | Jorge Fonseca Ferreira | INDIVIDUAL | Veterano IV | 90 | 00:54:04 | 00:53:55 | 00:23:47 | 00:05:25 |
| 1305 | 9933 | Domingos Neto | Clube Desportivo de Mafra | Veterano IV | 91 | 00:54:04 | 00:54:03 | 00:21:12 | 00:05:25 |
| 1306 | 7636 | MÁRIO MELO | CLUBE FERROVIÁRIO DE PORTUGAL | Veterano IV | 92 | 00:54:05 | 00:53:01 | 00:26:06 | 00:05:25 |
| 1307 | 7628 | JOSÉ VALENTIM | CLUBE FERROVIÁRIO DE PORTUGAL | Veterano IV | 93 | 00:54:05 | 00:53:38 | 00:26:21 | 00:05:25 |
| 1308 | 7458 | António Alexandre da Costa Amaral | INDIVIDUAL | Seniores | 623 | 00:54:05 | 00:53:50 | 00:24:53 | 00:05:25 |
| 1309 | 7284 | Vilma Bento | ACB | Veteranas I | 11 | 00:54:05 | 00:52:17 | 00:25:43 | 00:05:25 |
| 1310 | 9946 | Luis Antonio Aguiar | INDIVIDUAL | Veterano I | 169 | 00:54:05 | 00:52:12 | 00:25:34 | 00:05:25 |
| 1311 | 7835 | HÉLIO GODINHO | CASA DO BENFICA EM ABRANTES | Veterano V | 51 | 00:54:06 | 00:53:21 | 00:26:00 | 00:05:25 |
| 1312 | 8786 | Luis Manuel Fonseca Tavares | INDIVIDUAL | Veterano II | 154 | 00:54:06 | 00:52:29 | 00:26:04 | 00:05:25 |
| 1313 | 9521 | Hugo Filipe Sousa Seródio | INDIVIDUAL | Seniores | 624 | 00:54:07 | 00:53:47 | 00:25:49 | 00:05:25 |
| 1314 | 7069 | Marco Durão | INDIVIDUAL | Seniores | 625 | 00:54:07 | 00:52:09 | 00:25:32 | 00:05:25 |
| 1315 | 7401 | Nair Cardoso | Marriott Lisboa | SenioresF | 60 | 00:54:07 | 00:52:53 | 00:26:11 | 00:05:25 |
| 1316 | 10627 | Ivo Miguel Jorge Estêvão | INDIVIDUAL | Seniores | 626 | 00:54:07 | 00:52:42 | 00:27:23 | 00:05:25 |
| 1317 | 7054 | ANTÓNIO FRANCISCO PEPE GALHETO | INDIVIDUAL | Veterano V | 52 | 00:54:07 | 00:54:03 | 00:26:15 | 00:05:25 |
| 1318 | 8776 | JOÃO LUÍS SOUSA SANTOS | INDIVIDUAL | Seniores | 628 | 00:54:07 | 00:52:44 | 00:26:00 | 00:05:25 |
| 1319 | 7276 | GUIDO VARATOJO DOS SANTOS | CAIXA - BANCO DE INVESTIMENTO, SA | Seniores | 627 | 00:54:07 | 00:54:03 | 00:27:01 | 00:05:25 |
| 1320 | 9000 | Domingos Rodrigues | INDIVIDUAL | Veterano I | 170 | 00:54:08 | 00:54:05 | 00:25:38 | 00:05:25 |
| 1321 | 9873 | JOÃO PAULO | LIMPEZA EXTREMA | Veterano I | 171 | 00:54:08 | 00:53:14 | 00:25:01 | 00:05:25 |
| 1322 | 10908 | Adolfo Paz | INDIVIDUAL | Veterano II | 155 | 00:54:09 | 00:52:15 | 00:25:33 | 00:05:25 |
| 1323 | 7527 | DIOGO CUNHA CASTRO TORRES | INDIVIDUAL | Seniores | 629 | 00:54:09 | 00:54:07 | 00:24:05 | 00:05:25 |
| 1324 | 10102 | DANIEL ALCINO AZEVEDO | INDIVIDUAL | Seniores | 630 | 00:54:10 | 00:54:01 | 00:25:47 | 00:05:25 |
| 1325 | 8940 | joão pedro rodrigues ferreira | INDIVIDUAL | Seniores | 631 | 00:54:10 | 00:51:48 | 00:27:50 | 00:05:25 |
| 1326 | 8532 | Jorge Costa | INDIVIDUAL | Veterano II | 156 | 00:54:12 | 00:52:01 | 00:24:59 | 00:05:26 |
| 1327 | 8533 | Pedro Miguel Gonçalves Costa | INDIVIDUAL | Seniores | 632 | 00:54:12 | 00:52:01 | 00:24:59 | 00:05:26 |
| 1328 | 8037 | David Aragão | INDIVIDUAL | Juniores | 38 | 00:54:12 | 00:53:48 | 00:26:32 | 00:05:26 |
| 1329 | 10823 | Rodrigo Marcelino | ARCVSCosme Mercadinho Paga-Pouco | Seniores | 633 | 00:54:13 | 00:49:57 | 00:24:15 | 00:05:26 |
| 1330 | 8517 | maria isabel ribeiro | Quarteto Fantástico | Veteranas I | 12 | 00:54:13 | 00:51:04 | 00:25:01 | 00:05:26 |
| 1331 | 7914 | MANUEL ANTÓNIO | BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO | Veterano III | 108 | 00:54:13 | 00:52:48 | 00:26:07 | 00:05:26 |
| 1332 | 9665 | NUNO SANTOS | LOURDETE PERFUMARIAS | Seniores | 634 | 00:54:13 | 00:53:45 | 00:25:40 | 00:05:26 |
| 1333 | 8775 | FERNANDO JOÃO MAGALHÃES DOS SANTOS | INDIVIDUAL | Veterano III | 109 | 00:54:14 | 00:52:50 | 00:26:00 | 00:05:26 |
| 1334 | 9336 | olga marques | grupo desportivo diana | SenioresF | 61 | 00:54:14 | 00:54:03 | 00:25:35 | 00:05:26 |
| 1335 | 10204 | GONÇALO NUNO LOPES BELCHIOR | EDP | Seniores | 635 | 00:54:14 | 00:51:44 | 00:26:14 | 00:05:26 |
| 1336 | 9282 | RICARDO FILIPE RODRIGO DIAS | INDIVIDUAL | Seniores | 636 | 00:54:14 | 00:52:07 | 00:26:10 | 00:05:26 |
| 1337 | 10205 | PEDRO MANUEL LOPES BELCHIOR | EDP | Juniores | 39 | 00:54:14 | 00:51:44 | 00:26:13 | 00:05:26 |
| 1338 | 7816 | Rui Jorge Lopes Carneiro | Lesmas do Oeste | Veterano I | 172 | 00:54:15 | 00:52:38 | 00:25:14 | 00:05:26 |
| 1339 | 7815 | Hugo Miguel Grave Carneiro | Lesmas do Oeste | Seniores | 637 | 00:54:15 | 00:52:39 | 00:25:14 | 00:05:26 |
| 1340 | 7820 | Rui Pedro Vicente Lourenço | Lesmas do Oeste | Seniores | 638 | 00:54:16 | 00:52:39 | 00:25:14 | 00:05:26 |
| 1341 | 7921 | CARLOS MADEIRA | BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO | Veterano II | 157 | 00:54:17 | 00:52:51 | 00:25:54 | 00:05:26 |
| 1342 | 10446 | Nuno Leal | INDIVIDUAL | Seniores | 639 | 00:54:17 | 00:54:05 | 00:26:03 | 00:05:26 |
| 1343 | 9199 | NELSON BRAZÃO COELHO | INDIVIDUAL | Seniores | 640 | 00:54:18 | 00:51:50 | 00:24:49 | 00:05:26 |
| 1344 | 8124 | JOSÉ CARLOS SANTOS RODRIGUES | IMPÉRIO BONANÇA - FIDELIDADE - MULTICARE | Veterano V | 53 | 00:54:19 | 00:54:00 | 00:26:09 | 00:05:26 |
| 1345 | 7988 | JOAO FILIPE BELCHIOR FERNANDES | FUND BOX | Seniores | 641 | 00:54:19 | 00:48:56 | 00:24:07 | 00:05:26 |
| 1346 | 8964 | joaquim figueiredo santos | INDIVIDUAL | Veterano IV | 94 | 00:54:20 | 00:53:37 | 00:25:52 | 00:05:26 |
| 1347 | 8476 | PAULA ALEXANDRA ORDONHO | JAZZY LIFE CLUB | SenioresF | 62 | 00:54:21 | 00:52:23 | 00:24:56 | 00:05:27 |
| 1348 | 7906 | FRANCISCO CLERIGO | SS CGD | Veterano IV | 95 | 00:54:21 | 00:53:51 | 00:25:40 | 00:05:27 |
| 1349 | 8998 | Sérgio Bruno Pedro | INDIVIDUAL | Seniores | 642 | 00:54:21 | 00:53:12 | 00:25:39 | 00:05:27 |
| 1350 | 10016 | JOAO PATROCINIO DOS SANTOS | INDIVIDUAL | Veterano III | 110 | 00:54:22 | 00:53:56 | 00:25:38 | 00:05:27 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|--|-----------------------------------|--------------|-----|----------|----------|----------|----------|
| 1351 | 9154 | Avelino Piçarra | INDIVIDUAL | Veterano V | 54 | 00:54:22 | 00:53:29 | 00:26:45 | 00:05:27 |
| 1352 | 7361 | Lucas Lobo | INDIVIDUAL | Juniores | 40 | 00:54:22 | 00:51:13 | 00:25:48 | 00:05:27 |
| 1353 | 7790 | Joel Gonçalo Mendrico Vinagre | INDIVIDUAL | Seniores | 643 | 00:54:23 | 00:53:24 | 00:24:31 | 00:05:27 |
| 1354 | 9464 | PEDRO MIGUEL HOMEM DE MACEDO JORDAO | INDIVIDUAL | Veterano I | 173 | 00:54:23 | 00:53:03 | 00:26:15 | 00:05:27 |
| 1355 | 9097 | Lurdes António | LINK | Veteranas I | 13 | 00:54:24 | 00:53:59 | 00:26:00 | 00:05:27 |
| 1356 | 10404 | santos guereiro | INDIVIDUAL | Veterano III | 111 | 00:54:24 | 00:53:43 | 00:25:24 | 00:05:27 |
| 1357 | 9331 | Óscar López López | INDIVIDUAL | Seniores | 644 | 00:54:24 | 00:49:52 | 00:23:54 | 00:05:27 |
| 1358 | 7978 | Filipe Eugénio | INDIVIDUAL | Seniores | 645 | 00:54:26 | 00:53:55 | 00:25:52 | 00:05:27 |
| 1359 | 7324 | RUI LETRAS | ACOMPANHANTE RUTE LETRAS | Seniores | 646 | 00:54:26 | 00:53:10 | 00:25:58 | 00:05:27 |
| 1360 | 9624 | Filipe Miguel Patrício Monteiro da Silva | INDIVIDUAL | Seniores | 647 | 00:54:26 | 00:53:32 | 00:28:54 | 00:05:27 |
| 1361 | 9205 | TALAC AICHEN MARTINS BEN SALEM | INDIVIDUAL | Seniores | 648 | 00:54:27 | 00:53:01 | 00:26:00 | 00:05:27 |
| 1362 | 8760 | Ana Paula Abegão | CLAC - Entroncamento | Veteranas I | 14 | 00:54:28 | 00:54:10 | 00:25:48 | 00:05:27 |
| 1363 | 8757 | Octávio Dias | CLAC - Entroncamento | Veterano III | 112 | 00:54:28 | 00:54:10 | 00:25:45 | 00:05:27 |
| 1364 | 9893 | Joaquim António Bugalho Marques | INDIVIDUAL | Veterano II | 158 | 00:54:28 | 00:49:40 | 00:25:48 | 00:05:27 |
| 1365 | 8483 | António Relvas Pereira | CLUBE COLABORADORES AXA | Veterano III | 113 | 00:54:29 | 00:52:24 | 00:26:28 | 00:05:27 |
| 1366 | 7265 | OLGA SAMOES | INDIVIDUAL | Veteranas I | 15 | 00:54:29 | 00:52:58 | 00:25:33 | 00:05:27 |
| 1367 | 9146 | LUIS MANUEL FREIXO DUARTE | INDIVIDUAL | Veterano I | 174 | 00:54:30 | 00:52:01 | 00:27:03 | 00:05:27 |
| 1368 | 9864 | MANUEL RIBEIRO FAGUNDES | INDIVIDUAL | Veterano V | 55 | 00:54:31 | 00:52:48 | 00:25:50 | 00:05:28 |
| 1369 | 7804 | Marco Lima Fernandes | INDIVIDUAL | Seniores | 649 | 00:54:31 | 00:52:38 | 00:25:48 | 00:05:28 |
| 1370 | 10954 | João Cordeiro | INDIVIDUAL | Seniores | 650 | 00:54:32 | 00:52:03 | 00:26:28 | 00:05:28 |
| 1371 | 9810 | FLÁVIO RIBEIRO | INSTITUTO DOS PUPILOS DO EXÉRCITO | Seniores | 651 | 00:54:34 | 00:52:55 | 00:24:18 | 00:05:28 |
| 1372 | 8138 | José António Carvalho | G.D.C. Lisboa Sheraton Hotel | Veterano III | 114 | 00:54:35 | 00:53:30 | 00:27:20 | 00:05:28 |
| 1373 | 9444 | Mafalda Rodrigues Martinho | INDIVIDUAL | SenioresF | 63 | 00:54:35 | 00:53:40 | 00:25:41 | 00:05:28 |
| 1374 | 9286 | MANUEL LOBATO PALMA | CASA DO BENFICA FARO | Veterano III | 115 | 00:54:38 | 00:53:29 | 00:27:00 | 00:05:28 |
| 1375 | 10537 | José Alberto Pós-de-Mina | INDIVIDUAL | Seniores | 652 | 00:54:38 | 00:53:59 | 00:25:36 | 00:05:28 |
| 1376 | 8748 | António Paixão | CLAC - Entroncamento | Veterano V | 56 | 00:54:38 | 00:54:21 | 00:25:48 | 00:05:28 |
| 1377 | 10310 | Pedro Serra | INDIVIDUAL | Seniores | 653 | 00:54:38 | 00:52:35 | 00:25:10 | 00:05:28 |
| 1378 | 8444 | ELSA MOREIRA | INDIVIDUAL | SenioresF | 64 | 00:54:38 | 00:54:10 | 00:25:30 | 00:05:28 |
| 1379 | 7581 | ANTONIO RUI PRAZERES MOREIRA VELOSO | CLUBE MILLENNIUM BCP | Veterano III | 116 | 00:54:39 | 00:54:10 | 00:25:30 | 00:05:28 |
| 1380 | 7964 | José Carlos Morgado Antunes | INDIVIDUAL | Seniores | 654 | 00:54:40 | 00:54:04 | 00:26:05 | 00:05:28 |
| 1381 | 9534 | Pedro Santos | INDIVIDUAL | Seniores | 655 | 00:54:41 | 00:52:39 | 00:24:41 | 00:05:29 |
| 1382 | 9381 | Ricardo Joao | INDIVIDUAL | Seniores | 656 | 00:54:41 | 00:51:12 | 00:24:54 | 00:05:29 |
| 1383 | 7638 | Marta Hortêncio | ADRC Mata de Benfica | Seniores | 657 | 00:54:41 | 00:54:28 | 00:27:13 | 00:05:29 |
| 1384 | 10034 | JOSE MOREIRA | INDIVIDUAL | Seniores | 658 | 00:54:41 | 00:53:19 | 00:25:42 | 00:05:29 |
| 1385 | 9536 | Luis Manuel Jesus Barata | INDIVIDUAL | Veterano III | 117 | 00:54:41 | 00:52:40 | 00:25:24 | 00:05:29 |
| 1386 | 8866 | luis cruz | INDIVIDUAL | Veterano I | 175 | 00:54:42 | 00:53:35 | 00:24:34 | 00:05:29 |
| 1387 | 7589 | ARNALDO ANTUNES SEBASTIAO PINTEUS | CLUBE MILLENNIUM BCP | Veterano III | 118 | 00:54:42 | 00:52:47 | 00:25:48 | 00:05:29 |
| 1388 | 7218 | Nuno Pinto | INDIVIDUAL | Seniores | 659 | 00:54:43 | 00:53:47 | 00:26:52 | 00:05:29 |
| 1389 | 10246 | Rafael Ribeiro Silva | INDIVIDUAL | Seniores | 660 | 00:54:43 | 00:53:53 | 00:25:25 | 00:05:29 |
| 1390 | 9173 | FERNANDO JESUS MACHADO SILVA | INDIVIDUAL | Veterano IV | 96 | 00:54:43 | 00:53:56 | 00:25:48 | 00:05:29 |
| 1391 | 7409 | Rui Gaspar | Marriott Lisboa | Veterano IV | 97 | 00:54:44 | 00:53:32 | 00:25:39 | 00:05:29 |
| 1392 | 10248 | RUI MANUEL MARTINHO DA COSTA | INDIVIDUAL | Seniores | 661 | 00:54:45 | 00:54:44 | 00:25:46 | 00:05:29 |
| 1393 | 9744 | João Ricardo Maia Catarino | INDIVIDUAL | Seniores | 662 | 00:54:45 | 00:52:25 | 00:26:06 | 00:05:29 |
| 1394 | 9584 | João José Tremeço de Oliveira | INDIVIDUAL | Seniores | 663 | 00:54:46 | 00:52:27 | 00:26:08 | 00:05:29 |
| 1395 | 8031 | Regina Mabel Baptista Mendes | INDIVIDUAL | SenioresF | 65 | 00:54:46 | 00:53:24 | 00:25:45 | 00:05:29 |
| 1396 | 8032 | jose nunes de sousa | INDIVIDUAL | Veterano II | 159 | 00:54:46 | 00:53:24 | 00:25:45 | 00:05:29 |
| 1397 | 8441 | BRUNO FERRADA | INDIVIDUAL | Veterano I | 176 | 00:54:46 | 00:53:02 | 00:26:29 | 00:05:29 |
| 1398 | 8455 | PAULO ALEXANDRE FERNANDES ROSSAS | COLABORADOR MULTIMÉDIA | Seniores | 664 | 00:54:47 | 00:52:37 | 00:26:25 | 00:05:29 |
| 1399 | 9446 | Nuno Miguel Coelho Condeço | INDIVIDUAL | Seniores | 665 | 00:54:48 | 00:53:52 | 00:26:36 | 00:05:29 |
| 1400 | 7757 | Ricardo Jorge Galo Negrão dos Santos | INDIVIDUAL | Veterano I | 177 | 00:54:49 | 00:52:40 | 00:26:04 | 00:05:29 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|-----------------------------------|--|---------------|-----|----------|----------|----------|----------|
| 1401 | 10603 | paulo jorge roberto gonçalves | INDIVIDUAL | Seniores | 666 | 00:54:49 | 00:54:42 | 00:23:34 | 00:05:29 |
| 1402 | 10415 | VASCO PÁDUA | INDIVIDUAL | Seniores | 667 | 00:54:50 | 00:54:28 | 00:25:14 | 00:05:29 |
| 1403 | 10662 | Jorge Tito Gonçalves | INDIVIDUAL | Veterano I | 178 | 00:54:50 | 00:52:26 | 00:24:48 | 00:05:29 |
| 1404 | 8425 | ADRIANO VITORINO | INDIVIDUAL | Seniores | 668 | 00:54:51 | 00:54:17 | 00:26:26 | 00:05:30 |
| 1405 | 10736 | PAULO NAVARRO COSTA | INDIVIDUAL | Seniores | 669 | 00:54:51 | 00:54:06 | 00:24:52 | 00:05:30 |
| 1406 | 7944 | Rui Manuel Mendonça Cordeiro | ACS - Amigos da Corrida de Salvaterra | Veterano V | 57 | 00:54:52 | 00:53:45 | 00:26:31 | 00:05:30 |
| 1407 | 8985 | João Miguel Marques Barbosa | INDIVIDUAL | Seniores | 670 | 00:54:53 | 00:54:31 | 00:25:52 | 00:05:30 |
| 1408 | 8267 | Hugo Filipe Noronha | INDIVIDUAL | Seniores | 671 | 00:54:53 | 00:54:17 | 00:26:48 | 00:05:30 |
| 1409 | 9988 | José Neves | Os Neves | Veterano V | 58 | 00:54:53 | 00:53:40 | 00:26:02 | 00:05:30 |
| 1410 | 7166 | Ana Margarida Correia | INDIVIDUAL | SenioresF | 66 | 00:54:54 | 00:53:08 | 00:25:49 | 00:05:30 |
| 1411 | 7167 | Gil Berto Mendes Carneiro | INDIVIDUAL | Seniores | 672 | 00:54:54 | 00:53:08 | 00:25:48 | 00:05:30 |
| 1412 | 8351 | ANTONIO MANUEL GODINHO | INDIVIDUAL | Veterano I | 179 | 00:54:54 | 00:53:41 | 00:26:22 | 00:05:30 |
| 1413 | 9616 | Nuno Miguel Santos Melo | INDIVIDUAL | Seniores | 673 | 00:54:54 | 00:54:03 | 00:26:32 | 00:05:30 |
| 1414 | 10647 | Diogo Fernando | INDIVIDUAL | Seniores | 674 | 00:54:55 | 00:53:25 | 00:24:38 | 00:05:30 |
| 1415 | 9764 | JOAQUIM MARIA GALIAU MAMEDE | INDIVIDUAL | Veterano IV | 98 | 00:54:56 | 00:52:47 | 00:25:10 | 00:05:30 |
| 1416 | 7173 | joaquim manuel de almeida correia | INDIVIDUAL | Veterano I | 180 | 00:54:56 | 00:54:09 | 00:26:02 | 00:05:30 |
| 1417 | 9895 | AMADEU TELO | EDP | Veterano V | 59 | 00:54:58 | 00:53:18 | 00:26:02 | 00:05:30 |
| 1418 | 10663 | NUNO JOAO MAGALHAES RAMOS | INDIVIDUAL | Seniores | 675 | 00:54:58 | 00:54:23 | 00:27:38 | 00:05:30 |
| 1419 | 7968 | JOÃO MIGUEL DOS SANTOS GONÇALVES | INDIVIDUAL | Seniores | 676 | 00:54:58 | 00:54:49 | 00:25:36 | 00:05:30 |
| 1420 | 10497 | Luis Guerreiro | INDIVIDUAL | Veterano II | 160 | 00:54:58 | 00:53:22 | 00:27:03 | 00:05:30 |
| 1421 | 9479 | António Pais | Veteranos do Teixoso | Veterano IV | 99 | 00:54:59 | 00:54:45 | 00:24:55 | 00:05:30 |
| 1422 | 10713 | Fábio Ricardo Piteira José | INDIVIDUAL | Seniores | 677 | 00:55:00 | 00:54:37 | 00:25:35 | 00:05:30 |
| 1423 | 10290 | João Venâncio | Papa Asfalto | Seniores | 678 | 00:55:00 | 00:52:38 | 00:25:59 | 00:05:30 |
| 1424 | 8176 | SÉRGIO PEREIRA | CASA DO BENFICA MONÇÃO | Veterano V | 60 | 00:55:01 | 00:54:57 | 00:26:46 | 00:05:31 |
| 1425 | 8740 | Pedro Alexandre Machado | Webwise | Veterano II | 161 | 00:55:01 | 00:54:32 | 00:25:58 | 00:05:31 |
| 1426 | 7577 | PEDRO ALEXANDRE LOURENCO SA | CLUBE MILLENNIUM BCP | Veterano I | 181 | 00:55:02 | 00:54:46 | 00:26:11 | 00:05:31 |
| 1427 | 7138 | JOÃO FERREIRA | CASA DO POVO DO GRADIL | Seniores | 679 | 00:55:02 | 00:53:28 | 00:25:54 | 00:05:31 |
| 1428 | 7456 | Paula Pires | INDIVIDUAL | SenioresF | 67 | 00:55:02 | 00:54:46 | 00:26:11 | 00:05:31 |
| 1429 | 7454 | Ivo Manuel Silva Esperança | INDIVIDUAL | Seniores | 680 | 00:55:03 | 00:54:39 | 00:25:16 | 00:05:31 |
| 1430 | 7524 | Artur Caetano Martins | INDIVIDUAL | Veterano V | 61 | 00:55:03 | 00:55:00 | 00:26:14 | 00:05:31 |
| 1431 | 9711 | Augusto José Tavares Caria | INDIVIDUAL | Veterano V | 62 | 00:55:04 | 00:53:43 | 00:24:39 | 00:05:31 |
| 1432 | 8752 | Ines Ribeiro | CLAC - Entroncamento | SenioresF | 68 | 00:55:04 | 00:54:44 | 00:26:41 | 00:05:31 |
| 1433 | 8977 | LUIS REIS | INDIVIDUAL | Veterano I | 182 | 00:55:05 | 00:53:41 | 00:25:14 | 00:05:31 |
| 1434 | 9330 | Maria Fatuda | G. R. D. Ribeira da Lage | Veteranas III | 5 | 00:55:05 | 00:54:45 | 00:25:57 | 00:05:31 |
| 1435 | 9773 | Raul Mateus | INDIVIDUAL | Veterano II | 162 | 00:55:05 | 00:51:46 | 00:25:41 | 00:05:31 |
| 1436 | 8851 | CATARINA DIAS | SERVIÇOS SOCIAIS MONTEPIO | SenioresF | 69 | 00:55:06 | 00:53:32 | 00:26:12 | 00:05:31 |
| 1437 | 8473 | RUI CHAMBEL | INDIVIDUAL | Seniores | 681 | 00:55:07 | 00:53:13 | 00:25:44 | 00:05:31 |
| 1438 | 7164 | RODRIGO OLIVEIRA | EDP | Seniores | 682 | 00:55:08 | 00:53:57 | 00:25:24 | 00:05:31 |
| 1439 | 7362 | David lobo | INDIVIDUAL | Juniores | 41 | 00:55:09 | 00:52:00 | 00:23:30 | 00:05:31 |
| 1440 | 10776 | Herminia Cabral Ferreira | INDIVIDUAL | SenioresF | 70 | 00:55:10 | 00:53:00 | 00:26:01 | 00:05:31 |
| 1441 | 9032 | TERESA CARDOSO | SERVIÇOS SOCIAIS MONTEPIO | SenioresF | 71 | 00:55:10 | 00:53:36 | 00:26:13 | 00:05:31 |
| 1442 | 8374 | CARLOS MIRANDA | INDIVIDUAL | Seniores | 683 | 00:55:10 | 00:54:02 | 00:25:47 | 00:05:31 |
| 1443 | 10275 | JOSE MANUEL RIBEIRO NETO | INDIVIDUAL | Veterano V | 63 | 00:55:10 | 00:53:42 | 00:33:24 | 00:05:31 |
| 1444 | 8790 | RICARDO JORGE PEREIRA NEGRINHO | BANCO CREDIBOM | Seniores | 684 | 00:55:11 | 00:52:44 | 00:27:45 | 00:05:32 |
| 1445 | 7926 | PEDRO MADEIRA | BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO | Juniores | 42 | 00:55:11 | 00:53:45 | 00:26:10 | 00:05:32 |
| 1446 | 8137 | Manuel Tiago Guerreiro | G.D.C. Lisboa Sheraton Hotel | Veterano V | 64 | 00:55:11 | 00:54:06 | 00:27:22 | 00:05:32 |
| 1447 | 10832 | Sandra Baptista Elvas | INDIVIDUAL | SenioresF | 72 | 00:55:12 | 00:54:06 | 00:25:54 | 00:05:32 |
| 1448 | 10020 | RUI GARCIA PROENÇA GAMBOA | INDIVIDUAL | Veterano I | 183 | 00:55:12 | 00:54:47 | 00:26:50 | 00:05:32 |
| 1449 | 9945 | PEDRO CURTO | INDIVIDUAL | Seniores | 685 | 00:55:12 | 00:52:43 | 00:25:44 | 00:05:32 |
| 1450 | 9135 | FERNANDO MANUEL LOPES GONÇALVES | INDIVIDUAL | Veterano I | 184 | 00:55:13 | 00:54:08 | 00:24:43 | 00:05:32 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|---------------------------------|----------------------------------|---------------|-----|----------|----------|----------|----------|
| 1451 | 9955 | LUIS FILIPE PAULINO DE ALMEIDA | Lis Running | Veterano III | 119 | 00:55:13 | 00:52:57 | 00:26:08 | 00:05:32 |
| 1452 | 7913 | ALBERTINO SEMEDO | SS CGD | Veterano III | 120 | 00:55:13 | 00:54:43 | 00:25:51 | 00:05:32 |
| 1453 | 9302 | ISIDRO PIRES DOS SANTOS | INDIVIDUAL | Veterano IV | 100 | 00:55:13 | 00:54:17 | 00:26:22 | 00:05:32 |
| 1454 | 8590 | SÉRGIO LOPES | EUROPCAR | Seniores | 686 | 00:55:15 | 00:54:11 | 00:25:46 | 00:05:32 |
| 1455 | 10631 | Marta Alves | Corridinhas para a Carola | SenioresF | 73 | 00:55:15 | 00:54:03 | 00:26:25 | 00:05:32 |
| 1456 | 8893 | Daniel Ramos | INDIVIDUAL | Seniores | 687 | 00:55:15 | 00:50:55 | 00:23:57 | 00:05:32 |
| 1457 | 10633 | Paulo Mendes | Corridinhas para a Carola | Seniores | 688 | 00:55:15 | 00:54:01 | 00:26:23 | 00:05:32 |
| 1458 | 10570 | francisco daniel quitério | Ataija a correr | Veterano II | 163 | 00:55:16 | 00:55:08 | 00:26:20 | 00:05:32 |
| 1459 | 8703 | RICARDO SANTOS | HONDA | Seniores | 689 | 00:55:16 | 00:53:10 | 00:25:04 | 00:05:32 |
| 1460 | 7141 | João Leitão | INDIVIDUAL | Veterano I | 185 | 00:55:17 | 00:53:36 | 00:26:51 | 00:05:32 |
| 1461 | 10706 | Paulo Cesar Rodrigues Almeida | INDIVIDUAL | Seniores | 691 | 00:55:17 | 00:54:13 | 00:26:48 | 00:05:32 |
| 1462 | 9533 | Márcio Miguel da Silva Cunha | INDIVIDUAL | Seniores | 690 | 00:55:17 | 00:54:46 | 00:25:40 | 00:05:32 |
| 1463 | 8018 | BERNARDO ELISEU | TECNIQUITEL | Seniores | 692 | 00:55:17 | 00:54:04 | 00:25:37 | 00:05:32 |
| 1464 | 8692 | ANDREIA MENDINHOS | HONDA | SenioresF | 74 | 00:55:18 | 00:53:15 | 00:25:30 | 00:05:32 |
| 1465 | 7133 | Diogo Mariano | INDIVIDUAL | Juniores | 43 | 00:55:20 | 00:55:20 | 00:30:36 | 00:05:32 |
| 1466 | 7241 | Alberto Martinho | CCDT Metro LX | Veterano II | 164 | 00:55:21 | 00:53:57 | 00:26:03 | 00:05:33 |
| 1467 | 7813 | Paulo Jorge Gomes Lopes | INDIVIDUAL | Veterano I | 186 | 00:55:21 | 00:53:35 | 00:26:36 | 00:05:33 |
| 1468 | 7363 | VASCO MANUEL DUARTE CANUDO | INDIVIDUAL | Veterano IV | 101 | 00:55:21 | 00:54:27 | | 00:05:33 |
| 1469 | 9662 | Nelson José Caeiro Madeira | INDIVIDUAL | Seniores | 693 | 00:55:22 | 00:53:16 | 00:25:54 | 00:05:33 |
| 1470 | 7171 | Pedro Encarnação | INDIVIDUAL | Veterano I | 187 | 00:55:26 | 00:55:19 | 00:24:24 | 00:05:33 |
| 1471 | 10281 | Vera Mónica Abreu | INDIVIDUAL | SenioresF | 75 | 00:55:26 | 00:55:21 | 00:25:13 | 00:05:33 |
| 1472 | 8562 | VICTOR MANUEL | INDIVIDUAL | Veterano IV | 102 | 00:55:27 | 00:53:07 | 00:26:29 | 00:05:33 |
| 1473 | 7255 | LUIS SOUSA | EDP | Seniores | 694 | 00:55:28 | 00:55:12 | 00:25:40 | 00:05:33 |
| 1474 | 9144 | JOAQUIM ANTONIO PINTO | INDIVIDUAL | Veterano V | 65 | 00:55:29 | 00:54:38 | 00:27:28 | 00:05:33 |
| 1475 | 9416 | Henrique Barata | Açoreana Clube Banif | Juniores | 44 | 00:55:31 | 00:51:39 | 00:24:33 | 00:05:34 |
| 1476 | 10424 | LUIS NUNO SANTOS DA SILVA MOURA | INDIVIDUAL | Veterano I | 188 | 00:55:33 | 00:54:32 | 00:25:51 | 00:05:34 |
| 1477 | 10196 | Romão Pedroso | Os Idosos com a mania que correm | Seniores | 695 | 00:55:33 | 00:54:27 | 00:27:19 | 00:05:34 |
| 1478 | 7694 | Maria Madalena Taniça Rodrigues | ELITE 41ª | SenioresF | 76 | 00:55:34 | 00:54:13 | 00:26:43 | 00:05:34 |
| 1479 | 9391 | PAULO ALEXANDRE P. MIRANDA | INDIVIDUAL | Veterano I | 189 | 00:55:34 | 00:54:47 | 00:26:31 | 00:05:34 |
| 1480 | 10197 | João Azevedo e Silva | Os Idosos com a mania que correm | Seniores | 696 | 00:55:34 | 00:54:29 | 00:27:32 | 00:05:34 |
| 1481 | 9992 | NARCISO DOS SANTOS MIGUEL SÁ | INDIVIDUAL | Veterano II | 165 | 00:55:34 | 00:55:19 | 00:26:44 | 00:05:34 |
| 1482 | 9666 | ANA PAULA REIS | LOURDETE PERFUMARIAS | SenioresF | 77 | 00:55:34 | 00:55:06 | 00:27:35 | 00:05:34 |
| 1483 | 7947 | António Sarilho | Asas nos Pés | Veterano III | 121 | 00:55:35 | 00:53:35 | 00:26:40 | 00:05:34 |
| 1484 | 10032 | ANTONIO JOSE CAIADO | INDIVIDUAL | Veterano V | 66 | 00:55:36 | 00:55:28 | 00:26:25 | 00:05:34 |
| 1485 | 7382 | Manuel Francisco Mendes Augusto | INDIVIDUAL | Seniores | 697 | 00:55:37 | 00:55:25 | 00:26:41 | 00:05:34 |
| 1486 | 7383 | Jorge Manuel Guerreiro Costa | INDIVIDUAL | Veterano I | 190 | 00:55:37 | 00:55:25 | 00:26:41 | 00:05:34 |
| 1487 | 10351 | HORACIO PINTO | INDIVIDUAL | Veterano III | 122 | 00:55:37 | 00:53:02 | 00:24:34 | 00:05:34 |
| 1488 | 10151 | RICARDO FIGUEIREDO | INDIVIDUAL | Seniores | 698 | 00:55:38 | 00:53:16 | 00:27:48 | 00:05:34 |
| 1489 | 9304 | MARIO PEREIRA | INDIVIDUAL | Veterano I | 191 | 00:55:38 | 00:54:34 | 00:26:50 | 00:05:34 |
| 1490 | 9380 | José Carlos Cardoso | INDIVIDUAL | Seniores | 699 | 00:55:38 | 00:53:16 | 00:27:48 | 00:05:34 |
| 1491 | 10777 | maria de fátima oliveira | INDIVIDUAL | Veteranas III | 6 | 00:55:38 | 00:55:29 | 00:31:26 | 00:05:34 |
| 1492 | 10774 | Paulo Alberto Sousa Figueiredo | INDIVIDUAL | Veterano I | 192 | 00:55:40 | 00:54:43 | 00:26:38 | 00:05:34 |
| 1493 | 8020 | RUI GONÇALVES | TECNIQUITEL | Veterano I | 193 | 00:55:40 | 00:52:30 | 00:25:35 | 00:05:34 |
| 1494 | 9686 | Pedro Leitão | INDIVIDUAL | Veterano II | 166 | 00:55:40 | 00:55:25 | 00:26:27 | 00:05:34 |
| 1495 | 7764 | João Vieira | Falcões Selvagens | Veterano I | 194 | 00:55:40 | 00:53:55 | 00:26:18 | 00:05:34 |
| 1496 | 10398 | Luis Coutinho | INDIVIDUAL | Seniores | 700 | 00:55:41 | 00:55:00 | 00:25:30 | 00:05:35 |
| 1497 | 10031 | VITOR ESCARIA | INDIVIDUAL | Veterano I | 195 | 00:55:41 | 00:53:51 | 00:26:04 | 00:05:35 |
| 1498 | 9818 | Tiago Simões | Georunners | Seniores | 701 | 00:55:41 | 00:55:41 | 00:24:02 | 00:05:35 |
| 1499 | 7027 | HEITOR GOMES | INDIVIDUAL | Veterano I | 196 | 00:55:41 | 00:55:41 | 00:24:02 | 00:05:35 |
| 1500 | 9856 | PAULO JORGE FERNANDES MEIRELES | INDIVIDUAL | Veterano I | 197 | 00:55:41 | 00:52:28 | 00:25:57 | 00:05:35 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|-----------------------------------|---|--------------|-----|----------|----------|----------|----------|
| 1501 | 8904 | Reinaldo Rodrigues Catarino | INDIVIDUAL | Seniores | 702 | 00:55:41 | 00:54:22 | 00:27:12 | 00:05:35 |
| 1502 | 11127 | Pedro Aleixo Fazendeiro Barroso | INDIVIDUAL | Seniores | 703 | 00:55:43 | 00:55:43 | 00:31:46 | 00:05:35 |
| 1503 | 8621 | Ricardo Martins | Rail Runners | Seniores | 704 | 00:55:44 | 00:54:02 | 00:25:39 | 00:05:35 |
| 1504 | 7219 | Silvia de Oliveira | INDIVIDUAL | SenioresF | 78 | 00:55:44 | 00:54:49 | 00:28:10 | 00:05:35 |
| 1505 | 10567 | Francisco José Garcia Paulino | INDIVIDUAL | Veterano III | 123 | 00:55:44 | 00:55:41 | 00:26:46 | 00:05:35 |
| 1506 | 8890 | Sofia de Carvalho Simões | INDIVIDUAL | SenioresF | 79 | 00:55:44 | 00:54:22 | 00:26:13 | 00:05:35 |
| 1507 | 7489 | Miguel Esteves | INDIVIDUAL | Veterano I | 198 | 00:55:44 | 00:54:41 | 00:24:18 | 00:05:35 |
| 1508 | 9712 | João Neto | INDIVIDUAL | Veterano II | 167 | 00:55:46 | 00:55:41 | 00:27:12 | 00:05:35 |
| 1509 | 9461 | Sérgio Rodrigo do Rosário Salvado | INDIVIDUAL | Seniores | 705 | 00:55:46 | 00:53:41 | 00:26:13 | 00:05:35 |
| 1510 | 9384 | CELSO GRAÇA PEREIRA | INDIVIDUAL | Veterano II | 168 | 00:55:47 | 00:54:30 | 00:27:04 | 00:05:35 |
| 1511 | 8841 | RENATO JOSÉ ALVES PAULETA | INDIVIDUAL | Veterano II | 169 | 00:55:47 | 00:55:05 | 00:25:01 | 00:05:35 |
| 1512 | 9011 | RUTE SANTOS SILVA DIAS | INDIVIDUAL | Veteranas II | 5 | 00:55:48 | 00:51:36 | 00:25:07 | 00:05:35 |
| 1513 | 7108 | ISIDORO BATISTA | NINHO DAS ÁGUIAS | Veterano III | 124 | 00:55:49 | 00:54:13 | 00:26:06 | 00:05:35 |
| 1514 | 7347 | Luis Libânio | Globlec, Comércio de Materiais Eléctricos, Lda. | Seniores | 706 | 00:55:50 | 00:54:03 | 00:28:29 | 00:05:35 |
| 1515 | 9942 | Rui Miguel Ramalhete | INDIVIDUAL | Seniores | 707 | 00:55:50 | 00:53:53 | 00:27:41 | 00:05:35 |
| 1516 | 7345 | João Rodrigues | Globlec, Comércio de Materiais Eléctricos, Lda. | Seniores | 708 | 00:55:50 | 00:54:02 | 00:28:28 | 00:05:35 |
| 1517 | 7342 | Luis Fausto | Globlec, Comércio de Materiais Eléctricos, Lda. | Seniores | 709 | 00:55:50 | 00:54:02 | 00:28:28 | 00:05:35 |
| 1518 | 9472 | JOSÉ MANUEL SILVA FERREIRA | INDIVIDUAL | Veterano IV | 103 | 00:55:50 | 00:53:34 | | 00:05:35 |
| 1519 | 9870 | JOAQUIM COELHO | LIMPEZA EXTREMA | Seniores | 710 | 00:55:52 | 00:54:42 | 00:25:44 | 00:05:36 |
| 1520 | 9674 | Nuno Frederico Henriques Trindade | INDIVIDUAL | Seniores | 711 | 00:55:53 | 00:54:33 | 00:26:15 | 00:05:36 |
| 1521 | 10063 | MARIANA MELO | INDIVIDUAL | SenioresF | 80 | 00:55:53 | 00:52:54 | 00:25:26 | 00:05:36 |
| 1522 | 7239 | Nelson Hugo Carrapiço Diabinho | INDIVIDUAL | Seniores | 712 | 00:55:53 | 00:51:04 | 00:23:50 | 00:05:36 |
| 1523 | 8722 | GONÇALO FERREIRA | SERVIÇOS SOCIAIS DA CML | Seniores | 713 | 00:55:53 | 00:52:55 | 00:25:11 | 00:05:36 |
| 1524 | 9582 | Vitor Zacarias | INDIVIDUAL | Seniores | 714 | 00:55:55 | 00:53:35 | 00:26:07 | 00:05:36 |
| 1525 | 8996 | Clara Raimundo | Pernas de Gafanhoto | SenioresF | 81 | 00:55:55 | 00:54:40 | 00:26:15 | 00:05:36 |
| 1526 | 10605 | Albertino Mota | INDIVIDUAL | Seniores | 715 | 00:55:56 | 00:54:40 | 00:25:31 | 00:05:36 |
| 1527 | 7185 | ALEXANDRE REIS | INDIVIDUAL | Veterano III | 125 | 00:55:57 | 00:55:15 | 00:25:12 | 00:05:36 |
| 1528 | 10450 | Rui Vilao | INDIVIDUAL | Veterano II | 170 | 00:55:58 | 00:53:45 | 00:26:19 | 00:05:36 |
| 1529 | 9931 | Francisco André | Clube Desportivo de Mafra | Veterano II | 171 | 00:55:58 | 00:55:55 | 00:26:20 | 00:05:36 |
| 1530 | 10628 | João Estêvão | INDIVIDUAL | Seniores | 716 | 00:56:00 | 00:54:34 | 00:27:27 | 00:05:36 |
| 1531 | 10708 | LUIS MANUEL SILVA MATOS | HPP SAÚDE - HOSPITAL DOS LUSÍADAS | Veterano II | 172 | 00:56:01 | 00:54:38 | 00:25:59 | 00:05:37 |
| 1532 | 7533 | EGAS FERNANDES MARQUES | GRUPO DESPORTIVO B.B.P.I | Veterano V | 67 | 00:56:02 | 00:56:00 | 00:26:46 | 00:05:37 |
| 1533 | 9617 | Ricardo Pires | INDIVIDUAL | Seniores | 717 | 00:56:02 | 00:55:01 | 00:26:25 | 00:05:37 |
| 1534 | 10449 | Fernando Dias Almeida | INDIVIDUAL | Seniores | 718 | 00:56:03 | 00:56:03 | 00:31:42 | 00:05:37 |
| 1535 | 9609 | FLAVIO CASAL | JAZZY LIFE CLUB | Seniores | 719 | 00:56:03 | 00:55:53 | 00:27:12 | 00:05:37 |
| 1536 | 9608 | BELMIRO JESUS | JAZZY LIFE CLUB | Seniores | 720 | 00:56:03 | 00:55:53 | 00:27:12 | 00:05:37 |
| 1537 | 9218 | CANDIDO RAMOS | INDIVIDUAL | Seniores | 721 | 00:56:04 | 00:55:07 | 00:25:12 | 00:05:37 |
| 1538 | 9757 | Carlos Marcos | INDIVIDUAL | Veterano III | 126 | 00:56:04 | 00:53:58 | 00:25:53 | 00:05:37 |
| 1539 | 10519 | Elsje Scheffer | AABV - LAGOA - ALGARVE | Veteranas I | 16 | 00:56:04 | 00:55:39 | 00:26:39 | 00:05:37 |
| 1540 | 9699 | FAUSTO CUNHA | AFIS /OVAR | Veterano V | 68 | 00:56:04 | 00:54:41 | 00:25:53 | 00:05:37 |
| 1541 | 7320 | Duarte Centeno | INDIVIDUAL | Veterano V | 69 | 00:56:05 | 00:55:40 | 00:26:54 | 00:05:37 |
| 1542 | 9069 | carlos alberto costa | INDIVIDUAL | Veterano I | 199 | 00:56:05 | 00:55:47 | 00:25:42 | 00:05:37 |
| 1543 | 10198 | Sérgio Moreiras | Os Idosos com a mania que correm | Seniores | 722 | 00:56:06 | 00:54:59 | 00:27:31 | 00:05:37 |
| 1544 | 9278 | MANUEL GIL ALVES | INDIVIDUAL | Veterano III | 127 | 00:56:06 | 00:56:06 | 00:31:11 | 00:05:37 |
| 1545 | 10232 | Pedro Paiva Arruda | INDIVIDUAL | Veterano II | 173 | 00:56:06 | 00:54:57 | 00:26:21 | 00:05:37 |
| 1546 | 10382 | Joel Alexandre Silva Nunes | INDIVIDUAL | Seniores | 723 | 00:56:06 | 00:56:06 | 00:29:48 | 00:05:37 |
| 1547 | 10996 | Nuno Morujo | Equipa RATAZANAS | Seniores | 724 | 00:56:07 | 00:51:51 | 00:24:15 | 00:05:37 |
| 1548 | 10459 | DANIEL EDUARDO MARTINS VICENTE | INDIVIDUAL | Seniores | 725 | 00:56:07 | 00:55:59 | 00:26:06 | 00:05:37 |
| 1549 | 7376 | rogerio domingos santos silva | INDIVIDUAL | Veterano III | 128 | 00:56:08 | 00:55:40 | 00:25:55 | 00:05:37 |
| 1550 | 8432 | Nuno Miguel De Jesus Moleano | clube desportivo ribeirense | Seniores | 726 | 00:56:09 | 00:56:00 | 00:24:52 | 00:05:37 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|---|--|--------------|-----|----------|----------|----------|----------|
| 1551 | 8414 | NUNO MIGUEL ROQUE MARQUES | INDIVIDUAL | Seniores | 727 | 00:56:10 | 00:54:43 | 00:26:53 | 00:05:37 |
| 1552 | 9899 | Álvaro José Duque Garcia | INDIVIDUAL | Veterano I | 200 | 00:56:10 | 00:54:12 | 00:26:21 | 00:05:37 |
| 1553 | 7625 | PAULO VERISSIMO | CLUBE FERROVIÁRIO DE PORTUGAL | Veterano II | 174 | 00:56:10 | 00:55:15 | 00:26:44 | 00:05:37 |
| 1554 | 9261 | SERGIO LIVRAGHI | INDIVIDUAL | Veterano I | 201 | 00:56:12 | 00:54:17 | 00:27:32 | 00:05:38 |
| 1555 | 10962 | João Miguel Sobral | Casa das Ratas - Tomar | Seniores | 728 | 00:56:12 | 00:53:59 | 00:25:52 | 00:05:38 |
| 1556 | 7814 | Luis bilau | SS CGD | Veterano V | 70 | 00:56:13 | 00:55:25 | 00:27:07 | 00:05:38 |
| 1557 | 7908 | FERNANDO ALVES | SS CGD | Veterano III | 129 | 00:56:13 | 00:55:24 | 00:27:06 | 00:05:38 |
| 1558 | 8121 | FERNANDO MIGUEL HIPÓLITO CARVALHÃO | HPP SAÚDE - HOSPITAL DOS LUSÍADAS | Veterano II | 175 | 00:56:13 | 00:53:02 | 00:24:50 | 00:05:38 |
| 1559 | 10955 | Bruno Silva | INDIVIDUAL | Seniores | 729 | 00:56:15 | 00:53:46 | 00:26:28 | 00:05:38 |
| 1560 | 7637 | BRUNO SARGENTO | CLUBE FERROVIÁRIO DE PORTUGAL | Seniores | 730 | 00:56:15 | 00:54:59 | 00:26:09 | 00:05:38 |
| 1561 | 9100 | Miguel Ângelo Dias Agostinho Rodrigues | INDIVIDUAL | Seniores | 731 | 00:56:16 | 00:55:17 | 00:26:41 | 00:05:38 |
| 1562 | 9029 | RICARDO MANUEL CARVALHO RAYOS | INDIVIDUAL | Seniores | 732 | 00:56:17 | 00:53:36 | 00:24:48 | 00:05:38 |
| 1563 | 8340 | ANTONIO JOSE JUADAO VIEIRA | INDIVIDUAL | Seniores | 733 | 00:56:17 | 00:54:44 | 00:25:40 | 00:05:38 |
| 1564 | 7188 | EDUARDO VITOR SEQUEIRA DE MELO JORGE | UHU | Veterano IV | 104 | 00:56:17 | 00:54:02 | 00:26:36 | 00:05:38 |
| 1565 | 7887 | Inês Constantino | Clube ANACOM | SenioresF | 82 | 00:56:17 | 00:54:17 | 00:26:29 | 00:05:38 |
| 1566 | 10623 | Nuno Teixeira | INDIVIDUAL | Seniores | 734 | 00:56:18 | 00:54:53 | 00:27:28 | 00:05:38 |
| 1567 | 8352 | MARCO ANTONIO LOURENÇO CONCHINHA | INDIVIDUAL | Seniores | 735 | 00:56:18 | 00:54:30 | 00:25:30 | 00:05:38 |
| 1568 | 8923 | RICARDO JORGE SOUSA REIS | INDIVIDUAL | Seniores | 736 | 00:56:18 | 00:54:46 | 00:26:23 | 00:05:38 |
| 1569 | 7972 | João Costa | SAPATILHAS ARDENTES | Juniores | 45 | 00:56:19 | 00:54:56 | 00:25:50 | 00:05:38 |
| 1570 | 8274 | NUNO MIGUEL SOUSA REIS | INDIVIDUAL | Seniores | 737 | 00:56:19 | 00:54:47 | 00:26:24 | 00:05:38 |
| 1571 | 10380 | Filipe Ventura Gonçalves | INDIVIDUAL | Seniores | 738 | 00:56:19 | 00:55:20 | 00:27:17 | 00:05:38 |
| 1572 | 8092 | JOSÉ VEIGA | ITAU, SA | Veterano III | 130 | 00:56:19 | 00:54:42 | 00:27:19 | 00:05:38 |
| 1573 | 7529 | RUI VASCO DO Ó ESTEVES CABRITA | INDIVIDUAL | Veterano II | 176 | 00:56:20 | 00:55:57 | 00:26:42 | 00:05:38 |
| 1574 | 7268 | TIAGO MIGUEL GAGO ESTEVES CABRITA | INDIVIDUAL | Juniores | 46 | 00:56:20 | 00:55:57 | 00:26:42 | 00:05:38 |
| 1575 | 9630 | José Machado | Conduatar | Veterano III | 131 | 00:56:20 | 00:54:42 | 00:29:00 | 00:05:38 |
| 1576 | 10024 | RICARDO RUIVO MACHADO | INDIVIDUAL | Seniores | 740 | 00:56:21 | 00:54:42 | 00:29:01 | 00:05:39 |
| 1577 | 10419 | João Saldanha Lopes | INDIVIDUAL | Seniores | 739 | 00:56:21 | 00:53:56 | 00:28:08 | 00:05:39 |
| 1578 | 10710 | Nuno Miguel Afonso Rito | INDIVIDUAL | Seniores | 741 | 00:56:21 | 00:55:52 | 00:27:00 | 00:05:39 |
| 1579 | 7940 | Otilio Monteiro | ACS - Amigos da Corrida de Salvaterra | Veterano III | 132 | 00:56:21 | 00:55:15 | 00:26:41 | 00:05:39 |
| 1580 | 9368 | Rui Miguel Alves Espírito Santo de Carvalho | INDIVIDUAL | Seniores | 742 | 00:56:21 | 00:54:29 | 00:28:15 | 00:05:39 |
| 1581 | 9062 | Luis Miguel Marreiros Rosa | INDIVIDUAL | Seniores | 743 | 00:56:22 | 00:55:45 | 00:25:51 | 00:05:39 |
| 1582 | 10792 | Miguel Pires | INDIVIDUAL | Juniores | 47 | 00:56:22 | 00:52:19 | 00:25:48 | 00:05:39 |
| 1583 | 8930 | José Liberato | Grupo Desportivo Imprensa Nacional Casa da moeda | Seniores | 744 | 00:56:22 | 00:55:53 | 00:25:00 | 00:05:39 |
| 1584 | 8951 | Gonçalo Filipe Fernandes Pereira | INDIVIDUAL | Juniores | 48 | 00:56:22 | 00:55:45 | 00:26:24 | 00:05:39 |
| 1585 | 9672 | Ricardo Hipólito | INDIVIDUAL | Seniores | 745 | 00:56:22 | 00:54:37 | 00:26:32 | 00:05:39 |
| 1586 | 10878 | Paulo Carvalho | Casa das Ratas - Tomar | Seniores | 746 | 00:56:22 | 00:54:09 | 00:25:52 | 00:05:39 |
| 1587 | 8989 | Ricardo Pimentel Alves de Matos | INDIVIDUAL | Seniores | 747 | 00:56:23 | 00:54:41 | 00:24:34 | 00:05:39 |
| 1588 | 7038 | Mário Costa | Os Antigos | Veterano III | 133 | 00:56:23 | 00:56:18 | 00:26:16 | 00:05:39 |
| 1589 | 7124 | CARLOS MANUEL AIRES VIDAIS | INDIVIDUAL | Seniores | 748 | 00:56:23 | 00:51:34 | 00:25:10 | 00:05:39 |
| 1590 | 8323 | LUIS MANUEL SEIXAS AZEVEDO | INDIVIDUAL | Veterano II | 177 | 00:56:24 | 00:56:10 | 00:25:28 | 00:05:39 |
| 1591 | 8122 | CARLOS ALBERTO JESUS DIAS | IMPÉRIO BONANÇA - FIDELIDADE - MULTICARE | Veterano IV | 105 | 00:56:25 | 00:55:02 | 00:26:02 | 00:05:39 |
| 1592 | 8955 | ÂNGELO FLOR | INDIVIDUAL | Veterano IV | 106 | 00:56:25 | 00:54:14 | 00:26:10 | 00:05:39 |
| 1593 | 9165 | Jose Lourenço | AMIGOS ATLETISMO MAFRA | Veterano V | 71 | 00:56:25 | 00:55:20 | 00:28:22 | 00:05:39 |
| 1594 | 7883 | Duarte Ramalho | Amigos Vale Silencio | Juniores | 49 | 00:56:26 | 00:55:52 | 00:26:40 | 00:05:39 |
| 1595 | 10238 | Jorge Vazquez | INDIVIDUAL | Veterano V | 72 | 00:56:28 | 00:55:25 | 00:27:02 | 00:05:39 |
| 1596 | 9701 | JOSE COSTA | AFIS /OVAR | Veterano II | 178 | 00:56:29 | 00:55:48 | 00:26:39 | 00:05:39 |
| 1597 | 10362 | JOÃO GRÁCIO | GENIUS | Seniores | 749 | 00:56:30 | 00:55:19 | 00:26:40 | 00:05:39 |
| 1598 | 8727 | BRUNO FILIPE RIBEIRO | SERVIÇOS SOCIAIS DA CML | Seniores | 750 | 00:56:30 | 00:54:50 | 00:26:42 | 00:05:39 |
| 1599 | 9591 | ARTUR ANTÓNIO INÁCIO FARINHA | INDIVIDUAL | Veterano II | 179 | 00:56:31 | 00:55:38 | 00:26:01 | 00:05:40 |
| 1600 | 8139 | João Nobre | G.D.C. Lisboa Sheraton Hotel | Veterano III | 134 | 00:56:31 | 00:55:28 | 00:27:25 | 00:05:40 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|--|--|---------------|-----|----------|----------|----------|----------|
| 1601 | 9339 | antonio varela | grupo desportivo diana | Veterano II | 180 | 00:56:31 | 00:56:20 | 00:25:08 | 00:05:40 |
| 1602 | 7945 | Carlos lpe | Asas nos Pés | Seniores | 751 | 00:56:32 | 00:54:31 | 00:25:33 | 00:05:40 |
| 1603 | 9886 | Joaquim Jorge Santos Nunes | INDIVIDUAL | Veterano IV | 107 | 00:56:32 | 00:55:50 | 00:26:42 | 00:05:40 |
| 1604 | 8236 | PAULA FÓRNEAS | NOVA BASE | Veteranas I | 17 | 00:56:32 | 00:56:09 | 00:26:40 | 00:05:40 |
| 1605 | 7424 | RICARDO JOSÉ LUZ E BRITO | INDIVIDUAL | Seniores | 752 | 00:56:32 | 00:54:23 | 00:25:56 | 00:05:40 |
| 1606 | 10276 | Frederico Ferreira Coelho | INDIVIDUAL | Seniores | 753 | 00:56:33 | 00:56:03 | 00:27:40 | 00:05:40 |
| 1607 | 10542 | Eduardo | INDIVIDUAL | Seniores | 754 | 00:56:33 | 00:56:04 | 00:27:41 | 00:05:40 |
| 1608 | 7235 | SÉRGIO CASTILHO | PT | Seniores | 755 | 00:56:33 | 00:53:23 | 00:27:14 | 00:05:40 |
| 1609 | 10215 | paulo cabaco | INDIVIDUAL | Veterano II | 181 | 00:56:33 | 00:54:20 | 00:26:45 | 00:05:40 |
| 1610 | 7236 | ANA LÚCIA CASTILHO | PT | SenioresF | 83 | 00:56:34 | 00:53:24 | 00:27:14 | 00:05:40 |
| 1611 | 7299 | ANTÓNIO JOSÉ PARREIRA BARROS | INDIVIDUAL | Veterano I | 202 | 00:56:34 | 00:56:19 | 00:26:39 | 00:05:40 |
| 1612 | 9440 | BRUNO MIGUEL ROCHA FRAGOSO | COLABORADOR GINASTICA | Seniores | 756 | 00:56:35 | 00:54:41 | 00:26:56 | 00:05:40 |
| 1613 | 9441 | JOÃO CARLOS DELGADO DE MELO MIRANDA | COLABORADOR GINASTICA | Seniores | 757 | 00:56:35 | 00:54:41 | 00:26:56 | 00:05:40 |
| 1614 | 8489 | Fernando Jorge Matias | CLUBE COLABORADORES AXA | Veterano IV | 108 | 00:56:35 | 00:54:31 | 00:27:13 | 00:05:40 |
| 1615 | 10100 | NELSON RAFAEL FERNANDES LIMA | INDIVIDUAL | Veterano I | 203 | 00:56:35 | 00:56:08 | 00:25:32 | 00:05:40 |
| 1616 | 7437 | Gonçalo Lopes | Carapaus de Corrida | Juniores | 50 | 00:56:35 | 00:56:35 | 00:31:28 | 00:05:40 |
| 1617 | 7714 | Joaquim Nunes Pimentel | INDIVIDUAL | Seniores | 758 | 00:56:36 | 00:55:52 | 00:26:48 | 00:05:40 |
| 1618 | 10717 | Bruno Ferreira | INDIVIDUAL | Seniores | 759 | 00:56:36 | 00:56:09 | 00:25:33 | 00:05:40 |
| 1619 | 10973 | Luís Oliveira | Associação de Atletismo Lebres do Sado | Veterano I | 204 | 00:56:36 | 00:54:27 | 00:28:32 | 00:05:40 |
| 1620 | 10883 | PEDRO AUGUSTO AFONSO NICOLAU | INDIVIDUAL | Veterano I | 205 | 00:56:36 | 00:54:27 | 00:28:32 | 00:05:40 |
| 1621 | 7375 | ANTÓNIO LANÇA | INDIVIDUAL | Veterano V | 73 | 00:56:36 | 00:56:31 | 00:25:40 | 00:05:40 |
| 1622 | 8687 | Gonçalo Candeias Basto | INDIVIDUAL | Seniores | 760 | 00:56:37 | 00:56:37 | 00:32:17 | 00:05:40 |
| 1623 | 10974 | Cecília Nicolau | Associação de Atletismo Lebres do Sado | Veteranas II | 6 | 00:56:37 | 00:54:28 | 00:28:32 | 00:05:40 |
| 1624 | 7997 | Pedro Miguel Catarino Candeias Reis Machado | INDIVIDUAL | Seniores | 761 | 00:56:37 | 00:56:37 | 00:32:17 | 00:05:40 |
| 1625 | 7318 | Nuno Filipe Gonçalves Pires | INDIVIDUAL | Seniores | 762 | 00:56:37 | 00:54:12 | 00:26:20 | 00:05:40 |
| 1626 | 7421 | Nuno Miguel Machado | INDIVIDUAL | Seniores | 763 | 00:56:38 | 00:56:13 | 00:24:52 | 00:05:40 |
| 1627 | 10212 | André Filipe Mateus Pacheco da Palma Correia | INDIVIDUAL | Seniores | 764 | 00:56:38 | 00:56:01 | 00:26:41 | 00:05:40 |
| 1628 | 7869 | CARLOS PEREIRA | GRUPO DESPORTIVO SANTANDER TOTTA | Veterano I | 206 | 00:56:39 | 00:55:06 | 00:26:25 | 00:05:40 |
| 1629 | 10536 | Edgar Emanuel Pereira Cardoso | INDIVIDUAL | Seniores | 765 | 00:56:39 | 00:56:03 | 00:25:59 | 00:05:40 |
| 1630 | 9009 | DANIEL COLLA | INDIVIDUAL | Veterano I | 207 | 00:56:40 | 00:56:20 | 00:27:24 | 00:05:40 |
| 1631 | 7145 | PAULO SERRA | INDIVIDUAL | Seniores | 766 | 00:56:41 | 00:56:07 | 00:26:29 | 00:05:41 |
| 1632 | 9645 | José Carlos Almeida | INDIVIDUAL | Veterano I | 208 | 00:56:42 | 00:56:08 | 00:25:51 | 00:05:41 |
| 1633 | 9088 | Hugo Filipe de Sousa Martins Duarte Bento | INDIVIDUAL | Juniores | 51 | 00:56:42 | 00:54:22 | 00:28:27 | 00:05:41 |
| 1634 | 8491 | DINIS ANDRE BASTOS COSTA PEREIRA | INDIVIDUAL | Seniores | 767 | 00:56:44 | 00:55:56 | 00:24:13 | 00:05:41 |
| 1635 | 8287 | Firmino Carlos Lopes de Oliveira | INDIVIDUAL | Veterano IV | 109 | 00:56:45 | 00:55:31 | 00:26:35 | 00:05:41 |
| 1636 | 7240 | Alípo Oliveira | CCDT Metro LX | Veterano III | 135 | 00:56:45 | 00:55:08 | 00:29:09 | 00:05:41 |
| 1637 | 7662 | Domingos Barreiros | INDIVIDUAL | Veterano V | 74 | 00:56:46 | 00:56:24 | 00:27:21 | 00:05:41 |
| 1638 | 10378 | JOÃO PAULO ALMEIDA | INDIVIDUAL | Veterano II | 182 | 00:56:47 | 00:55:58 | 00:26:04 | 00:05:41 |
| 1639 | 7064 | amandio busca | os rebenta(dos) | Veterano II | 183 | 00:56:48 | 00:56:04 | 00:28:24 | 00:05:41 |
| 1640 | 7991 | Tiago Baptista Pereira | INDIVIDUAL | Seniores | 768 | 00:56:48 | 00:55:42 | 00:25:55 | 00:05:41 |
| 1641 | 8240 | JOAQUIM SOBRAL | INDIVIDUAL | Veterano V | 75 | 00:56:48 | 00:55:23 | 00:27:04 | 00:05:41 |
| 1642 | 8239 | UMBELINA NUNES | INDIVIDUAL | Veteranas III | 7 | 00:56:48 | 00:55:24 | 00:27:04 | 00:05:41 |
| 1643 | 10500 | João Canas | INDIVIDUAL | Seniores | 769 | 00:56:49 | 00:55:02 | 00:27:11 | 00:05:41 |
| 1644 | 9249 | PAULO VITARELA | ADIDAS | Veterano I | 209 | 00:56:51 | 00:54:22 | 00:25:53 | 00:05:42 |
| 1645 | 9654 | LUIS JESUS PIRES | EDP | Seniores | 770 | 00:56:52 | 00:55:59 | 00:27:13 | 00:05:42 |
| 1646 | 9814 | Francisco Guerra Rodrigues da Silva | INDIVIDUAL | Seniores | 771 | 00:56:53 | 00:55:46 | 00:25:46 | 00:05:42 |
| 1647 | 9877 | JOÃO VICENTE | PAPOILAS SALTITANTES | Seniores | 772 | 00:56:54 | 00:56:20 | 00:24:47 | 00:05:42 |
| 1648 | 9845 | luís Filipe Poço Godinho | INDIVIDUAL | Seniores | 773 | 00:56:55 | 00:54:43 | 00:25:47 | 00:05:42 |
| 1649 | 8543 | Jorge Alexandre Ramos | INDIVIDUAL | Seniores | 774 | 00:56:55 | 00:56:20 | 00:25:20 | 00:05:42 |
| 1650 | 7020 | DINIS SANTOS | CORINTHIA HOTEL LISBON | Veterano IV | 110 | 00:56:56 | 00:55:07 | 00:27:12 | 00:05:42 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|-------------------------------------|--|--------------|-----|----------|----------|----------|----------|
| 1651 | 10694 | Natália de Sousa | INDIVIDUAL | SenioresF | 84 | 00:56:57 | 00:56:19 | 00:26:50 | 00:05:42 |
| 1652 | 10888 | ALBINO DA SILVA RESENDE | INDIVIDUAL | Veterano V | 76 | 00:56:57 | 00:56:49 | 00:25:40 | 00:05:42 |
| 1653 | 10771 | JOÃO ANTONIO OLIVEIRA MENDES | INDIVIDUAL | Veterano IV | 111 | 00:56:59 | 00:56:17 | 00:25:44 | 00:05:42 |
| 1654 | 7132 | Frederico Guarda Correia Contreiras | INDIVIDUAL | Seniores | 775 | 00:56:59 | 00:55:10 | 00:26:09 | 00:05:42 |
| 1655 | 10831 | Bruno Inocêncio | INDIVIDUAL | Seniores | 776 | 00:56:59 | 00:53:01 | 00:25:04 | 00:05:42 |
| 1656 | 9509 | Leonardo Espírito Santo | Açoreana Clube Banif | Seniores | 777 | 00:57:00 | 00:52:30 | 00:25:59 | 00:05:42 |
| 1657 | 9174 | JOSÉ MANUELGOUBEIA LOPES | INDIVIDUAL | Veterano IV | 112 | 00:57:00 | 00:56:13 | 00:26:38 | 00:05:42 |
| 1658 | 8195 | JOAO FAUSTINO | CASA DO BENFICA DE PATAIAS | Seniores | 778 | 00:57:00 | 00:55:55 | 00:27:03 | 00:05:42 |
| 1659 | 10639 | Bernardo | Papa Asfalto | Seniores | 779 | 00:57:00 | 00:54:38 | 00:27:06 | 00:05:42 |
| 1660 | 10641 | Rui Ferreira | Papa Asfalto | Veterano IV | 113 | 00:57:00 | 00:54:37 | 00:26:40 | 00:05:42 |
| 1661 | 8596 | HÉLIO GODINHO | EUROPCAR | Seniores | 780 | 00:57:02 | 00:55:40 | 00:26:14 | 00:05:43 |
| 1662 | 9253 | Martim Macedo | SERLIMA | Seniores | 781 | 00:57:03 | 00:56:20 | 00:28:12 | 00:05:43 |
| 1663 | 8301 | LUÍSA ISABEL PALMINHAS | Acompanhante Joaquim Sapateiro | Veteranas I | 18 | 00:57:03 | 00:56:12 | 00:26:14 | 00:05:43 |
| 1664 | 9043 | Victor Franco | INDIVIDUAL | Veterano V | 77 | 00:57:03 | 00:56:05 | 00:26:58 | 00:05:43 |
| 1665 | 8120 | RICARDO VIEGAS | INDIVIDUAL | Seniores | 782 | 00:57:04 | 00:57:01 | 00:26:55 | 00:05:43 |
| 1666 | 7962 | Sónia Freire | Asas nos Pés | SenioresF | 85 | 00:57:04 | 00:55:05 | 00:25:34 | 00:05:43 |
| 1667 | 9024 | Francisco Caldeira | G. D. do Instituto Nacional de Estatística | Seniores | 783 | 00:57:05 | 00:53:28 | 00:27:04 | 00:05:43 |
| 1668 | 10769 | CATARINA MELO JESUS MARQUES | INDIVIDUAL | SenioresF | 86 | 00:57:06 | 00:56:22 | 00:25:51 | 00:05:43 |
| 1669 | 9018 | Bart Scoenmakers | G. D. do Instituto Nacional de Estatística | Veterano I | 210 | 00:57:06 | 00:53:29 | 00:27:05 | 00:05:43 |
| 1670 | 8309 | HOT CAÇÃO | EDP | SenioresF | 87 | 00:57:07 | 00:54:46 | 00:28:10 | 00:05:43 |
| 1671 | 9653 | João Miguel Dias Damasio | Grupo Desportivo "O Independente" Barreiro | Seniores | 784 | 00:57:07 | 00:56:58 | 00:27:21 | 00:05:43 |
| 1672 | 8735 | Isac Mendes | INDIVIDUAL | Seniores | 785 | 00:57:08 | 00:56:02 | 00:25:33 | 00:05:43 |
| 1673 | 10493 | Rui Xavier | Clube EDP Lisboa | Veterano II | 184 | 00:57:08 | 00:56:35 | 00:26:36 | 00:05:43 |
| 1674 | 9634 | OLIVIER DEBIENNE | EDP | Seniores | 786 | 00:57:08 | 00:54:47 | 00:28:10 | 00:05:43 |
| 1675 | 8903 | Ricardo Filipe Lia Dimas | INDIVIDUAL | Seniores | 787 | 00:57:09 | 00:55:49 | 00:27:12 | 00:05:43 |
| 1676 | 9750 | André Manuel Grilo | INDIVIDUAL | Seniores | 788 | 00:57:09 | 00:56:10 | 00:26:49 | 00:05:43 |
| 1677 | 7378 | Fábio Boletó | INDIVIDUAL | Seniores | 789 | 00:57:09 | 00:56:35 | 00:26:47 | 00:05:43 |
| 1678 | 7377 | Bruno Pires | INDIVIDUAL | Seniores | 790 | 00:57:09 | 00:56:35 | 00:25:08 | 00:05:43 |
| 1679 | 8684 | Luís Filipe | Run Pedro Run | Seniores | 791 | 00:57:10 | 00:55:37 | 00:26:27 | 00:05:43 |
| 1680 | 10793 | João Francisco Pinto | INDIVIDUAL | Seniores | 792 | 00:57:10 | 00:52:28 | 00:24:48 | 00:05:43 |
| 1681 | 7297 | PAULO ALEXANDRE ESTEVÃO FAUSTINO | INDIVIDUAL | Veterano I | 211 | 00:57:11 | 00:56:56 | 00:26:19 | 00:05:44 |
| 1682 | 7530 | Carlos Gonzalez | Putos Running | Seniores | 793 | 00:57:11 | 00:54:58 | 00:27:48 | 00:05:44 |
| 1683 | 7657 | Nuno Sousa | Grupo Cultural Desportivo e Recreativo da Emel | Seniores | 794 | 00:57:11 | 00:54:54 | 00:28:46 | 00:05:44 |
| 1684 | 10752 | Manuel de Jesus Pedrosa | INDIVIDUAL | Veterano I | 212 | 00:57:14 | 00:56:05 | 00:26:03 | 00:05:44 |
| 1685 | 8070 | RAFAEL MARTINHO SANTOS SILVA | Secretaria de Estado do Desporto e Juventude | Seniores | 795 | 00:57:14 | 00:54:34 | 00:27:57 | 00:05:44 |
| 1686 | 8549 | Joao Torrada | INDIVIDUAL | Veterano V | 78 | 00:57:15 | 00:54:56 | 00:27:59 | 00:05:44 |
| 1687 | 9271 | Andrea Soars carocho | INDIVIDUAL | SenioresF | 88 | 00:57:16 | 00:57:00 | 00:26:15 | 00:05:44 |
| 1688 | 7285 | Alberto Bento | ACB | Veterano I | 213 | 00:57:17 | 00:55:28 | 00:26:25 | 00:05:44 |
| 1689 | 9939 | JOAO SAMUEL VARELA | INDIVIDUAL | Veterano IV | 114 | 00:57:17 | 00:54:05 | 00:25:07 | 00:05:44 |
| 1690 | 8566 | benjamim guerra | INDIVIDUAL | Veterano III | 136 | 00:57:17 | 00:55:18 | 00:29:09 | 00:05:44 |
| 1691 | 8565 | pedro pereira | INDIVIDUAL | Seniores | 796 | 00:57:18 | 00:55:20 | 00:29:10 | 00:05:44 |
| 1692 | 9492 | Jorge Manuel Milheiro Martins Ferro | INDIVIDUAL | Veterano II | 185 | 00:57:19 | 00:52:47 | 00:27:00 | 00:05:44 |
| 1693 | 7768 | SÉRGIO CRUZ | INDIVIDUAL | Veterano V | 79 | 00:57:19 | 00:56:24 | 00:26:48 | 00:05:44 |
| 1694 | 10326 | João Filipe David de Andrade | INDIVIDUAL | Seniores | 797 | 00:57:20 | 00:56:00 | 00:28:05 | 00:05:44 |
| 1695 | 8587 | PEDRO CÓPIO | EUROPCAR | Seniores | 798 | 00:57:20 | 00:56:16 | 00:26:41 | 00:05:44 |
| 1696 | 8589 | VERA MORAIS | EUROPCAR | SenioresF | 89 | 00:57:21 | 00:56:17 | 00:26:41 | 00:05:45 |
| 1697 | 9055 | Joana Conceição | INDIVIDUAL | SenioresF | 90 | 00:57:21 | 00:55:15 | 00:28:19 | 00:05:45 |
| 1698 | 9437 | Nuno Miguel Ramos Lopes | INDIVIDUAL | Seniores | 799 | 00:57:23 | 00:55:44 | 00:28:44 | 00:05:45 |
| 1699 | 9480 | Jaime Seco | Veteranos do Teixoso | Veterano IV | 115 | 00:57:24 | 00:57:09 | 00:26:44 | 00:05:45 |
| 1700 | 10136 | Dinis Miguel Rodrigues Ramos | INDIVIDUAL | Seniores | 800 | 00:57:25 | 00:56:54 | 00:25:49 | 00:05:45 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|---------------------------------|---|--------------|-----|----------|----------|----------|----------|
| 1701 | 10516 | Lidia Fernandes | AABV - LAGOA - ALGARVE | SenioresF | 91 | 00:57:26 | 00:57:01 | 00:26:48 | 00:05:45 |
| 1702 | 7985 | MIGUEL ANGELO DOS SANTOS LOPES | FUND BOX | Seniores | 801 | 00:57:27 | 00:52:03 | 00:24:06 | 00:05:45 |
| 1703 | 8117 | SONIA SILVA | SLB-HOQUEI FEMININO | SenioresF | 92 | 00:57:27 | 00:53:48 | 00:26:19 | 00:05:45 |
| 1704 | 10539 | JOÃO CARLOS ALMEIDA BORGES | INDIVIDUAL | Veterano II | 186 | 00:57:28 | 00:56:16 | 00:25:11 | 00:05:45 |
| 1705 | 9458 | Alfredo José Camilo dos Santos | INDIVIDUAL | Veterano III | 137 | 00:57:28 | 00:55:43 | 00:26:32 | 00:05:45 |
| 1706 | 7971 | Ricardo Pais | SAPATILHAS ARDENTES | Juniores | 52 | 00:57:28 | 00:56:01 | 00:24:17 | 00:05:45 |
| 1707 | 10294 | Luis Silva | INDIVIDUAL | Veterano III | 138 | 00:57:28 | 00:57:26 | 00:25:57 | 00:05:45 |
| 1708 | 7534 | Mário Fernando Ferreira Marques | INDIVIDUAL | Veterano IV | 116 | 00:57:29 | 00:57:06 | 00:28:02 | 00:05:45 |
| 1709 | 9283 | ROMEU VON AMANN | INDIVIDUAL | Seniores | 802 | 00:57:30 | 00:55:23 | 00:26:18 | 00:05:45 |
| 1710 | 9663 | Mário Lucas | INDIVIDUAL | Seniores | 803 | 00:57:30 | 00:55:23 | 00:27:16 | 00:05:45 |
| 1711 | 7143 | André Grilo | INDIVIDUAL | Seniores | 804 | 00:57:31 | 00:55:06 | 00:26:33 | 00:05:46 |
| 1712 | 10781 | MILTON RICARDO SIMÕES ROSA | HPP SAÚDE - HOSPITAL DOS LUSÍADAS | Seniores | 805 | 00:57:32 | 00:56:09 | 00:25:58 | 00:05:46 |
| 1713 | 10190 | PAULO ALEXANDRE HORTA | INDIVIDUAL | Seniores | 807 | 00:57:32 | 00:56:16 | 00:26:58 | 00:05:46 |
| 1714 | 8072 | JOÃO CARLOS GAMA GONÇALVES | Secretaria de Estado do Desporto e Juventude | Seniores | 806 | 00:57:32 | 00:54:51 | 00:27:49 | 00:05:46 |
| 1715 | 7781 | Cheila Rodrigues Ferreira Dias | INDIVIDUAL | SenioresF | 93 | 00:57:33 | 00:56:15 | 00:28:49 | 00:05:46 |
| 1716 | 7624 | ANTÓNIO VALENTE | CLUBE FERROVIÁRIO DE PORTUGAL | Veterano IV | 117 | 00:57:34 | 00:56:38 | 00:26:43 | 00:05:46 |
| 1717 | 7344 | Fernando Silva | Globlec, Comércio de Materiais Eléctricos, Lda. | Veterano II | 187 | 00:57:34 | 00:55:44 | 00:28:26 | 00:05:46 |
| 1718 | 8329 | Joaquim Filipe Caracol Pinto | INDIVIDUAL | Veterano III | 139 | 00:57:34 | 00:55:01 | 00:27:46 | 00:05:46 |
| 1719 | 10547 | Joaquim António Cunha | INDIVIDUAL | Veterano I | 214 | 00:57:35 | 00:55:34 | 00:30:07 | 00:05:46 |
| 1720 | 8570 | GONÇALO GUIMARAES | JORNAL A BOLA | Seniores | 808 | 00:57:35 | 00:54:56 | 00:25:55 | 00:05:46 |
| 1721 | 10255 | AMERICO COSTA | TECNOSPIE | Veterano IV | 118 | 00:57:40 | 00:56:14 | 00:27:00 | 00:05:46 |
| 1722 | 7186 | JOSÉ LUIS RAMOS RAPOSO | UHU | Veterano IV | 119 | 00:57:41 | 00:55:26 | 00:26:37 | 00:05:47 |
| 1723 | 9762 | paulo saldanha | INDIVIDUAL | Veterano I | 215 | 00:57:41 | 00:55:01 | 00:26:42 | 00:05:47 |
| 1724 | 11001 | Tânia Raquel Francisco Cunha | INDIVIDUAL | SenioresF | 94 | 00:57:41 | 00:56:25 | 00:27:45 | 00:05:47 |
| 1725 | 8502 | BRUNO CRUZ | EDP | Seniores | 809 | 00:57:42 | 00:54:20 | 00:25:24 | 00:05:47 |
| 1726 | 8623 | Paulo Pereira | Rail Runners | Seniores | 810 | 00:57:42 | 00:57:42 | | 00:05:47 |
| 1727 | 7329 | Luis Filipe Real | INDIVIDUAL | Veterano II | 188 | 00:57:42 | 00:56:38 | 00:28:52 | 00:05:47 |
| 1728 | 9147 | LUIS JORGE GASPAR FARIA | INDIVIDUAL | Veterano III | 140 | 00:57:43 | 00:56:11 | 00:28:00 | 00:05:47 |
| 1729 | 7018 | JOÃO ANTÓNIO BENTO VIEIRA | CORINTHIA HOTEL LISBON | Veterano I | 216 | 00:57:44 | 00:55:54 | 00:27:12 | 00:05:47 |
| 1730 | 10264 | MARTA SILVA | HPP SAÚDE - HOSPITAL DOS LUSÍADAS | SenioresF | 95 | 00:57:44 | 00:55:26 | 00:26:38 | 00:05:47 |
| 1731 | 10606 | António | INDIVIDUAL | Seniores | 811 | 00:57:44 | 00:53:52 | 00:26:35 | 00:05:47 |
| 1732 | 8594 | NUNO JOÃO | EUROPCAR | Veterano II | 189 | 00:57:44 | 00:55:55 | 00:26:57 | 00:05:47 |
| 1733 | 8595 | CRISTIANO SILVA | EUROPCAR | Seniores | 812 | 00:57:44 | 00:55:55 | 00:26:58 | 00:05:47 |
| 1734 | 7959 | Miguel Ribeiro | Asas nos Pés | Seniores | 813 | 00:57:44 | 00:57:44 | 00:32:28 | 00:05:47 |
| 1735 | 10607 | Luis Azevedo | INDIVIDUAL | Seniores | 814 | 00:57:44 | 00:53:54 | 00:26:36 | 00:05:47 |
| 1736 | 8132 | Ana Margarida Nanuel | G.D.C. Lisboa Sheraton Hotel | Seniores | 815 | 00:57:45 | 00:56:37 | 00:27:21 | 00:05:47 |
| 1737 | 8131 | Joaquim Carola | G.D.C. Lisboa Sheraton Hotel | Veterano IV | 120 | 00:57:45 | 00:56:42 | 00:27:25 | 00:05:47 |
| 1738 | 8773 | André Barata | Aclis Liberty Seguros | Seniores | 816 | 00:57:45 | 00:56:30 | 00:26:45 | 00:05:47 |
| 1739 | 9979 | JOSÉ ALBERTO BATISTA | INDIVIDUAL | Veterano IV | 121 | 00:57:45 | 00:57:02 | 00:29:01 | 00:05:47 |
| 1740 | 10709 | Luis Miguel Gonçalves | INDIVIDUAL | Seniores | 817 | 00:57:45 | 00:57:16 | 00:27:02 | 00:05:47 |
| 1741 | 10369 | Simão Pedro Manaças Sitefane | INDIVIDUAL | Seniores | 818 | 00:57:46 | 00:56:08 | 00:27:13 | 00:05:47 |
| 1742 | 7498 | Daniel Martins Sebastião | INDIVIDUAL | Seniores | 819 | 00:57:47 | 00:57:05 | 00:27:33 | 00:05:47 |
| 1743 | 7627 | LUIGI VENTURINI | CLUBE FERROVIÁRIO DE PORTUGAL | Veterano IV | 122 | 00:57:48 | 00:56:43 | 00:26:42 | 00:05:47 |
| 1744 | 10880 | André Miguel Jerónimo da Silva | INDIVIDUAL | Seniores | 820 | 00:57:50 | 00:57:03 | 00:26:37 | 00:05:47 |
| 1745 | 10891 | Luis Ernesto Lucas | INDIVIDUAL | Seniores | 821 | 00:57:50 | 00:57:04 | 00:26:37 | 00:05:47 |
| 1746 | 7131 | Carlos Miguel Pinto Santos Reis | INDIVIDUAL | Seniores | 822 | 00:57:51 | 00:55:46 | 00:27:34 | 00:05:48 |
| 1747 | 7156 | Carlos Semide | INDIVIDUAL | Seniores | 823 | 00:57:52 | 00:56:10 | 00:26:57 | 00:05:48 |
| 1748 | 7582 | EDUARDO CUNHA VIEIRA PINTO | CLUBE MILLENNIUM BCP | Veterano II | 190 | 00:57:53 | 00:57:42 | 00:26:23 | 00:05:48 |
| 1749 | 9964 | SERAFIM GONÇALVES | INDIVIDUAL | Veterano IV | 123 | 00:57:54 | 00:57:01 | 00:26:20 | 00:05:48 |
| 1750 | 7204 | Miguel Silva Pires | INDIVIDUAL | Seniores | 824 | 00:57:54 | 00:53:28 | 00:27:20 | 00:05:48 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|--|-----------------------------------|--------------|-----|----------|----------|----------|----------|
| 1751 | 10760 | Carlos Sousa | APOGMA | Juniores | 53 | 00:57:54 | 00:57:09 | 00:27:38 | 00:05:48 |
| 1752 | 10759 | Jose Andre | APOGMA | Veterano IV | 124 | 00:57:55 | 00:57:15 | 00:27:44 | 00:05:48 |
| 1753 | 8661 | ANTÓNIO SIMPLICIO | JAZZY LIFE CLUB | Veterano I | 217 | 00:57:55 | 00:56:59 | 00:27:11 | 00:05:48 |
| 1754 | 10282 | HELENA ISABEL DA LUZ FREITAS | HPP SAÚDE - HOSPITAL DOS LUSÍADAS | SenioresF | 96 | 00:57:56 | 00:55:58 | 00:27:56 | 00:05:48 |
| 1755 | 10716 | Alcídio Jeronimo Simoes | INDIVIDUAL | Veterano II | 191 | 00:57:56 | 00:55:59 | 00:26:53 | 00:05:48 |
| 1756 | 9033 | Marta Isabel dos Santos Anselmo | INDIVIDUAL | Veteranas I | 19 | 00:57:56 | 00:56:48 | 00:25:24 | 00:05:48 |
| 1757 | 9815 | Hugo Miguel Figueira Alencastre Velosa | INDIVIDUAL | Seniores | 825 | 00:57:57 | 00:56:12 | 00:27:05 | 00:05:48 |
| 1758 | 7118 | José Manuel Madrinha Bexiga | INDIVIDUAL | Veterano III | 141 | 00:57:57 | 00:56:00 | 00:29:15 | 00:05:48 |
| 1759 | 9614 | EURICO M. PIRES TEIXEIRA | INDIVIDUAL | Seniores | 826 | 00:57:57 | 00:56:10 | 00:26:39 | 00:05:48 |
| 1760 | 10507 | Anita Nascimento | AABV - LAGOA - ALGARVE | Veteranas II | 7 | 00:57:57 | 00:57:33 | 00:27:26 | 00:05:48 |
| 1761 | 10518 | Graça Maria da Cruz Cardoso | AABV - LAGOA - ALGARVE | Veteranas I | 20 | 00:57:58 | 00:57:31 | 00:27:23 | 00:05:48 |
| 1762 | 8360 | NUNO ANDRE MARCOS SILVESTRE | MONTES SALOIOS | Seniores | 827 | 00:57:59 | 00:54:01 | 00:25:32 | 00:05:48 |
| 1763 | 10286 | Nuno Alexandre Neves Cruz | INDIVIDUAL | Seniores | 828 | 00:58:00 | 00:57:39 | 00:25:43 | 00:05:48 |
| 1764 | 9289 | MANUEL RAMOS | CASA DO BENFICA FARO | Veterano V | 80 | 00:58:00 | 00:57:34 | 00:27:34 | 00:05:48 |
| 1765 | 9176 | JOAO PAULO CARVALHO DA SILVA | INDIVIDUAL | Veterano II | 192 | 00:58:01 | 00:57:03 | 00:27:34 | 00:05:49 |
| 1766 | 7975 | Ana Leitão | SAPATILHAS ARDENTES | SenioresF | 97 | 00:58:01 | 00:56:33 | 00:26:42 | 00:05:49 |
| 1767 | 9175 | ANTONIO CARVALHO DA SILVA | INDIVIDUAL | Veterano I | 218 | 00:58:01 | 00:57:02 | 00:27:33 | 00:05:49 |
| 1768 | 9206 | ANDREIA CUSTODIO | INDIVIDUAL | SenioresF | 98 | 00:58:01 | 00:56:16 | 00:28:10 | 00:05:49 |
| 1769 | 9991 | ÂNGELA MARIA NOVAIS F. BRITO | INDIVIDUAL | Veteranas II | 8 | 00:58:02 | 00:57:34 | 00:27:20 | 00:05:49 |
| 1770 | 7897 | paulo bonacho | SS CGD | Seniores | 829 | 00:58:02 | 00:57:01 | 00:27:53 | 00:05:49 |
| 1771 | 10768 | Nuno Veiga | INDIVIDUAL | Veterano I | 219 | 00:58:04 | 00:57:23 | 00:26:38 | 00:05:49 |
| 1772 | 8191 | PAULO FEBRA | CASA DO BENFICA DE PATAIAS | Veterano II | 193 | 00:58:04 | 00:57:35 | 00:27:40 | 00:05:49 |
| 1773 | 10687 | Pedro Miguel Pires Gil | INDIVIDUAL | Seniores | 830 | 00:58:04 | 00:56:52 | 00:27:15 | 00:05:49 |
| 1774 | 8891 | HUGO VELOSO | INDIVIDUAL | Seniores | 831 | 00:58:05 | 00:56:58 | 00:26:11 | 00:05:49 |
| 1775 | 9113 | Arlindo Pereira de Freitas | INDIVIDUAL | Veterano IV | 125 | 00:58:05 | 00:57:17 | 00:28:20 | 00:05:49 |
| 1776 | 7351 | Paulo Lopes | INDIVIDUAL | Seniores | 832 | 00:58:05 | 00:55:47 | 00:26:06 | 00:05:49 |
| 1777 | 10552 | pedro miguel matosinhos dinis | INDIVIDUAL | Seniores | 833 | 00:58:05 | 00:57:20 | 00:27:23 | 00:05:49 |
| 1778 | 10004 | PEDRO ESTEVES | DELL PORTUGAL | Veterano I | 220 | 00:58:05 | 00:57:41 | 00:27:45 | 00:05:49 |
| 1779 | 9871 | JOÃO VENANCIO | LIMPEZA EXTREMA | Veterano I | 221 | 00:58:07 | 00:56:58 | 00:27:20 | 00:05:49 |
| 1780 | 9872 | PAULO JORGE | LIMPEZA EXTREMA | Veterano I | 222 | 00:58:07 | 00:56:58 | 00:27:16 | 00:05:49 |
| 1781 | 11002 | Francisco Vieira Portugal | INDIVIDUAL | Seniores | 834 | 00:58:08 | 00:55:54 | 00:25:47 | 00:05:49 |
| 1782 | 7841 | PAULO RENATO EUGÉNIO CONCEIÇÃO | TECH DATA | Seniores | 835 | 00:58:09 | 00:58:09 | 00:31:53 | 00:05:49 |
| 1783 | 10851 | Filipa Alexandra Cabecinha Pegarinhos | INDIVIDUAL | SenioresF | 99 | 00:58:09 | 00:57:32 | 00:28:49 | 00:05:49 |
| 1784 | 10504 | Joaquim M C Santos | INDIVIDUAL | Veterano V | 81 | 00:58:10 | 00:55:34 | 00:26:49 | 00:05:49 |
| 1785 | 8972 | Bruno Miguel Rodrigues Leal | Basiliscos Sport Clube | Seniores | 836 | 00:58:10 | 00:56:24 | 00:25:10 | 00:05:49 |
| 1786 | 7895 | ruí santos | SS CGD | Veterano II | 194 | 00:58:10 | 00:57:06 | 00:28:06 | 00:05:49 |
| 1787 | 10585 | Francisco Pires Sousa | INDIVIDUAL | Veterano I | 223 | 00:58:11 | 00:58:05 | 00:26:18 | 00:05:50 |
| 1788 | 9315 | PAULO CALDEIRA | INDIVIDUAL | Seniores | 837 | 00:58:11 | 00:54:44 | 00:25:48 | 00:05:50 |
| 1789 | 7758 | Rosa Viveiros | Falcões Selvagens | SenioresF | 100 | 00:58:12 | 00:57:44 | 00:27:27 | 00:05:50 |
| 1790 | 9775 | JOEL COELHO | PAPOILAS SALTITANTES | Veterano I | 224 | 00:58:12 | 00:57:35 | 00:26:35 | 00:05:50 |
| 1791 | 7645 | José Manuel Andrade | ADRC Mata de Benfica | Seniores | 838 | 00:58:12 | 00:56:42 | 00:27:06 | 00:05:50 |
| 1792 | 10672 | ANTÓNIO LIMA | RIVIRINHOS DE VISEU | Veterano II | 195 | 00:58:12 | 00:58:13 | 00:26:48 | 00:05:50 |
| 1793 | 10345 | Susana Paula da Cunha e Freitas | INDIVIDUAL | SenioresF | 101 | 00:58:12 | 00:56:56 | 00:28:09 | 00:05:50 |
| 1794 | 10875 | fernando manuel godinho fernandes | INDIVIDUAL | Veterano I | 225 | 00:58:13 | 00:55:23 | 00:27:08 | 00:05:50 |
| 1795 | 7231 | INÊS MARGARIDA GONÇALVES | PT | SenioresF | 102 | 00:58:14 | 00:57:05 | 00:26:44 | 00:05:50 |
| 1796 | 9879 | BRUNO SILVA | PAPOILAS SALTITANTES | Seniores | 839 | 00:58:15 | 00:57:38 | 00:26:59 | 00:05:50 |
| 1797 | 9921 | Luís Carlos Realista Santos | INDIVIDUAL | Juniores | 54 | 00:58:16 | 00:53:07 | 00:25:05 | 00:05:50 |
| 1798 | 8265 | Pedro Ricardo Henriques Pereira da Silva | INDIVIDUAL | Seniores | 840 | 00:58:19 | 00:57:44 | 00:26:49 | 00:05:50 |
| 1799 | 9790 | JOSÉ MIGUEL DUARTE GALO | INSTITUTO DOS PUPILOS DO EXÉRCITO | Seniores | 841 | 00:58:20 | 00:57:45 | 00:27:27 | 00:05:50 |
| 1800 | 9791 | CLARA SANTANA | INSTITUTO DOS PUPILOS DO EXÉRCITO | SenioresF | 103 | 00:58:20 | 00:57:45 | 00:27:27 | 00:05:50 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|---------------------------------------|---|--------------|-----|----------|----------|----------|----------|
| 1801 | 8466 | Paulo Neves | Pernas de Gafanhoto | Seniores | 842 | 00:58:22 | 00:57:10 | 00:28:41 | 00:05:51 |
| 1802 | 10557 | Hugo Daniel Duarte do Val | INDIVIDUAL | Seniores | 843 | 00:58:22 | 00:57:33 | 00:28:03 | 00:05:51 |
| 1803 | 10214 | Nuno Miguel Esteves Ferreira | INDIVIDUAL | Seniores | 844 | 00:58:22 | 00:57:05 | 00:25:55 | 00:05:51 |
| 1804 | 7391 | Paulo Goulão | INDIVIDUAL | Veterano I | 226 | 00:58:22 | 00:56:25 | 00:27:24 | 00:05:51 |
| 1805 | 8817 | JOSÉ PIEDADE | BRANDOA CORRE | Veterano III | 142 | 00:58:23 | 00:57:39 | 00:27:58 | 00:05:51 |
| 1806 | 8815 | JOSÉ DIAS | BRANDOA CORRE | Veterano III | 143 | 00:58:23 | 00:57:39 | 00:27:58 | 00:05:51 |
| 1807 | 8754 | Manuel Maia | CLAC - Entroncamento | Veterano V | 82 | 00:58:24 | 00:55:15 | 00:27:24 | 00:05:51 |
| 1808 | 7590 | AURELIO MANUEL RODRIGUES SILVA | CLUBE MILLENNIUM BCP | Veterano I | 227 | 00:58:24 | 00:56:56 | 00:26:01 | 00:05:51 |
| 1809 | 8636 | Nuno Menezes | Bladerunners | Veterano I | 228 | 00:58:25 | 00:57:02 | 00:27:12 | 00:05:51 |
| 1810 | 10123 | Pedro Miguel da Conceição Nicolau | INDIVIDUAL | Juniores | 55 | 00:58:25 | 00:57:01 | 00:29:14 | 00:05:51 |
| 1811 | 7877 | José Rebocho | Amigos Vale Silencio | Veterano IV | 126 | 00:58:27 | 00:58:00 | 00:26:48 | 00:05:51 |
| 1812 | 7578 | JOSE FRANCISCO COSTA MARQUES | CLUBE MILLENNIUM BCP | Veterano II | 196 | 00:58:27 | 00:56:33 | 00:28:17 | 00:05:51 |
| 1813 | 9449 | Joao Silva | INDIVIDUAL | Veterano II | 197 | 00:58:28 | 00:57:06 | 00:27:20 | 00:05:51 |
| 1814 | 7772 | PEDRO MIGUEL ALVES DOS SANTOS E SILVA | INDIVIDUAL | Seniores | 845 | 00:58:28 | 00:57:55 | 00:27:34 | 00:05:51 |
| 1815 | 7974 | Rui Leitão | SAPATILHAS ARDENTES | Seniores | 846 | 00:58:28 | 00:57:01 | 00:26:44 | 00:05:51 |
| 1816 | 10724 | João Luís Lopes Barbudo | INDIVIDUAL | Seniores | 847 | 00:58:29 | 00:54:25 | 00:26:18 | 00:05:51 |
| 1817 | 10796 | Bernardo Miguel Baptista Alves | INDIVIDUAL | Seniores | 848 | 00:58:29 | 00:57:25 | 00:28:51 | 00:05:51 |
| 1818 | 8222 | VANESSA SILVA | ASCENDUM | Seniores | 849 | 00:58:31 | 00:56:02 | 00:28:25 | 00:05:52 |
| 1819 | 9435 | Paulo Borges | INDIVIDUAL | Veterano I | 229 | 00:58:32 | 00:56:50 | 00:28:30 | 00:05:52 |
| 1820 | 9615 | JOSÉ MANUEL DIAS CAVALEIRO | INDIVIDUAL | Veterano IV | 127 | 00:58:32 | 00:56:17 | 00:26:08 | 00:05:52 |
| 1821 | 8375 | JOAO FERNANDES | INDIVIDUAL | Seniores | 850 | 00:58:33 | 00:57:25 | 00:26:50 | 00:05:52 |
| 1822 | 10393 | Paulo Jorge Faustino Martins | INDIVIDUAL | Seniores | 851 | 00:58:33 | 00:55:56 | 00:26:53 | 00:05:52 |
| 1823 | 10561 | Eurico Cardoso Batalha | INDIVIDUAL | Seniores | 852 | 00:58:34 | 00:57:43 | 00:28:01 | 00:05:52 |
| 1824 | 8140 | Nuno Sousa Dias | INDIVIDUAL | Seniores | 853 | 00:58:34 | 00:56:44 | 00:27:29 | 00:05:52 |
| 1825 | 8212 | CRISTINA ROQUE LINO | IBM | SenioresF | 104 | 00:58:34 | 00:57:20 | 00:27:15 | 00:05:52 |
| 1826 | 9732 | LURDES COSTA | INDIVIDUAL | Veteranas II | 9 | 00:58:35 | 00:58:20 | 00:28:11 | 00:05:52 |
| 1827 | 9688 | Fernando Ramalho | INDIVIDUAL | Veterano I | 230 | 00:58:36 | 00:57:34 | 00:26:49 | 00:05:52 |
| 1828 | 10059 | VITOR M.FRANCISCO | INDIVIDUAL | Veterano I | 231 | 00:58:37 | 00:57:16 | 00:27:30 | 00:05:52 |
| 1829 | 9471 | Josué Rito Dias | INDIVIDUAL | Veterano V | 83 | 00:58:37 | 00:58:34 | 00:26:54 | 00:05:52 |
| 1830 | 10384 | jorge miguel silveira duarte | INDIVIDUAL | Seniores | 854 | 00:58:38 | 00:57:27 | 00:29:17 | 00:05:52 |
| 1831 | 8486 | Ana Paula Matias | CLUBE COLABORADORES AXA | Veteranas II | 10 | 00:58:39 | 00:56:38 | 00:27:45 | 00:05:52 |
| 1832 | 8494 | Paulo Figueiredo | CLUBE COLABORADORES AXA | Seniores | 855 | 00:58:39 | 00:56:37 | 00:27:21 | 00:05:52 |
| 1833 | 7083 | Manuel Fernando Batista Silva | INDIVIDUAL | Veterano IV | 128 | 00:58:40 | 00:58:17 | 00:27:00 | 00:05:52 |
| 1834 | 9161 | Adolfo Salazar | Clube EDP Lisboa | Veterano V | 84 | 00:58:40 | 00:56:37 | 00:29:07 | 00:05:52 |
| 1835 | 9805 | FERNANDO PEREIRA | INSTITUTO DOS PUPILOS DO EXÉRCITO | Seniores | 856 | 00:58:41 | 00:53:16 | 00:26:19 | 00:05:53 |
| 1836 | 7842 | PEDRO SAMPAIO | TECH DATA | Seniores | 857 | 00:58:42 | 00:58:42 | 00:31:53 | 00:05:53 |
| 1837 | 10979 | Lino Miguel Carvalho Marques | INDIVIDUAL | Seniores | 858 | 00:58:42 | 00:57:50 | 00:26:36 | 00:05:53 |
| 1838 | 9560 | ALBERTO RAMIRES | INDIVIDUAL | Veterano IV | 129 | 00:58:43 | 00:56:43 | 00:26:38 | 00:05:53 |
| 1839 | 7476 | JOSÉ MANUEL MARTINS VIEIRA | INDIVIDUAL | Veterano V | 85 | 00:58:44 | 00:56:31 | 00:27:54 | 00:05:53 |
| 1840 | 10675 | Nuno Mateus | INDIVIDUAL | Seniores | 859 | 00:58:44 | 00:56:57 | 00:27:02 | 00:05:53 |
| 1841 | 9071 | gabriel antonio | u.r.d.arranhò | Veterano II | 198 | 00:58:45 | 00:58:13 | 00:26:58 | 00:05:53 |
| 1842 | 10695 | Carlos Manuel Soares Ferro | INDIVIDUAL | Seniores | 860 | 00:58:45 | 00:58:07 | 00:29:03 | 00:05:53 |
| 1843 | 9123 | Joao Jose Castro Teixeira | INDIVIDUAL | Veterano III | 144 | 00:58:45 | 00:56:41 | 00:28:33 | 00:05:53 |
| 1844 | 9519 | LUIS MIGUEL SILVA COSTA | CAIXA GERAL DE DEPOSITOS CORPORATE CLUB | Seniores | 861 | 00:58:46 | 00:56:39 | 00:26:24 | 00:05:53 |
| 1845 | 8787 | carlos correia | as lebres da rinchoa | Seniores | 862 | 00:58:46 | 00:58:34 | 00:27:46 | 00:05:53 |
| 1846 | 7782 | José Marcelino | INDIVIDUAL | Seniores | 863 | 00:58:46 | 00:57:27 | 00:27:54 | 00:05:53 |
| 1847 | 7111 | jose manuel palma brito | INDIVIDUAL | Veterano III | 145 | 00:58:47 | 00:56:35 | 00:28:03 | 00:05:53 |
| 1848 | 9866 | Joaquim Mário Gaisita Ranalho | INDIVIDUAL | Seniores | 864 | 00:58:47 | 00:57:49 | 00:34:58 | 00:05:53 |
| 1849 | 8886 | Diogo Filipe Campos Alves | INDIVIDUAL | Seniores | 865 | 00:58:48 | 00:57:47 | 00:26:30 | 00:05:53 |
| 1850 | 9256 | SANDRA CORREIA | INDIVIDUAL | Veteranas I | 21 | 00:58:48 | 00:56:42 | 00:27:41 | 00:05:53 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|------------------------------------|--|--------------|-----|----------|----------|----------|----------|
| 1851 | 7650 | João Francisco Andrade | ADRC Mata de Benfica | Juniores | 56 | 00:58:48 | 00:58:30 | 00:27:51 | 00:05:53 |
| 1852 | 8831 | Fabrizio | INDIVIDUAL | Seniores | 866 | 00:58:49 | 00:58:23 | 00:27:15 | 00:05:53 |
| 1853 | 7889 | Rogério Pina | Clube ANACOM | Veterano III | 146 | 00:58:49 | 00:58:22 | 00:26:58 | 00:05:53 |
| 1854 | 9664 | MARISA FRANCISCO | LOURDETE PERFUMARIAS | SenioresF | 105 | 00:58:49 | 00:58:24 | 00:28:19 | 00:05:53 |
| 1855 | 8686 | Carlos Verissimo Pureza Morais | INDIVIDUAL | Seniores | 867 | 00:58:50 | 00:55:49 | 00:25:19 | 00:05:53 |
| 1856 | 7142 | Helena Leitão | INDIVIDUAL | Veteranas I | 22 | 00:58:50 | 00:57:09 | 00:26:57 | 00:05:53 |
| 1857 | 8306 | Jose Manuel Pereira Gomes | Casa do Benfica em Palmela | Veterano III | 147 | 00:58:51 | 00:57:48 | 00:29:34 | 00:05:54 |
| 1858 | 8442 | JOSE MANUEL SARGAÇO | INDIVIDUAL | Veterano I | 232 | 00:58:51 | 00:57:08 | 00:27:04 | 00:05:54 |
| 1859 | 8307 | Francisco Manuel Gonçalves Cardoso | Casa do Benfica em Palmela | Veterano III | 148 | 00:58:51 | 00:57:50 | 00:29:35 | 00:05:54 |
| 1860 | 7420 | jorge manuel silva barreira | INDIVIDUAL | Veterano III | 149 | 00:58:52 | 00:58:22 | 00:43:45 | 00:05:54 |
| 1861 | 9719 | vitor manuel marques de carvalho | INDIVIDUAL | Veterano V | 86 | 00:58:52 | 00:57:36 | 00:28:04 | 00:05:54 |
| 1862 | 8073 | guilherme muller araujo | INDIVIDUAL | Seniores | 868 | 00:58:52 | 00:56:11 | 00:28:12 | 00:05:54 |
| 1863 | 10576 | LUIS MANUEL TEIXEIRA | INDIVIDUAL | Veterano I | 233 | 00:58:53 | 00:58:43 | 00:27:16 | 00:05:54 |
| 1864 | 10634 | Sandra Silva | Corridinhas para a Carola | SenioresF | 106 | 00:58:53 | 00:57:40 | 00:27:15 | 00:05:54 |
| 1865 | 8071 | FILIFE MANUEL LUCAS BERNARDO | Secretaria de Estado do Desporto e Juventude | Seniores | 869 | 00:58:53 | 00:56:12 | 00:28:12 | 00:05:54 |
| 1866 | 10698 | Tiago Jerónimo | INDIVIDUAL | Seniores | 870 | 00:58:54 | 00:57:39 | 00:29:31 | 00:05:54 |
| 1867 | 7260 | Cândido José de Oliveira Condessa | INDIVIDUAL | Seniores | 871 | 00:58:54 | 00:57:39 | 00:29:31 | 00:05:54 |
| 1868 | 10632 | Sara Gomes | Corridinhas para a Carola | SenioresF | 107 | 00:58:54 | 00:57:42 | 00:27:17 | 00:05:54 |
| 1869 | 7680 | jose antonio viera fernandes | INDIVIDUAL | Seniores | 872 | 00:58:55 | 00:57:14 | 00:26:36 | 00:05:54 |
| 1870 | 7615 | JORGE OLIVEIRA | CLUBE FERROVIÁRIO DE PORTUGAL | Veterano V | 87 | 00:58:56 | 00:58:47 | 00:26:36 | 00:05:54 |
| 1871 | 10219 | Pedro Miguel Regalo Alves | INDIVIDUAL | Seniores | 873 | 00:58:56 | 00:58:11 | 00:27:37 | 00:05:54 |
| 1872 | 10731 | Alvaro Vieira | INDIVIDUAL | Veterano III | 150 | 00:58:58 | 00:57:15 | 00:28:29 | 00:05:54 |
| 1873 | 10859 | Alberto Carvalho | AFRS ATLETISMO | Veterano IV | 130 | 00:58:58 | 00:57:19 | 00:28:31 | 00:05:54 |
| 1874 | 8013 | sandra arrias | INDIVIDUAL | SenioresF | 108 | 00:58:58 | 00:55:31 | 00:26:39 | 00:05:54 |
| 1875 | 8014 | diogo arraias | INDIVIDUAL | Seniores | 874 | 00:58:59 | 00:55:27 | 00:26:34 | 00:05:54 |
| 1876 | 9255 | Ana Elisabete C. Santos Pires | INDIVIDUAL | SenioresF | 109 | 00:59:00 | 00:56:44 | 00:27:07 | 00:05:54 |
| 1877 | 8036 | JOAQUIM FILIFE HENRIQUES ANTUNES | INDIVIDUAL | Seniores | 875 | 00:59:00 | 00:54:51 | 00:27:27 | 00:05:54 |
| 1878 | 7460 | Claudia Sofia Monteiro dos Santos | INDIVIDUAL | SenioresF | 110 | 00:59:00 | 00:57:25 | 00:28:51 | 00:05:54 |
| 1879 | 7459 | Maria de Fátima Dionísio Rodrigues | INDIVIDUAL | Veteranas I | 23 | 00:59:01 | 00:57:24 | 00:28:51 | 00:05:55 |
| 1880 | 10110 | ANIBAL AUGUSTO FERNANDES | INDIVIDUAL | Veterano II | 199 | 00:59:01 | 00:56:35 | 00:29:59 | 00:05:55 |
| 1881 | 8564 | jose dias | INDIVIDUAL | Veterano II | 200 | 00:59:02 | 00:57:04 | 00:29:10 | 00:05:55 |
| 1882 | 9107 | Manuel Francisco | Grupo Desportivo e Cultural do Banco de Portugal | Veterano III | 151 | 00:59:02 | 00:57:26 | 00:28:44 | 00:05:55 |
| 1883 | 10153 | TIAGO GROSSO | INDIVIDUAL | Seniores | 876 | 00:59:03 | 00:57:32 | 00:29:53 | 00:05:55 |
| 1884 | 10895 | EMANUEL MARCOS SILVESTRE | INDIVIDUAL | Seniores | 877 | 00:59:03 | 00:58:11 | 00:27:49 | 00:05:55 |
| 1885 | 10220 | Tiago Jorge Meneses Andrade | INDIVIDUAL | Seniores | 878 | 00:59:04 | 00:56:34 | 00:26:26 | 00:05:55 |
| 1886 | 8792 | JOEL COSTA | BANCO CREDIBOM | Seniores | 879 | 00:59:06 | 00:56:38 | 00:27:46 | 00:05:55 |
| 1887 | 7834 | CARLOS ALFAIATE | CASA DO BENFICA EM ABRANTES | Veterano V | 88 | 00:59:07 | 00:58:26 | 00:28:06 | 00:05:55 |
| 1888 | 9920 | Daniel Dias Craveiro Antunes | Casa do Benfica da Figueira da Foz | Seniores | 880 | 00:59:07 | 00:57:53 | 00:26:20 | 00:05:55 |
| 1889 | 8896 | João Miguel Damas Matias Porém | INDIVIDUAL | Seniores | 881 | 00:59:08 | 00:54:51 | 00:27:21 | 00:05:55 |
| 1890 | 9469 | Nuno de Sousa Gião | n.a. | Veterano I | 234 | 00:59:09 | 00:58:37 | 00:27:59 | 00:05:55 |
| 1891 | 7528 | Luís Miguel Gonçalves Ramos | INDIVIDUAL | Veterano I | 235 | 00:59:09 | 00:54:19 | 00:28:13 | 00:05:55 |
| 1892 | 8389 | ANDRE AMARAL | INDIVIDUAL | Seniores | 882 | 00:59:10 | 00:58:07 | 00:28:10 | 00:05:55 |
| 1893 | 10866 | João Ricardo de Sousa Bernardino | INDIVIDUAL | Seniores | 883 | 00:59:10 | 00:59:04 | 00:28:21 | 00:05:55 |
| 1894 | 7929 | JOSÉ ARTUR | BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO | Seniores | 884 | 00:59:10 | 00:57:14 | 00:28:28 | 00:05:55 |
| 1895 | 7540 | Joao Miguel Dias dos Santos | INDIVIDUAL | Seniores | 885 | 00:59:12 | 00:58:06 | 00:27:06 | 00:05:56 |
| 1896 | 7168 | Ricardo Sequeira | INDIVIDUAL | Seniores | 886 | 00:59:12 | 00:57:38 | 00:27:34 | 00:05:56 |
| 1897 | 9393 | NUNO MAURICIO BATISTA PEDRO | INDIVIDUAL | Seniores | 887 | 00:59:15 | 00:57:01 | 00:26:08 | 00:05:56 |
| 1898 | 7360 | Luis Manuel Silva | INDIVIDUAL | Veterano I | 236 | 00:59:15 | 00:57:29 | 00:28:05 | 00:05:56 |
| 1899 | 7856 | ANTÓNIO CASTRO | GRUPO DESPORTIVO SANTANDER TOTTA | Veterano II | 201 | 00:59:18 | 00:58:44 | 00:29:23 | 00:05:56 |
| 1900 | 9193 | JOSÉ SERRANO | MOVIFLOR | Seniores | 888 | 00:59:19 | 00:58:48 | 00:28:00 | 00:05:56 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|--|--|---------------|-----|----------|----------|----------|----------|
| 1901 | 9239 | JOAO GOMES | SERVIÇOS SOCIAIS DA CML | Seniores | 889 | 00:59:20 | 00:55:55 | 00:28:09 | 00:05:56 |
| 1902 | 9759 | ISAC TOSTE DINIS | INDIVIDUAL | Veterano V | 89 | 00:59:21 | 00:57:38 | 00:28:20 | 00:05:57 |
| 1903 | 8675 | PEDRO ESPARTEIRO | THALES PORTUGAL | Seniores | 890 | 00:59:21 | 00:56:12 | 00:26:13 | 00:05:57 |
| 1904 | 10994 | Rui Cunha | Equipa RATAZANAS | Seniores | 891 | 00:59:21 | 00:55:17 | 00:24:26 | 00:05:57 |
| 1905 | 7221 | ANA FILIPA FERREIRA PINTO | INDIVIDUAL | SenioresF | 111 | 00:59:22 | 00:58:38 | 00:27:45 | 00:05:57 |
| 1906 | 7853 | JOSÉ RIBEIRO | GRUPO DESPORTIVO SANTANDER TOTTA | Veterano V | 90 | 00:59:23 | 00:57:54 | 00:28:27 | 00:05:57 |
| 1907 | 9445 | Carina Alexandra Coelho Condeço | INDIVIDUAL | SenioresF | 112 | 00:59:23 | 00:58:28 | 00:28:25 | 00:05:57 |
| 1908 | 9881 | Bruno Manuel Oliveira Simões | INDIVIDUAL | Seniores | 892 | 00:59:24 | 00:58:31 | 00:29:09 | 00:05:57 |
| 1909 | 10608 | Eduardo Costa Ramos | INDIVIDUAL | Seniores | 893 | 00:59:25 | 00:58:09 | 00:26:37 | 00:05:57 |
| 1910 | 7368 | DÁRIO GUILHERME MENDONÇA TOMÉ | INDIVIDUAL | Veterano IV | 131 | 00:59:25 | 00:58:27 | 00:27:44 | 00:05:57 |
| 1911 | 9196 | JOÃO MAIA SILVA | MOVIFLOR | Seniores | 894 | 00:59:25 | 00:58:54 | 00:28:00 | 00:05:57 |
| 1912 | 7711 | João Pedro Martins Caetano | INDIVIDUAL | Juniores | 57 | 00:59:25 | 00:58:05 | 00:29:00 | 00:05:57 |
| 1913 | 9425 | PEDRO FRAUSTO | INDIVIDUAL | Seniores | 895 | 00:59:25 | 00:56:00 | 00:27:47 | 00:05:57 |
| 1914 | 7566 | JORGE HUMBERTO MONTEIRO LOURENCO | CLUBE MILLENNIUM BCP | Seniores | 896 | 00:59:27 | 00:57:43 | 00:26:29 | 00:05:57 |
| 1915 | 8732 | Pedro Gabriel | INDIVIDUAL | Seniores | 897 | 00:59:27 | 00:58:57 | 00:27:30 | 00:05:57 |
| 1916 | 9583 | Vanda Ramos | INDIVIDUAL | SenioresF | 113 | 00:59:28 | 00:58:23 | 00:27:53 | 00:05:57 |
| 1917 | 7712 | Pedro Manuel Nunes Caetano | INDIVIDUAL | Veterano II | 202 | 00:59:28 | 00:58:08 | 00:29:00 | 00:05:57 |
| 1918 | 8405 | PEDRO JOSÉ BORREGO | AMAZÓNIA HOTÉIS | Seniores | 898 | 00:59:29 | 00:58:56 | 00:26:48 | 00:05:57 |
| 1919 | 7232 | VANESSA SOUSA | PT | SenioresF | 114 | 00:59:30 | 00:58:19 | 00:27:27 | 00:05:57 |
| 1920 | 8402 | JOAO TIAGO B.S. ALEXANDRE | AMAZÓNIA HOTÉIS | Seniores | 899 | 00:59:30 | 00:58:57 | 00:26:48 | 00:05:57 |
| 1921 | 8417 | ANA RITA SIMAO | INDIVIDUAL | SenioresF | 115 | 00:59:30 | 00:57:31 | 00:30:19 | 00:05:57 |
| 1922 | 10047 | JOSE MANUEL DA COSTA RODRIGUES DE OLIVEIRA | INDIVIDUAL | Veterano II | 203 | 00:59:31 | 00:57:35 | 00:28:06 | 00:05:58 |
| 1923 | 9021 | Leontina Oliveira | G. D. do Instituto Nacional de Estatística | Veteranas II | 11 | 00:59:31 | 00:58:12 | 00:27:47 | 00:05:58 |
| 1924 | 10457 | ANTONIO MANUEL AFONSO MARTINS | INDIVIDUAL | Veterano I | 237 | 00:59:32 | 00:59:29 | 00:26:36 | 00:05:58 |
| 1925 | 10802 | DIOGO MURTA REBELO | INDIVIDUAL | Seniores | 900 | 00:59:32 | 00:57:58 | 00:30:11 | 00:05:58 |
| 1926 | 8530 | José Maria Maurício | INDIVIDUAL | Veterano IV | 132 | 00:59:34 | 00:59:25 | 00:29:04 | 00:05:58 |
| 1927 | 9486 | FATIMA PEREIRA | SSS JM | Veteranas III | 8 | 00:59:35 | 00:58:54 | 00:28:10 | 00:05:58 |
| 1928 | 9505 | Nuno Avó | Açoreana Clube Banif | Veterano II | 204 | 00:59:36 | 00:55:26 | 00:26:39 | 00:05:58 |
| 1929 | 9865 | HELENA MARIA DAMASIO CUNHA | INDIVIDUAL | Veteranas III | 9 | 00:59:36 | 00:57:52 | 00:28:20 | 00:05:58 |
| 1930 | 8438 | PAULO JORGE RIBEIRO LOPES | INDIVIDUAL | Seniores | 901 | 00:59:37 | 00:58:17 | 00:28:57 | 00:05:58 |
| 1931 | 10266 | Vasco da Silva Campos de Assis Paixão | INDIVIDUAL | Seniores | 902 | 00:59:38 | 00:57:29 | 00:28:45 | 00:05:58 |
| 1932 | 8439 | CARLOS NUNO PEREIRA | INDIVIDUAL | Veterano I | 238 | 00:59:38 | 00:58:18 | 00:28:58 | 00:05:58 |
| 1933 | 8688 | JORGE MIGUEL AFONSO JANELA | INDIVIDUAL | Seniores | 903 | 00:59:38 | 00:58:42 | 00:26:39 | 00:05:58 |
| 1934 | 9620 | jorge miguel lopes ramos | INDIVIDUAL | Seniores | 904 | 00:59:39 | 00:59:23 | 00:29:00 | 00:05:58 |
| 1935 | 9280 | NUNO MANUEL CANDEIAS RAFAEL | INDIVIDUAL | Seniores | 905 | 00:59:39 | 00:58:07 | 00:30:52 | 00:05:58 |
| 1936 | 9462 | Miguel Angelo Vieira Esteves | INDIVIDUAL | Veterano I | 239 | 00:59:40 | 00:56:25 | 00:27:12 | 00:05:58 |
| 1937 | 10790 | Rui Miguel Cotrim Isidoro | INDIVIDUAL | Seniores | 906 | 00:59:40 | 00:58:46 | 00:22:39 | 00:05:58 |
| 1938 | 9968 | Ana luisa | Benficavencer | SenioresF | 116 | 00:59:40 | 00:57:49 | 00:28:38 | 00:05:58 |
| 1939 | 9128 | Luís Filipe Bernardo Lopes | INDIVIDUAL | Seniores | 907 | 00:59:40 | 00:54:58 | 00:26:22 | 00:05:58 |
| 1940 | 7838 | SÉRGIO MESQUITA | TECH DATA | Seniores | 908 | 00:59:40 | 00:57:49 | 00:28:38 | 00:05:58 |
| 1941 | 9908 | JOAQUIM DIAS | Pi-Linha Runners | Seniores | 909 | 00:59:40 | 00:58:13 | 00:29:29 | 00:05:58 |
| 1942 | 9969 | Fernando Sobral | Benficavencer | Veterano IV | 133 | 00:59:41 | 00:57:50 | 00:28:38 | 00:05:59 |
| 1943 | 7922 | RICARDO DIAS | BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO | Seniores | 910 | 00:59:41 | 00:57:45 | 00:28:28 | 00:05:59 |
| 1944 | 9683 | BRUNO JOSE DOS SANTOS LOUCAO | INDIVIDUAL | Seniores | 911 | 00:59:41 | 00:55:21 | 00:26:18 | 00:05:59 |
| 1945 | 7837 | JORGE MANUEL BORGES RODRIGUES | TECH DATA | Seniores | 912 | 00:59:41 | 00:57:49 | 00:28:37 | 00:05:59 |
| 1946 | 9911 | BRUNO MACHADO | Pi-Linha Runners | Seniores | 913 | 00:59:43 | 00:58:16 | 00:29:30 | 00:05:59 |
| 1947 | 9532 | Bruno Miguel Marques Faustino | INDIVIDUAL | Seniores | 914 | 00:59:43 | 00:59:11 | 00:25:28 | 00:05:59 |
| 1948 | 9934 | Bruno Graça | INDIVIDUAL | Seniores | 915 | 00:59:43 | 00:55:00 | 00:26:25 | 00:05:59 |
| 1949 | 9597 | Alexandre Vieira | INDIVIDUAL | Seniores | 916 | 00:59:45 | 00:57:05 | 00:28:12 | 00:05:59 |
| 1950 | 7843 | JOÃO VITOR GONÇALVES BARRELA | TECH DATA | Seniores | 917 | 00:59:46 | 00:57:51 | 00:28:34 | 00:05:59 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|---|-----------------------------------|---------------|-----|----------|----------|----------|----------|
| 1951 | 9166 | Alvaro Paulino | AMIGOS ATLETISMO MAFRA | Veterano V | 91 | 00:59:46 | 00:58:41 | 00:28:23 | 00:05:59 |
| 1952 | 7778 | Bernardo Vidal Quintino | INDIVIDUAL | Juniores | 58 | 00:59:46 | 00:58:52 | 00:29:59 | 00:05:59 |
| 1953 | 9858 | hugo guerreiro | INDIVIDUAL | Seniores | 918 | 00:59:46 | 00:59:05 | 00:28:11 | 00:05:59 |
| 1954 | 10221 | Roberto Filipe Domingos Pereira | INDIVIDUAL | Seniores | 919 | 00:59:47 | 00:58:37 | 00:27:58 | 00:05:59 |
| 1955 | 7203 | HELDER ANTÓNIO REIS | INDIVIDUAL | Veterano II | 205 | 00:59:47 | 00:59:40 | 00:27:21 | 00:05:59 |
| 1956 | 10730 | Luis Miguel Rocha Araujo | INDIVIDUAL | Seniores | 920 | 00:59:48 | 00:59:06 | 00:26:57 | 00:05:59 |
| 1957 | 7598 | JOSE MANUEL VALENTE BATISTA | CLUBE MILLENNIUM BCP | Veterano III | 152 | 00:59:48 | 00:57:54 | 00:29:06 | 00:05:59 |
| 1958 | 7696 | José Rafael Lima Alves | ELITE 41ª | Seniores | 921 | 00:59:49 | 00:58:27 | 00:27:22 | 00:05:59 |
| 1959 | 9986 | CARLOS ALBERTO GOMES SANTANA | INDIVIDUAL | Veterano II | 206 | 00:59:50 | 00:59:31 | 00:28:27 | 00:05:59 |
| 1960 | 8205 | PEDRO MOURATO | CASA DO BENFICA DE PATAIAS | Seniores | 922 | 00:59:50 | 00:59:30 | 00:28:45 | 00:05:59 |
| 1961 | 8490 | José Graça Valentim | CLUBE COLABORADORES AXA | Veterano I | 240 | 00:59:50 | 00:57:48 | 00:29:03 | 00:05:59 |
| 1962 | 9463 | JOÃO ORLANDO CARRILHO | INDIVIDUAL | Veterano II | 207 | 00:59:50 | 00:59:44 | 00:26:51 | 00:05:59 |
| 1963 | 8204 | JOAO MOURATO | CASA DO BENFICA DE PATAIAS | Seniores | 923 | 00:59:51 | 00:59:31 | 00:28:46 | 00:06:00 |
| 1964 | 8691 | Cátia Rodrigues | INDIVIDUAL | SenioresF | 117 | 00:59:51 | 00:59:40 | 00:27:05 | 00:06:00 |
| 1965 | 9222 | TIAGO PINHEIRO | ALLIANZ | Seniores | 924 | 00:59:54 | 00:56:41 | 00:28:43 | 00:06:00 |
| 1966 | 7499 | Fernando Martins Simões Sebastião | INDIVIDUAL | Seniores | 925 | 00:59:54 | 00:59:13 | 00:27:35 | 00:06:00 |
| 1967 | 7379 | Ricardo Jorge Falcão Marques | INDIVIDUAL | Seniores | 926 | 00:59:55 | 00:57:40 | 00:30:15 | 00:06:00 |
| 1968 | 7392 | Paulo Alexandre Martins Lourenço Mestre | INDIVIDUAL | Veterano I | 241 | 00:59:55 | 00:57:58 | 00:27:24 | 00:06:00 |
| 1969 | 10314 | Fatima Santos | INDIVIDUAL | SenioresF | 118 | 00:59:56 | 00:59:49 | 00:28:45 | 00:06:00 |
| 1970 | 9219 | GONÇALO TORRADO | ALLIANZ | Seniores | 927 | 00:59:56 | 00:56:43 | 00:28:43 | 00:06:00 |
| 1971 | 7979 | José Eugénio | INDIVIDUAL | Veterano III | 153 | 00:59:57 | 00:59:23 | 00:28:46 | 00:06:00 |
| 1972 | 10848 | Carmina de Jesus Almeida Pires Rega | INDIVIDUAL | Veteranas III | 10 | 00:59:57 | 00:59:22 | 00:28:40 | 00:06:00 |
| 1973 | 10749 | Diogo Mauricio | INDIVIDUAL | Seniores | 928 | 00:59:58 | 00:58:11 | 00:27:02 | 00:06:00 |
| 1974 | 9116 | Nuno Anes | INDIVIDUAL | Seniores | 929 | 00:59:58 | 00:59:06 | 00:28:52 | 00:06:00 |
| 1975 | 7418 | ILÍDIO MONTEIRO | Sport Lisboa e Benfica | Veterano V | 92 | 00:59:59 | 00:59:26 | 00:28:42 | 00:06:00 |
| 1976 | 7660 | VICTOR MANUEL RODRIGUES MENDES | INDIVIDUAL | Seniores | 930 | 01:00:00 | 00:57:42 | 00:28:46 | 00:06:00 |
| 1977 | 8698 | MARIA FLOR DUARTE | HONDA | SenioresF | 119 | 01:00:01 | 00:58:39 | 00:28:18 | 00:06:01 |
| 1978 | 8801 | RICARDO ALEXANDRE MOREIRA | INSTITUTO DOS PUPILOS DO EXÉRCITO | Veterano I | 242 | 01:00:01 | 01:00:01 | 00:34:50 | 00:06:01 |
| 1979 | 10836 | LUIS ANTUNES | GA MONSANTO GASCAN | Veterano III | 154 | 01:00:01 | 00:58:24 | 00:27:26 | 00:06:01 |
| 1980 | 8699 | CARLOS DUARTE | HONDA | Veterano III | 155 | 01:00:01 | 00:58:40 | 00:28:18 | 00:06:01 |
| 1981 | 7303 | alvaro manuel reis malheiros | INDIVIDUAL | Veterano III | 156 | 01:00:02 | 00:59:17 | 00:28:17 | 00:06:01 |
| 1982 | 9362 | Pedro David Oliveira Marques | INDIVIDUAL | Seniores | 931 | 01:00:03 | 00:54:39 | 00:25:11 | 00:06:01 |
| 1983 | 10473 | Ventura José Candeias Maltez | INDIVIDUAL | Veterano II | 208 | 01:00:03 | 00:58:50 | 00:28:35 | 00:06:01 |
| 1984 | 10472 | Luis Filipe Carapuça Maltez | INDIVIDUAL | Juniores | 59 | 01:00:03 | 00:58:50 | 00:28:35 | 00:06:01 |
| 1985 | 8066 | fernando castanheira | INDIVIDUAL | Veterano V | 93 | 01:00:04 | 00:59:19 | 00:28:17 | 00:06:01 |
| 1986 | 8557 | Cléby Araujo | C.A. Amigos Parque da Paz | Seniores | 932 | 01:00:06 | 00:57:26 | 00:30:05 | 00:06:01 |
| 1987 | 7373 | Manuel Jose Velez Prates | INDIVIDUAL | Veterano I | 243 | 01:00:06 | 00:58:24 | 00:28:12 | 00:06:01 |
| 1988 | 9848 | João Lopes da Silva | INDIVIDUAL | Seniores | 933 | 01:00:07 | 00:59:47 | 00:26:05 | 00:06:01 |
| 1989 | 7893 | Luis Paris | SS CGD | Veterano II | 209 | 01:00:07 | 00:59:07 | 00:28:46 | 00:06:01 |
| 1990 | 7353 | antonio francisco policarpo da cal | INDIVIDUAL | Veterano IV | 134 | 01:00:07 | 00:59:51 | 00:27:09 | 00:06:01 |
| 1991 | 7248 | José Pires | CCDT Metro LX | Veterano V | 94 | 01:00:07 | 00:58:30 | 00:29:10 | 00:06:01 |
| 1992 | 8578 | JOSE GARRIDO | JORNAL A BOLA | Veterano III | 157 | 01:00:07 | 00:57:26 | 00:30:05 | 00:06:01 |
| 1993 | 8921 | JAIME SEMEDO | INDIVIDUAL | Veterano I | 244 | 01:00:09 | 00:59:32 | 00:28:30 | 00:06:01 |
| 1994 | 10017 | JOAQUIM JOSE BRAZIO CAMPANIÇO | INDIVIDUAL | Veterano II | 210 | 01:00:09 | 00:58:27 | 00:28:38 | 00:06:01 |
| 1995 | 9459 | José Carlos Gonçalves Lameira | INDIVIDUAL | Seniores | 934 | 01:00:10 | 00:58:25 | 00:26:51 | 00:06:01 |
| 1996 | 9197 | PEDRO BARROSO | MOVIFLOR | Veterano I | 245 | 01:00:10 | 00:59:39 | 00:28:39 | 00:06:01 |
| 1997 | 8962 | José Eduardo da Silva Monteiro | INDIVIDUAL | Veterano IV | 135 | 01:00:10 | 00:58:26 | 00:26:39 | 00:06:01 |
| 1998 | 7777 | Sérgio Matos | INDIVIDUAL | Seniores | 935 | 01:00:11 | 01:00:11 | 00:34:25 | 00:06:02 |
| 1999 | 10015 | CARLA QUINTÃ | ACOMP. CARLOS DUARTE | SenioresF | 120 | 01:00:11 | 00:57:43 | 00:27:58 | 00:06:02 |
| 2000 | 9703 | RUI RODRIGUES | AFIS /OVAR | Seniores | 936 | 01:00:12 | 00:59:29 | 00:29:35 | 00:06:02 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|--|--|---------------|-----|----------|----------|----------|----------|
| 2001 | 9621 | Guilherme Relvas | INDIVIDUAL | Juniores | 60 | 01:00:12 | 00:57:56 | 00:28:24 | 00:06:02 |
| 2002 | 9749 | SUSANA RAQUEL GOMES COSTA | INDIVIDUAL | SenioresF | 121 | 01:00:12 | 00:59:15 | 00:27:13 | 00:06:02 |
| 2003 | 7446 | Antonio Jose Alves | INDIVIDUAL | Veterano V | 95 | 01:00:12 | 01:00:00 | 00:28:46 | 00:06:02 |
| 2004 | 8398 | ALEXANDRE PEREIRA | INDIVIDUAL | Veterano I | 246 | 01:00:13 | 00:59:49 | 00:29:18 | 00:06:02 |
| 2005 | 8235 | NUNO FÔRNEAS | NOVA BASE | Veterano II | 211 | 01:00:14 | 00:59:51 | 00:27:33 | 00:06:02 |
| 2006 | 7216 | Francisco Mata | INDIVIDUAL | Veterano III | 158 | 01:00:15 | 00:58:20 | 00:28:39 | 00:06:02 |
| 2007 | 10405 | antonio costa | INDIVIDUAL | Veterano V | 96 | 01:00:15 | 00:59:35 | 00:28:30 | 00:06:02 |
| 2008 | 8027 | ANA PALMA | INDIVIDUAL | SenioresF | 122 | 01:00:16 | 00:59:16 | 00:28:12 | 00:06:02 |
| 2009 | 10770 | CARLOS MANUEL CASTELO MARQUES | INDIVIDUAL | Veterano III | 159 | 01:00:16 | 00:59:31 | 00:26:47 | 00:06:02 |
| 2010 | 10411 | MARIA CLARA COSTA | INDIVIDUAL | Veteranas III | 11 | 01:00:17 | 00:58:57 | 00:28:09 | 00:06:02 |
| 2011 | 7951 | Daniela Salvador | Asas nos Pés | Veteranas I | 24 | 01:00:18 | 00:58:21 | 00:28:17 | 00:06:02 |
| 2012 | 10722 | Luís Vicente Barroso | INDIVIDUAL | Veterano III | 160 | 01:00:20 | 00:59:31 | 00:27:22 | 00:06:02 |
| 2013 | 9827 | Rute Farrajota | Clínica Dr. Pacheco Pinto | SenioresF | 123 | 01:00:21 | 00:58:14 | 00:28:27 | 00:06:03 |
| 2014 | 10029 | PEDRO ALMEIDA | INDIVIDUAL | Seniores | 937 | 01:00:21 | 00:59:32 | 00:27:44 | 00:06:03 |
| 2015 | 9251 | João Umbelino | SERLIMA | Seniores | 938 | 01:00:21 | 00:59:40 | 00:28:13 | 00:06:03 |
| 2016 | 10317 | Pedro Cordeiro | INDIVIDUAL | Veterano I | 247 | 01:00:22 | 00:59:32 | 00:27:44 | 00:06:03 |
| 2017 | 7174 | Paulo Sérgio Carletis Frazão Martins | INDIVIDUAL | Seniores | 939 | 01:00:22 | 00:55:52 | 00:24:57 | 00:06:03 |
| 2018 | 7358 | João Marques | INDIVIDUAL | Seniores | 940 | 01:00:23 | 00:57:56 | 00:29:52 | 00:06:03 |
| 2019 | 7729 | AUGUSTO NASCIMENTO | INDIVIDUAL | Veterano III | 161 | 01:00:26 | 00:58:07 | 00:29:34 | 00:06:03 |
| 2020 | 9977 | antonio lamas sobral | INDIVIDUAL | Veterano IV | 136 | 01:00:28 | 00:59:30 | 00:29:21 | 00:06:03 |
| 2021 | 9922 | MANUEL OLIVEIRA | ASS. ANT. EMPREGADOS DO BNU | Veterano V | 97 | 01:00:28 | 00:59:30 | 00:29:15 | 00:06:03 |
| 2022 | 7425 | Luis Manuel Guimaraes Ribeiro da Silva | INDIVIDUAL | Veterano II | 212 | 01:00:28 | 00:58:37 | 00:28:00 | 00:06:03 |
| 2023 | 10150 | AMANDIO MARTINS PEREIRA | | Veterano IV | 137 | 01:00:31 | 00:59:57 | 00:27:40 | 00:06:04 |
| 2024 | 10357 | Hugo Rafael Costa | INDIVIDUAL | Seniores | 941 | 01:00:32 | 01:00:11 | 00:28:11 | 00:06:04 |
| 2025 | 9095 | Rui de Mesquita Luis | INDIVIDUAL | Veterano IV | 138 | 01:00:33 | 01:00:12 | 00:27:19 | 00:06:04 |
| 2026 | 7278 | TELMO SANTOS | CAIXA - BANCO DE INVESTIMENTO, SA | Seniores | 942 | 01:00:34 | 01:00:34 | 00:34:21 | 00:06:04 |
| 2027 | 7319 | francisco miguel andre sardinha | INDIVIDUAL | Veterano I | 248 | 01:00:34 | 00:57:33 | 00:28:31 | 00:06:04 |
| 2028 | 9598 | Diogo Pereira de Sousa | INDIVIDUAL | Seniores | 943 | 01:00:35 | 00:59:05 | 00:29:54 | 00:06:04 |
| 2029 | 10447 | Pedro Ferraz | INDIVIDUAL | Seniores | 944 | 01:00:35 | 00:58:59 | 00:27:03 | 00:06:04 |
| 2030 | 8271 | JOSE MANUEL DOS SANTOS ALIPIO | INDIVIDUAL | Veterano IV | 139 | 01:00:36 | 01:00:20 | 00:27:24 | 00:06:04 |
| 2031 | 9900 | INÊS NOVAIS BRITO | INDIVIDUAL | SenioresF | 124 | 01:00:36 | 01:00:09 | 00:27:22 | 00:06:04 |
| 2032 | 7434 | joao manuel oliveira afonso | INDIVIDUAL | Seniores | 945 | 01:00:36 | 00:59:00 | 00:28:22 | 00:06:04 |
| 2033 | 9944 | Francisco Ribeiro Duarte | INDIVIDUAL | Juniores | 61 | 01:00:37 | 00:57:09 | 00:25:57 | 00:06:04 |
| 2034 | 9223 | MAFALDA PINHEIRO | ALLIANZ | SenioresF | 125 | 01:00:37 | 00:57:24 | 00:28:43 | 00:06:04 |
| 2035 | 9745 | Hugo José da Cruz Martins Mendonça | INDIVIDUAL | Seniores | 946 | 01:00:38 | 00:58:21 | 00:26:12 | 00:06:04 |
| 2036 | 10368 | Pedro Alexandre Martins Ribeiro | INDIVIDUAL | Seniores | 947 | 01:00:38 | 00:59:00 | 00:28:20 | 00:06:04 |
| 2037 | 7289 | Miguel Ferreira | Pernas de Gafanhoto | Seniores | 948 | 01:00:38 | 00:59:20 | 00:28:54 | 00:06:04 |
| 2038 | 9863 | JOAQUIM FILIPE AFONSO REGO | INDIVIDUAL | Veterano V | 98 | 01:00:38 | 00:58:54 | 00:28:34 | 00:06:04 |
| 2039 | 10311 | RODRIGO CARVALHO | INDIVIDUAL | Veterano II | 213 | 01:00:38 | 00:58:48 | 00:28:37 | 00:06:04 |
| 2040 | 7656 | Marisa Mendes | Grupo Cultural Desportivo e Recreativo da Emel | SenioresF | 126 | 01:00:38 | 00:58:20 | 00:28:52 | 00:06:04 |
| 2041 | 7618 | PAULO BARATA | CLUBE FERROVIÁRIO DE PORTUGAL | Seniores | 949 | 01:00:38 | 00:59:10 | 00:28:20 | 00:06:04 |
| 2042 | 7655 | David Almeida | Grupo Cultural Desportivo e Recreativo da Emel | Seniores | 950 | 01:00:39 | 00:58:21 | 00:28:52 | 00:06:04 |
| 2043 | 7653 | Jorge Sousa | Grupo Cultural Desportivo e Recreativo da Emel | Seniores | 951 | 01:00:39 | 00:58:20 | 00:28:51 | 00:06:04 |
| 2044 | 10582 | MARIA EMILIA BABO TEIXEIRA MOREIRA | IMPÉRIO BONANÇA - FIDELIDADE - MULTICARE | Veteranas II | 12 | 01:00:39 | 01:00:03 | 00:28:25 | 00:06:04 |
| 2045 | 7658 | Nuno Antonio | Grupo Cultural Desportivo e Recreativo da Emel | Seniores | 952 | 01:00:39 | 00:58:21 | 00:28:52 | 00:06:04 |
| 2046 | 9540 | IVONE PEREIRA | INDIVIDUAL | Veterano II | 214 | 01:00:41 | 00:59:41 | 00:29:16 | 00:06:05 |
| 2047 | 7061 | Carla Floriano | INDIVIDUAL | SenioresF | 127 | 01:00:41 | 00:58:38 | 00:28:29 | 00:06:05 |
| 2048 | 10465 | Jose Manuel Lopes da Silva | JSRAUTOMOVEIS | Seniores | 953 | 01:00:41 | 00:59:07 | 00:29:32 | 00:06:05 |
| 2049 | 9049 | Luís Manuel Pereira do Coito | INDIVIDUAL | Veterano I | 249 | 01:00:42 | 00:58:25 | 00:28:16 | 00:06:05 |
| 2050 | 7518 | JOSÉ ANTÓNIO DA SILVA | ASSOCIAÇÃO KENSHIN RYU JUJUTSU | Seniores | 954 | 01:00:43 | 01:00:21 | 00:30:04 | 00:06:05 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|------------------------------------|-----------------------------------|--------------|-----|----------|----------|----------|----------|
| 2051 | 7517 | JACINTO BRISSOS QUINTINO | ASSOCIAÇÃO KENSHIN RYU JUJUTSU | Veterano I | 250 | 01:00:43 | 01:00:22 | 00:30:05 | 00:06:05 |
| 2052 | 9378 | nuno alexandre guilherme alves | INDIVIDUAL | Seniores | 955 | 01:00:43 | 01:00:06 | 00:28:24 | 00:06:05 |
| 2053 | 7955 | Jorge Guilherme | Asas nos Pés | Seniores | 956 | 01:00:44 | 01:00:44 | 00:32:42 | 00:06:05 |
| 2054 | 7693 | Rui Manuel da Costa Lousada | ELITE 41ª | Seniores | 957 | 01:00:44 | 00:59:21 | 00:26:43 | 00:06:05 |
| 2055 | 8135 | Rosário Figueiral | G.D.C. Lisboa Sheraton Hotel | Veterano II | 215 | 01:00:45 | 00:59:56 | 00:28:46 | 00:06:05 |
| 2056 | 10705 | José Artur Caeiro Barreiros | INDIVIDUAL | Veterano I | 251 | 01:00:45 | 00:59:14 | 00:28:42 | 00:06:05 |
| 2057 | 7192 | EDUARDO TOMAZ | EDP | Veterano V | 99 | 01:00:46 | 00:58:42 | 00:29:07 | 00:06:05 |
| 2058 | 10077 | MARIO ROMAO | INDIVIDUAL | Veterano III | 162 | 01:00:47 | 01:00:47 | 00:35:26 | 00:06:05 |
| 2059 | 7157 | RENATO VIEIRA DOS SANTOS | INDIVIDUAL | Seniores | 958 | 01:00:47 | 01:00:47 | 00:35:26 | 00:06:05 |
| 2060 | 7519 | HUGO ALBINO JANOTA | ASSOCIAÇÃO KENSHIN RYU JUJUTSU | Seniores | 959 | 01:00:48 | 01:00:28 | 00:30:06 | 00:06:05 |
| 2061 | 9580 | ANTONIO LUISA SANTOS | INDIVIDUAL | Veterano IV | 140 | 01:00:48 | 01:00:00 | 00:32:17 | 00:06:05 |
| 2062 | 9399 | Ricardo Filipe Moreira Carioca | INDIVIDUAL | Juniores | 62 | 01:00:48 | 00:57:11 | 00:25:18 | 00:06:05 |
| 2063 | 8535 | Alberto Luis Pacheco Correia | INDIVIDUAL | Veterano III | 163 | 01:00:48 | 01:00:06 | 00:28:52 | 00:06:05 |
| 2064 | 10668 | Samuel Santos | Sabores do Paço | Seniores | 960 | 01:00:49 | 01:00:25 | 00:28:46 | 00:06:05 |
| 2065 | 10669 | Pedro Coelho | Sabores do Paço | Seniores | 961 | 01:00:49 | 01:00:25 | 00:28:46 | 00:06:05 |
| 2066 | 8534 | Carlos Manuel Martins Lopes | INDIVIDUAL | Veterano III | 164 | 01:00:50 | 01:00:09 | 00:28:52 | 00:06:05 |
| 2067 | 7911 | ANTONIO DELICADO | SS CGD | Seniores | 962 | 01:00:50 | 01:00:17 | 00:27:38 | 00:06:05 |
| 2068 | 9869 | António Francisco Lopes Monteiro | INDIVIDUAL | Veterano V | 100 | 01:00:52 | 01:00:31 | 00:27:36 | 00:06:06 |
| 2069 | 7899 | nuno gil | SS CGD | Seniores | 963 | 01:00:52 | 00:59:47 | 00:27:26 | 00:06:06 |
| 2070 | 7763 | Bruno Prazeres | Falcões Selvagens | Seniores | 964 | 01:00:53 | 01:00:26 | 00:29:20 | 00:06:06 |
| 2071 | 9086 | ORLANDO FUNG | EDP | Seniores | 965 | 01:00:53 | 00:59:50 | 00:30:38 | 00:06:06 |
| 2072 | 7561 | RODOLFO JORGE DE CASTANHEIRA LIMA | CLUBE MILLENNIUM BCP | Veterano II | 216 | 01:00:54 | 01:00:29 | 00:28:42 | 00:06:06 |
| 2073 | 7482 | Carlos Alberto Correia de Oliveira | INDIVIDUAL | Veterano III | 165 | 01:00:54 | 01:00:10 | 00:29:38 | 00:06:06 |
| 2074 | 10491 | ANTÓNIO ÂNGELO CORREIA GOMES | INDIVIDUAL | Veterano I | 252 | 01:00:54 | 01:00:54 | 00:33:04 | 00:06:06 |
| 2075 | 9807 | ANA PEREIRA | INSTITUTO DOS PUPILOS DO EXÉRCITO | SenioresF | 128 | 01:00:54 | 00:55:29 | 00:26:35 | 00:06:06 |
| 2076 | 9898 | Sérgio Miguel Leonardo Figueiredo | INDIVIDUAL | Seniores | 966 | 01:00:54 | 00:58:53 | 00:27:23 | 00:06:06 |
| 2077 | 7467 | jose cardoso | INDIVIDUAL | Veterano I | 253 | 01:00:55 | 01:00:27 | 00:29:06 | 00:06:06 |
| 2078 | 8862 | CARLOS MELO | SERVIÇOS SOCIAIS MONTEPIO | Seniores | 967 | 01:00:55 | 00:57:39 | 00:28:40 | 00:06:06 |
| 2079 | 10812 | Nuno Gonçalves | INDIVIDUAL | Veterano IV | 141 | 01:00:55 | 01:00:26 | 00:29:05 | 00:06:06 |
| 2080 | 7827 | NUNO FILIPE LOURENÇO | Multi Mall Management | Seniores | 968 | 01:00:56 | 01:00:56 | 00:32:19 | 00:06:06 |
| 2081 | 7640 | Sara Monteiro | ADRC Mata de Benfica | Seniores | 969 | 01:00:57 | 01:00:45 | 00:27:14 | 00:06:06 |
| 2082 | 7520 | Paulo Jorge de Sousa Campos | INDIVIDUAL | Veterano II | 217 | 01:00:59 | 01:00:37 | 00:30:05 | 00:06:06 |
| 2083 | 9496 | ANTONIO SILVA | INDIVIDUAL | Veterano I | 254 | 01:01:00 | 01:00:20 | 00:29:01 | 00:06:06 |
| 2084 | 10780 | João Pedro Videira Bastos | INDIVIDUAL | Seniores | 970 | 01:01:00 | 00:59:30 | 00:26:29 | 00:06:06 |
| 2085 | 7006 | DAVID PESSOA | AMIGOS DO PRESIDENTE | Seniores | 971 | 01:01:02 | 01:01:02 | 00:35:52 | 00:06:07 |
| 2086 | 10958 | Joana Vicente Costa | INDIVIDUAL | SenioresF | 129 | 01:01:02 | 00:57:34 | 00:29:13 | 00:06:07 |
| 2087 | 8659 | LUIS VIEIRA | JAZZY LIFE CLUB | Veterano IV | 142 | 01:01:02 | 00:59:36 | 00:28:05 | 00:06:07 |
| 2088 | 10202 | MARCO ALEXANDRE RESENDE LOPES | EDP | Veterano I | 255 | 01:01:03 | 01:00:43 | 00:28:11 | 00:06:07 |
| 2089 | 7934 | ALEXANDRE CLAUDIO | PHILIPS PORTUGAL | Seniores | 972 | 01:01:03 | 00:57:48 | 00:25:50 | 00:06:07 |
| 2090 | 9066 | CLAÚDIO ALEXANDRE ROBERTO OLIVEIRA | INDIVIDUAL | Seniores | 973 | 01:01:04 | 01:01:04 | 00:33:35 | 00:06:07 |
| 2091 | 9179 | António Domingos | INDIVIDUAL | Veterano V | 101 | 01:01:05 | 00:59:17 | 00:29:21 | 00:06:07 |
| 2092 | 9841 | Pedro Borrego | INDIVIDUAL | Seniores | 974 | 01:01:05 | 00:59:17 | 00:28:10 | 00:06:07 |
| 2093 | 9840 | LUÍS MIGUEL AMARO FERREIRA | INDIVIDUAL | Veterano I | 256 | 01:01:05 | 00:59:17 | 00:28:11 | 00:06:07 |
| 2094 | 9842 | Ricardo Sardinheiro | INDIVIDUAL | Seniores | 975 | 01:01:05 | 00:59:18 | 00:28:12 | 00:06:07 |
| 2095 | 8861 | JOÃO FIGUEIREDO | SERVIÇOS SOCIAIS MONTEPIO | Veterano I | 257 | 01:01:07 | 01:00:00 | 00:28:36 | 00:06:07 |
| 2096 | 10590 | Joao Miguel de Guerreiro Alvaro | INDIVIDUAL | Seniores | 976 | 01:01:07 | 00:59:38 | 00:27:13 | 00:06:07 |
| 2097 | 10591 | Duarte José Vilhena de Sousa Luís | INDIVIDUAL | Seniores | 977 | 01:01:08 | 00:59:38 | 00:27:01 | 00:06:07 |
| 2098 | 9360 | Francesco Flavio Castello | INDIVIDUAL | Seniores | 978 | 01:01:09 | 00:59:49 | 00:30:45 | 00:06:07 |
| 2099 | 10259 | FRANCISCO MANUEL FAGUNDES BENTO | INDIVIDUAL | Seniores | 979 | 01:01:09 | 00:59:27 | 00:28:08 | 00:06:07 |
| 2100 | 10696 | Pedro Duarte | INDIVIDUAL | Veterano V | 102 | 01:01:10 | 01:00:31 | 00:26:49 | 00:06:07 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|--|---|---------------|------|----------|----------|----------|----------|
| 2101 | 9558 | HELENA REIS | INDIVIDUAL | Veteranas III | 12 | 01:01:10 | 00:59:52 | 00:39:30 | 00:06:07 |
| 2102 | 9114 | Cláudia Freitas | INDIVIDUAL | SenioresF | 130 | 01:01:10 | 01:00:19 | 00:28:55 | 00:06:07 |
| 2103 | 7047 | Ana Patrícia Miranda de Carvalho | INDIVIDUAL | SenioresF | 131 | 01:01:11 | 00:58:55 | 00:29:27 | 00:06:08 |
| 2104 | 8895 | Nuno Miguel Porém Amaral | INDIVIDUAL | Seniores | 980 | 01:01:11 | 00:57:03 | 00:26:29 | 00:06:08 |
| 2105 | 8040 | CARLOS MANUEL GARCIAS ATAIDE | INDIVIDUAL | Veterano III | 166 | 01:01:13 | 00:57:47 | 00:27:47 | 00:06:08 |
| 2106 | 8984 | Carlos Gonçalves | INDIVIDUAL | Seniores | 981 | 01:01:13 | 00:59:04 | 00:28:31 | 00:06:08 |
| 2107 | 9124 | João Jorge Moreira Salvaterra | INDIVIDUAL | Veterano IV | 143 | 01:01:13 | 00:59:53 | 00:27:08 | 00:06:08 |
| 2108 | 7560 | FERNANDO AGOSTINHO SANTOS LEMOS | CLUBE MILLENNIUM BCP | Veterano V | 103 | 01:01:14 | 01:00:53 | 00:29:24 | 00:06:08 |
| 2109 | 8649 | MIGUEL OLIVEIRA | JAZZY LIFE CLUB | Veterano IV | 144 | 01:01:14 | 01:00:17 | 00:29:21 | 00:06:08 |
| 2110 | 10216 | FILIFE VARGAS | INDIVIDUAL | Seniores | 982 | 01:01:14 | 01:00:26 | 00:29:11 | 00:06:08 |
| 2111 | 7651 | RUI JORGE RICARDO SANTOS | INDIVIDUAL | Veterano II | 218 | 01:01:17 | 01:00:11 | 00:27:45 | 00:06:08 |
| 2112 | 7642 | Ângela Figueira | ADRC Mata de Benfica | Seniores | 983 | 01:01:18 | 01:01:01 | 00:29:34 | 00:06:08 |
| 2113 | 8524 | LUIS ROQUE | ODEBRECHT / B.P.C. | Veterano I | 258 | 01:01:19 | 00:59:03 | 00:29:16 | 00:06:08 |
| 2114 | 10541 | Luis Manuel Borges Correia | INDIVIDUAL | Veterano II | 219 | 01:01:19 | 01:00:55 | 00:28:17 | 00:06:08 |
| 2115 | 9855 | EDGAR VAZ GUILHERME | INDIVIDUAL | Seniores | 984 | 01:01:19 | 01:00:49 | 00:28:56 | 00:06:08 |
| 2116 | 8715 | Mário Jorge das Neves Godinho | INDIVIDUAL | Seniores | 985 | 01:01:20 | 00:59:23 | 00:30:28 | 00:06:08 |
| 2117 | 10210 | Francisco Tomás Simões Faria da Silva | INDIVIDUAL | Seniores | 986 | 01:01:20 | 00:59:55 | 00:28:42 | 00:06:08 |
| 2118 | 10239 | André Luis Teixeira Gutierres | INDIVIDUAL | Juniores | 63 | 01:01:20 | 01:00:14 | 00:29:18 | 00:06:08 |
| 2119 | 7397 | Carlos Filipe Lopes Fernandes Correia | INDIVIDUAL | Seniores | 987 | 01:01:20 | 01:00:27 | 00:26:54 | 00:06:08 |
| 2120 | 10732 | Luís Tomás | INDIVIDUAL | Veterano I | 259 | 01:01:21 | 01:00:17 | 00:29:20 | 00:06:09 |
| 2121 | 7331 | Nuno Alexandre Simões Romão | INDIVIDUAL | Seniores | 988 | 01:01:21 | 01:00:26 | 00:26:53 | 00:06:09 |
| 2122 | 10804 | Luís Pires | INDIVIDUAL | Seniores | 989 | 01:01:21 | 01:00:16 | 00:29:19 | 00:06:09 |
| 2123 | 10069 | ANDRE ROSINHA | INDIVIDUAL | Veterano II | 220 | 01:01:21 | 01:01:21 | 00:32:19 | 00:06:09 |
| 2124 | 8907 | Bruno Alexandre Falarido dos Santos Fataça | INDIVIDUAL | Seniores | 990 | 01:01:22 | 00:59:32 | 00:30:39 | 00:06:09 |
| 2125 | 10312 | Isabel Maria Cerveira Pintado | INDIVIDUAL | SenioresF | 132 | 01:01:22 | 01:00:14 | 00:28:40 | 00:06:09 |
| 2126 | 9142 | ANA CLAUDIA CARRASCO | ALHANDRA SPORTING CLUB | SenioresF | 133 | 01:01:23 | 01:00:06 | 00:27:58 | 00:06:09 |
| 2127 | 10008 | LUIS CARVALHO | DELL PORTUGAL | Seniores | 991 | 01:01:23 | 00:59:09 | 00:29:00 | 00:06:09 |
| 2128 | 9958 | Sérgio Fernandes | INDIVIDUAL | Veterano I | 260 | 01:01:23 | 00:59:13 | 00:29:49 | 00:06:09 |
| 2129 | 10773 | CARLOS FERNANDES | INDIVIDUAL | Veterano II | 221 | 01:01:24 | 00:58:21 | 00:27:39 | 00:06:09 |
| 2130 | 10228 | ANTÓNIO CARLOS DIAS GONÇALVES | INDIVIDUAL | Veterano II | 222 | 01:01:24 | 00:56:50 | 00:27:45 | 00:06:09 |
| 2131 | 10231 | FRANCISCO MANUEL CARDOSO DIAS GONÇALVES | INDIVIDUAL | Juniores | 64 | 01:01:25 | 00:56:52 | 00:27:46 | 00:06:09 |
| 2132 | 10876 | Vitor Afonso Quaresma Lourenço | INDIVIDUAL | Veterano II | 223 | 01:01:25 | 00:57:56 | 00:27:17 | 00:06:09 |
| 2133 | 10487 | Marco Baptista | Educar a Sorrir | Seniores | 992 | 01:01:25 | 01:00:04 | 00:27:31 | 00:06:09 |
| 2134 | 8238 | MARIA ARMINDA NASCIMENTO FERNANDES | INDIVIDUAL | Veteranas III | 13 | 01:01:26 | 00:59:15 | 00:28:34 | 00:06:09 |
| 2135 | 9094 | Marcelo Ferreira | LINK | Seniores | 993 | 01:01:26 | 00:57:30 | 00:26:18 | 00:06:09 |
| 2136 | 9235 | mario pires | INDIVIDUAL | Veterano I | 261 | 01:01:27 | 00:59:17 | 00:28:34 | 00:06:09 |
| 2137 | 10837 | NUNO ANTUNES | GA MONSANTO GASCAN | Seniores | 994 | 01:01:28 | 00:59:49 | 00:30:25 | 00:06:09 |
| 2138 | 10363 | MANUEL MAGALHÃES | GENIUS | Veterano V | 104 | 01:01:28 | 00:59:49 | 00:30:25 | 00:06:09 |
| 2139 | 8716 | Paulo José Esteves Gonçalves | INDIVIDUAL | Veterano II | 224 | 01:01:29 | 00:59:32 | 00:30:28 | 00:06:09 |
| 2140 | 7346 | Ruben Ferrajão | Globlec, Comércio de Materiais Eléctricos, Lda. | Seniores | 995 | 01:01:31 | 00:59:41 | 00:28:26 | 00:06:10 |
| 2141 | 9214 | Pedro Pinheiro | Hk Gym Team | Seniores | 996 | 01:01:31 | 01:01:31 | 00:35:31 | 00:06:10 |
| 2142 | 10609 | paulo jorge dos santos pereira martins | INDIVIDUAL | Veterano I | 262 | 01:01:32 | 00:59:59 | 00:28:40 | 00:06:10 |
| 2143 | 9985 | Pedro Miguel da Conceição Martins | INDIVIDUAL | Seniores | 997 | 01:01:33 | 01:01:16 | 00:28:44 | 00:06:10 |
| 2144 | 8522 | GERRY SANITZ | ODEBRECHT / B.P.C. | Veterano II | 225 | 01:01:34 | 00:59:18 | 00:29:16 | 00:06:10 |
| 2145 | 10765 | Hugo Miguel Francela Henriques | INDIVIDUAL | Seniores | 998 | 01:01:34 | 01:01:18 | 00:28:44 | 00:06:10 |
| 2146 | 8778 | CARLOS MIGUEL DIAS LOPES | INDIVIDUAL | Seniores | 999 | 01:01:34 | 01:00:42 | 00:28:25 | 00:06:10 |
| 2147 | 8156 | VERA SOUSA MORAIS | CENTRAL CERVEJAS | SenioresF | 134 | 01:01:35 | 00:57:04 | 00:27:49 | 00:06:10 |
| 2148 | 7057 | EDGAR ANASTÁCIO | INDIVIDUAL | Veterano II | 226 | 01:01:36 | 01:01:29 | 00:29:37 | 00:06:10 |
| 2149 | 7987 | LUIS ALEXANDRE LOURENÇO | FUND BOX | Seniores | 1000 | 01:01:37 | 00:56:13 | 00:27:10 | 00:06:10 |
| 2150 | 8837 | Paulo Silva | INDIVIDUAL | Seniores | 1001 | 01:01:40 | 00:59:43 | 00:28:37 | 00:06:10 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|---------------------------------------|--|--------------|------|----------|----------|----------|----------|
| 2151 | 10054 | NUNO FILIPE VICENTE TRINDADE | INDIVIDUAL | Seniores | 1002 | 01:01:41 | 00:59:17 | 00:28:08 | 00:06:11 |
| 2152 | 9531 | Rui Miguel Saraiva Correia Silva | INDIVIDUAL | Seniores | 1003 | 01:01:42 | 01:01:10 | 00:29:07 | 00:06:11 |
| 2153 | 10993 | Marco Xavier | Equipa RATAZANAS | Seniores | 1004 | 01:01:44 | 00:57:32 | 00:26:45 | 00:06:11 |
| 2154 | 7004 | TIAGO PESSOA | AMIGOS DO PRESIDENTE | Seniores | 1005 | 01:01:45 | 01:01:45 | 00:35:51 | 00:06:11 |
| 2155 | 10899 | Gonalo Sonso de Sousa Rodrigues | INDIVIDUAL | Seniores | 1006 | 01:01:45 | 00:56:54 | 00:26:51 | 00:06:11 |
| 2156 | 9332 | LUIS FILIPE MADRUGA | COLABORADOR SLB NATAAO | Seniores | 1007 | 01:01:46 | 01:01:01 | 00:32:43 | 00:06:11 |
| 2157 | 8485 | Luis Miguel Afonso | CLUBE COLABORADORES AXA | Seniores | 1008 | 01:01:46 | 00:59:44 | 00:29:03 | 00:06:11 |
| 2158 | 10064 | MIGUEL MELO | INDIVIDUAL | Seniores | 1009 | 01:01:46 | 00:58:48 | 00:28:12 | 00:06:11 |
| 2159 | 8470 | OCTAVIO CUNHA | CATEDRAL DA CERVEJA | Seniores | 1010 | 01:01:47 | 00:59:32 | 00:26:10 | 00:06:11 |
| 2160 | 7184 | Artur Manuel Cardoso Lopes | INDIVIDUAL | Veterano II | 227 | 01:01:47 | 01:00:14 | 00:27:58 | 00:06:11 |
| 2161 | 9562 | PAULO CARRIL | TABAQUEIRA | Veterano IV | 145 | 01:01:48 | 01:00:11 | 00:28:45 | 00:06:11 |
| 2162 | 10858 | Mrio Silva | AFRS ATLETISMO | Veterano II | 228 | 01:01:48 | 01:00:08 | 00:28:39 | 00:06:11 |
| 2163 | 7017 | VERA CORDEIRO | CORINTHIA HOTEL LISBON | SenioresF | 135 | 01:01:49 | 00:59:59 | 00:29:45 | 00:06:11 |
| 2164 | 7725 | Henrique dos Santos Vilhena | INDIVIDUAL | Veterano IV | 146 | 01:01:49 | 00:57:02 | 00:29:09 | 00:06:11 |
| 2165 | 9164 | Domingos Rodrigues | AMIGOS ATLETISMO MAFRA | Veterano V | 105 | 01:01:49 | 01:00:44 | 00:28:49 | 00:06:11 |
| 2166 | 10799 | Antonio Ideias Cardoso | INDIVIDUAL | Seniores | 1011 | 01:01:50 | 00:59:59 | 00:28:56 | 00:06:11 |
| 2167 | 10320 | Joo Rui Casanova Loureno | INDIVIDUAL | Veterano I | 263 | 01:01:50 | 00:59:59 | 00:28:57 | 00:06:11 |
| 2168 | 8523 | CLAUDIO FERNANDES | ODEBRECHT / B.P.C. | Veterano III | 167 | 01:01:51 | 01:00:57 | 00:28:41 | 00:06:12 |
| 2169 | 10226 | Paulo Jorge Maroco Quelhas | INDIVIDUAL | Veterano I | 264 | 01:01:52 | 00:58:24 | 00:29:25 | 00:06:12 |
| 2170 | 9186 | Ernesto Leal Carvalho | INDIVIDUAL | Veterano IV | 147 | 01:01:52 | 01:00:16 | 00:29:55 | 00:06:12 |
| 2171 | 8614 | orlando rodrigues | multiflow | Veterano II | 229 | 01:01:54 | 01:00:24 | 00:28:33 | 00:06:12 |
| 2172 | 9523 | fernando silva dinis | INDIVIDUAL | Seniores | 1012 | 01:01:54 | 00:58:40 | 00:26:44 | 00:06:12 |
| 2173 | 9243 | Jose Vitor Mximo Franco | INDIVIDUAL | Veterano III | 168 | 01:01:55 | 01:01:37 | 00:31:08 | 00:06:12 |
| 2174 | 9180 | Luis Manuel da Silva Dias | INDIVIDUAL | Veterano II | 230 | 01:01:55 | 01:00:00 | 00:28:16 | 00:06:12 |
| 2175 | 7665 | LUIS ELIAS | GRUPO BELMED | Seniores | 1013 | 01:01:55 | 01:01:55 | 00:35:57 | 00:06:12 |
| 2176 | 8970 | Isadora Barata Braz de Assuno Costa | 4 ao Km | SenioresF | 136 | 01:01:56 | 00:58:38 | 00:28:11 | 00:06:12 |
| 2177 | 9139 | Tnia Cabrito | INDIVIDUAL | SenioresF | 137 | 01:01:56 | 01:00:57 | 00:28:30 | 00:06:12 |
| 2178 | 9213 | Pedro Gagliardini | Hk Gym Team | Seniores | 1014 | 01:01:56 | 01:01:56 | 00:38:35 | 00:06:12 |
| 2179 | 9715 | Vitor Manuel Pereira Gonalves | INDIVIDUAL | Veterano I | 265 | 01:01:56 | 00:59:49 | 00:29:22 | 00:06:12 |
| 2180 | 9383 | HERMENIO CUNHA | INDIVIDUAL | Veterano I | 266 | 01:01:57 | 01:00:44 | 00:31:14 | 00:06:12 |
| 2181 | 9755 | ANTNIO VEIGA | INDIVIDUAL | Veterano V | 106 | 01:01:57 | 01:00:25 | 00:29:29 | 00:06:12 |
| 2182 | 9312 | JOAO CARLOS VERISSIMO SANTOS | INDIVIDUAL | Veterano V | 107 | 01:01:58 | 01:00:26 | 00:29:29 | 00:06:12 |
| 2183 | 7475 | FERNANDO FACHADAS | INDIVIDUAL | Veterano V | 108 | 01:01:59 | 00:59:46 | 00:29:35 | 00:06:12 |
| 2184 | 9410 | Joo Andr Mendes de Amorim Gonalves | Basiliscos Sport Clube | Seniores | 1015 | 01:01:59 | 01:00:14 | 00:28:52 | 00:06:12 |
| 2185 | 7888 | David Constantino | Clube ANACOM | Veterano III | 169 | 01:01:59 | 00:59:59 | 00:28:48 | 00:06:12 |
| 2186 | 9212 | Marcio Rodrigues | Hk Gym Team | Seniores | 1016 | 01:02:01 | 01:02:01 | 00:35:18 | 00:06:13 |
| 2187 | 9025 | Domingos Melo | G. D. do Instituto Nacional de Estatstica | Veterano IV | 148 | 01:02:01 | 00:59:33 | 00:28:41 | 00:06:13 |
| 2188 | 8712 | FERNANDO MARCELO LOPES | INDIVIDUAL | Veterano II | 231 | 01:02:01 | 01:00:11 | 00:28:32 | 00:06:13 |
| 2189 | 8713 | JORGE CARREIRA | INDIVIDUAL | Seniores | 1017 | 01:02:02 | 01:00:11 | 00:28:31 | 00:06:13 |
| 2190 | 7690 | PAULO JORGE ROSA | EDP | Veterano II | 232 | 01:02:02 | 00:59:46 | 00:27:40 | 00:06:13 |
| 2191 | 9333 | HELDER EMANUEL ALMEIDA | ACOMPANHANTE LUIS MADRUGA | Seniores | 1018 | 01:02:03 | 01:01:19 | 00:32:45 | 00:06:13 |
| 2192 | 7863 | HENRIQUE MARAL | GRUPO DESPORTIVO SANTANDER TOTTA | Veterano IV | 149 | 01:02:03 | 01:01:20 | 00:29:25 | 00:06:13 |
| 2193 | 7169 | Nuno Alexandre Lopes Fernandes | INDIVIDUAL | Seniores | 1019 | 01:02:04 | 01:02:04 | 00:34:10 | 00:06:13 |
| 2194 | 9546 | Ana Sofia | C.C.D.Portalegre | SenioresF | 138 | 01:02:05 | 01:01:46 | 00:29:10 | 00:06:13 |
| 2195 | 10148 | FREDERICO ANTUNES | EDP | Seniores | 1020 | 01:02:05 | 01:01:13 | 00:29:02 | 00:06:13 |
| 2196 | 10348 | Luis Miguel Maroco Alberto | INDIVIDUAL | Seniores | 1021 | 01:02:07 | 00:59:49 | 00:29:25 | 00:06:13 |
| 2197 | 10347 | Jorge Manuel Maroco Alberto | INDIVIDUAL | Seniores | 1022 | 01:02:07 | 00:59:50 | 00:29:25 | 00:06:13 |
| 2198 | 9756 | Joo Carlos Marcos | INDIVIDUAL | Juniores | 65 | 01:02:09 | 01:00:04 | 00:27:26 | 00:06:13 |
| 2199 | 7068 | Jos Carlos Burrinhas Leito | INDIVIDUAL | Veterano I | 267 | 01:02:11 | 00:58:20 | 00:28:22 | 00:06:14 |
| 2200 | 9650 | Rui Neves | INDIVIDUAL | Seniores | 1023 | 01:02:12 | 01:00:30 | 00:28:55 | 00:06:14 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|-------------------------------------|---------------------------------------|-------------|------|----------|----------|----------|----------|
| 2201 | 8966 | José Oliveira Marques | INDIVIDUAL | Veterano V | 109 | 01:02:12 | 01:00:20 | 00:28:47 | 00:06:14 |
| 2202 | 9649 | Luis Diogo | INDIVIDUAL | Seniores | 1024 | 01:02:12 | 01:00:31 | 00:28:56 | 00:06:14 |
| 2203 | 8737 | ARLETE COSTA FERREIRA | INDIVIDUAL | SenioresF | 139 | 01:02:13 | 01:01:15 | 00:30:09 | 00:06:14 |
| 2204 | 7491 | EMANUEL COSTA SEITA | CLUBE PISCINA | SenioresF | 140 | 01:02:14 | 00:59:31 | 00:28:29 | 00:06:14 |
| 2205 | 8199 | LUIS VIEIRA | CASA DO BENFICA DE PATAIAS | Seniores | 1025 | 01:02:14 | 01:01:06 | 00:29:10 | 00:06:14 |
| 2206 | 9039 | Tiago Franco | INDIVIDUAL | Seniores | 1026 | 01:02:16 | 01:01:19 | 00:29:39 | 00:06:14 |
| 2207 | 7721 | JOSÉ CARLOS COELHO SIMÕES | INDIVIDUAL | Veterano V | 110 | 01:02:17 | 01:00:46 | 00:30:01 | 00:06:14 |
| 2208 | 10529 | Nelson Ferreira | INDIVIDUAL | Seniores | 1027 | 01:02:17 | 00:58:52 | 00:28:23 | 00:06:14 |
| 2209 | 7692 | FRANCISCO ANTÓNIO RAMALHO MOUCHINHO | INDIVIDUAL | Veterano V | 111 | 01:02:20 | 01:01:23 | 00:29:01 | 00:06:14 |
| 2210 | 10033 | CLAUDIA ROSADO | INDIVIDUAL | Seniores | 1028 | 01:02:20 | 00:59:40 | 00:28:56 | 00:06:14 |
| 2211 | 7445 | Luis Amaro | INDIVIDUAL | Seniores | 1029 | 01:02:20 | 01:01:40 | 00:28:50 | 00:06:14 |
| 2212 | 7444 | Paulo José Batista Palma | INDIVIDUAL | Seniores | 1030 | 01:02:20 | 01:01:40 | 00:28:49 | 00:06:14 |
| 2213 | 10556 | Tiago Filipe Ramalho Neves | INDIVIDUAL | Seniores | 1031 | 01:02:21 | 01:01:24 | 00:29:01 | 00:06:15 |
| 2214 | 9743 | Vítor José Reisinho Marquês | INDIVIDUAL | Seniores | 1032 | 01:02:22 | 01:00:02 | 00:27:35 | 00:06:15 |
| 2215 | 7139 | JOEL FERREIRA | CASA DO POVO DO GRADIL | Seniores | 1033 | 01:02:23 | 01:00:51 | 00:29:47 | 00:06:15 |
| 2216 | 10271 | Nuno Mesquita | INDIVIDUAL | Seniores | 1034 | 01:02:23 | 00:59:56 | 00:28:03 | 00:06:15 |
| 2217 | 10272 | crístovão fernando sousa ramos | INDIVIDUAL | Seniores | 1035 | 01:02:23 | 00:59:56 | 00:28:02 | 00:06:15 |
| 2218 | 8683 | Luis Gonçalves | Run Pedro Run | Seniores | 1036 | 01:02:23 | 01:00:54 | 00:28:48 | 00:06:15 |
| 2219 | 7949 | Alberto Domingues | Asas nos Pés | Veterano I | 268 | 01:02:25 | 01:02:25 | 00:33:58 | 00:06:15 |
| 2220 | 9524 | Vasco Rocha | INDIVIDUAL | Seniores | 1037 | 01:02:25 | 00:59:54 | 00:29:52 | 00:06:15 |
| 2221 | 8339 | NUNO MIGUEL GONÇALVES AGOSTINHO | INDIVIDUAL | Veterano I | 269 | 01:02:25 | 00:59:54 | 00:29:52 | 00:06:15 |
| 2222 | 8805 | PAULO BIRRA | INSTITUTO DOS PUPILOS DO EXÉRCITO | Veterano I | 270 | 01:02:26 | 01:01:26 | 00:30:45 | 00:06:15 |
| 2223 | 7942 | Nuno Cordeiro | ACS - Amigos da Corrida de Salvaterra | Seniores | 1038 | 01:02:27 | 01:01:15 | 00:28:44 | 00:06:15 |
| 2224 | 10478 | RUI MIGUEL MARQUES BAPTISTA | INDIVIDUAL | Seniores | 1039 | 01:02:27 | 00:58:17 | 00:27:16 | 00:06:15 |
| 2225 | 8751 | Rui Alberto Maia | CLAC - Entroncamento | Seniores | 1040 | 01:02:27 | 00:59:19 | 00:27:23 | 00:06:15 |
| 2226 | 10330 | Bruno Miguel Barata Marques | INDIVIDUAL | Seniores | 1041 | 01:02:28 | 01:02:16 | 00:29:36 | 00:06:15 |
| 2227 | 8810 | Filipe André Rodrigues Pereira | INDIVIDUAL | Seniores | 1042 | 01:02:30 | 00:59:16 | 00:28:01 | 00:06:15 |
| 2228 | 9808 | NUNO ANDRÉ | INSTITUTO DOS PUPILOS DO EXÉRCITO | Seniores | 1043 | 01:02:31 | 01:00:51 | 00:28:07 | 00:06:16 |
| 2229 | 10545 | Nuno Marques | Açor | Seniores | 1044 | 01:02:33 | 01:00:31 | 00:30:05 | 00:06:16 |
| 2230 | 7745 | Nuno Miguel Dias | INDIVIDUAL | Seniores | 1045 | 01:02:34 | 01:00:22 | 00:29:38 | 00:06:16 |
| 2231 | 8399 | JEAN PAUL ASCENSO | INDIVIDUAL | Veterano I | 271 | 01:02:35 | 01:00:43 | 00:28:05 | 00:06:16 |
| 2232 | 10418 | Luisa Maria Nunes Lourenço | INDIVIDUAL | Veteranas I | 25 | 01:02:35 | 01:02:35 | 00:36:00 | 00:06:16 |
| 2233 | 9721 | José Fernando Reis Gonçalves | INDIVIDUAL | Veterano V | 112 | 01:02:36 | 01:00:45 | 00:29:23 | 00:06:16 |
| 2234 | 9734 | Bruna Bárbara Santos | INDIVIDUAL | SenioresF | 141 | 01:02:37 | 01:00:48 | 00:29:27 | 00:06:16 |
| 2235 | 9843 | Rui Miguel Machado dos Reis Videira | INDIVIDUAL | Seniores | 1046 | 01:02:38 | 01:02:09 | 00:28:40 | 00:06:16 |
| 2236 | 7531 | Inês Rodrigues | Putos Running | SenioresF | 142 | 01:02:41 | 01:00:27 | 00:29:24 | 00:06:17 |
| 2237 | 9660 | JOÃO VALENTE BARATA | ROBBIALAC | Veterano V | 113 | 01:02:41 | 01:02:24 | 00:29:29 | 00:06:17 |
| 2238 | 10237 | Carlos Oliveira | Clube EDP Lisboa | Veterano V | 114 | 01:02:41 | 01:01:31 | 00:30:20 | 00:06:17 |
| 2239 | 10615 | José Almeida Garcia | INDIVIDUAL | Veterano II | 233 | 01:02:42 | 01:02:35 | 00:28:55 | 00:06:17 |
| 2240 | 9201 | PAULA CRISTINA LEÃO NOGUEIRA | INDIVIDUAL | SenioresF | 143 | 01:02:43 | 01:00:16 | 00:29:24 | 00:06:17 |
| 2241 | 7335 | Rui Alexandre Cardoso Vilela | INDIVIDUAL | Seniores | 1047 | 01:02:43 | 01:02:43 | 00:34:10 | 00:06:17 |
| 2242 | 8335 | JOÃO POPPE FIGUEIREDO | COTRIM DE FIGUEIREDO | Seniores | 1048 | 01:02:44 | 01:01:50 | 00:26:48 | 00:06:17 |
| 2243 | 8777 | João Pedro Baptista | INDIVIDUAL | Veterano I | 272 | 01:02:46 | 01:02:37 | 00:28:54 | 00:06:17 |
| 2244 | 10260 | Fábio Miguel Martins Loução | INDIVIDUAL | Seniores | 1049 | 01:02:49 | 01:01:06 | 00:29:16 | 00:06:17 |
| 2245 | 9596 | Anna Kobliuk | INDIVIDUAL | SenioresF | 144 | 01:02:53 | 01:00:13 | 00:28:12 | 00:06:18 |
| 2246 | 7404 | Claudio Sousa | Marriott Lisboa | Seniores | 1050 | 01:02:53 | 01:01:44 | 00:28:30 | 00:06:18 |
| 2247 | 9647 | Paulo Duarte da Silva | INDIVIDUAL | Seniores | 1051 | 01:02:55 | 01:01:17 | 00:29:49 | 00:06:18 |
| 2248 | 9117 | Miguel Alves | INDIVIDUAL | Seniores | 1052 | 01:02:55 | 01:00:12 | 00:29:32 | 00:06:18 |
| 2249 | 7269 | PEDRO ALMEIDA ROQUE GONÇALVES | INDIVIDUAL | Seniores | 1053 | 01:02:57 | 00:58:24 | 00:29:43 | 00:06:18 |
| 2250 | 10718 | José Carlos Ferreira Alfredo | INDIVIDUAL | Veterano IV | 150 | 01:02:58 | 01:00:50 | 00:28:57 | 00:06:18 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|--|--|---------------|------|----------|----------|----------|----------|
| 2251 | 10756 | Hugo Miguel Rodrigues Colaço | INDIVIDUAL | Seniores | 1054 | 01:02:59 | 01:00:42 | 00:28:23 | 00:06:18 |
| 2252 | 10970 | Joaquim Pereira | Associação de Atletismo Lebres do Sado | Veterano V | 115 | 01:02:59 | 01:02:51 | 00:30:13 | 00:06:18 |
| 2253 | 8026 | GONÇALO OLIVEIRA | INDIVIDUAL | Veterano III | 170 | 01:03:00 | 01:03:00 | | 00:06:18 |
| 2254 | 8022 | PAULO FRANÇA | INDIVIDUAL | Veterano III | 171 | 01:03:00 | 01:03:00 | | 00:06:18 |
| 2255 | 7505 | Carlos Alberto Jerônimo João | INDIVIDUAL | Veterano III | 172 | 01:03:01 | 00:58:37 | 00:27:55 | 00:06:19 |
| 2256 | 9322 | FREDERICO COSTA | DELL PORTUGAL | Veterano I | 273 | 01:03:01 | 01:02:37 | 00:30:27 | 00:06:19 |
| 2257 | 7691 | LUIS FILIPE SILVESTRE | EDP | Veterano II | 234 | 01:03:01 | 01:00:45 | 00:30:05 | 00:06:19 |
| 2258 | 8755 | José Rufino | CLAC - Entroncamento | Veterano III | 173 | 01:03:02 | 01:02:41 | 00:30:19 | 00:06:19 |
| 2259 | 7413 | ÉLIO SALSINHA | COLABORADOR BENFICA TV | Seniores | 1055 | 01:03:02 | 01:03:02 | 00:33:03 | 00:06:19 |
| 2260 | 9059 | ALICE JUSTINO | INDIVIDUAL | Veteranas III | 14 | 01:03:03 | 01:02:27 | 00:30:23 | 00:06:19 |
| 2261 | 8202 | CESARIO MATOS | CASA DO BENFICA DE PATAIAS | Veterano II | 235 | 01:03:03 | 01:02:34 | 00:28:04 | 00:06:19 |
| 2262 | 7074 | Carlos Luís Rodrigues Caldeira | INDIVIDUAL | Veterano IV | 151 | 01:03:03 | 01:01:14 | 00:28:43 | 00:06:19 |
| 2263 | 9862 | ROSENDO ALEXANDRE FERNANDES DA SILVA | COLABORADOR SLB BENFICA TV | SenioresF | 145 | 01:03:04 | 01:03:04 | 00:33:03 | 00:06:19 |
| 2264 | 8901 | SANDRA CRISTINA SOARES DA SILVA | INDIVIDUAL | SenioresF | 146 | 01:03:05 | 01:02:14 | 00:31:15 | 00:06:19 |
| 2265 | 10860 | Marta Correia | AFRS ATLETISMO | SenioresF | 147 | 01:03:06 | 01:01:27 | 00:29:22 | 00:06:19 |
| 2266 | 9599 | Anabela Meia-Via | INDIVIDUAL | Veteranas I | 26 | 01:03:06 | 01:02:51 | 00:29:45 | 00:06:19 |
| 2267 | 8203 | JOSE AFONSO | CASA DO BENFICA DE PATAIAS | Veterano II | 236 | 01:03:08 | 01:02:49 | 00:28:35 | 00:06:19 |
| 2268 | 10949 | Bruno João Martins Vieira | INDIVIDUAL | Seniores | 1056 | 01:03:09 | 00:59:08 | 00:27:58 | 00:06:19 |
| 2269 | 9137 | Andreia Filipe da Ponte | INDIVIDUAL | SenioresF | 148 | 01:03:09 | 01:02:51 | 00:28:47 | 00:06:19 |
| 2270 | 9138 | Pedro de Jesus Vieira da Ponte | INDIVIDUAL | Veterano III | 174 | 01:03:09 | 01:02:52 | 00:28:48 | 00:06:19 |
| 2271 | 10046 | MARCO BORGES | JUNTA DE FREGUESIA DO CASTELO | Seniores | 1057 | 01:03:10 | 01:02:44 | 00:28:23 | 00:06:19 |
| 2272 | 8296 | CELSO NEVES | EDP | Veterano III | 175 | 01:03:10 | 01:01:37 | 00:30:42 | 00:06:19 |
| 2273 | 9727 | SÉRGIO FERNANDO LATA DE BRITO | INDIVIDUAL | Seniores | 1058 | 01:03:11 | 01:02:06 | 00:28:52 | 00:06:20 |
| 2274 | 7103 | Alexandre José Costa Miguel | INDIVIDUAL | Veterano I | 274 | 01:03:11 | 01:00:51 | 00:30:21 | 00:06:20 |
| 2275 | 8559 | Mário Gonçalves | C.A. Amigos Parque da Paz | Veterano V | 116 | 01:03:13 | 01:01:04 | 00:29:49 | 00:06:20 |
| 2276 | 9681 | Claudia Tam | INDIVIDUAL | SenioresF | 149 | 01:03:15 | 01:01:03 | 00:28:51 | 00:06:20 |
| 2277 | 7890 | Jaime Afonso | Clube ANACOM | Veterano II | 237 | 01:03:15 | 00:57:50 | 00:27:54 | 00:06:20 |
| 2278 | 8234 | Antonio Henriques Ribeiro | INDIVIDUAL | Veterano V | 117 | 01:03:16 | 01:02:43 | 00:28:54 | 00:06:20 |
| 2279 | 8233 | Diamantino Henriques Ribeiro | INDIVIDUAL | Seniores | 1059 | 01:03:16 | 01:02:42 | 00:28:54 | 00:06:20 |
| 2280 | 10030 | CATIA PINA PEREIRA | INDIVIDUAL | SenioresF | 150 | 01:03:17 | 01:02:06 | 00:28:49 | 00:06:20 |
| 2281 | 7125 | Marcos Antonio Fonseca Pereira | INDIVIDUAL | Veterano IV | 152 | 01:03:17 | 01:02:07 | 00:28:50 | 00:06:20 |
| 2282 | 7453 | JOÃO LANDEIRO | INDIVIDUAL | Veterano V | 118 | 01:03:18 | 01:03:18 | 00:33:44 | 00:06:20 |
| 2283 | 7357 | Rui Serrano | INDIVIDUAL | Seniores | 1060 | 01:03:19 | 01:00:51 | 00:29:52 | 00:06:20 |
| 2284 | 7107 | VIEIRA NEVES | NINHO DAS ÁGUIAS | Veterano IV | 153 | 01:03:19 | 01:01:44 | 00:29:59 | 00:06:20 |
| 2285 | 7697 | Hugo Gonçalo Faria Carvalho | ELITE 41ª | Seniores | 1062 | 01:03:20 | 01:01:57 | 00:29:44 | 00:06:20 |
| 2286 | 10193 | José Luis Livro | INDIVIDUAL | Seniores | 1061 | 01:03:20 | 01:02:08 | 00:27:48 | 00:06:20 |
| 2287 | 7698 | André Daniel Ferreira Teixeira | ELITE 41ª | Seniores | 1063 | 01:03:20 | 01:01:58 | 00:29:44 | 00:06:20 |
| 2288 | 7457 | Marline Furtado | INDIVIDUAL | SenioresF | 151 | 01:03:20 | 01:03:05 | 00:27:31 | 00:06:20 |
| 2289 | 7058 | NUNO ANASTÁCIO | INDIVIDUAL | Seniores | 1064 | 01:03:21 | 01:03:15 | 00:28:37 | 00:06:21 |
| 2290 | 8993 | BRUNO MIGUEL GASPAR VICENTE | INDIVIDUAL | Seniores | 1065 | 01:03:22 | 01:03:22 | 00:33:22 | 00:06:21 |
| 2291 | 9592 | João Borrego | INDIVIDUAL | Seniores | 1066 | 01:03:23 | 01:01:25 | 00:28:23 | 00:06:21 |
| 2292 | 9733 | MARTA DE SÁ | INDIVIDUAL | SenioresF | 152 | 01:03:23 | 01:03:08 | 00:30:30 | 00:06:21 |
| 2293 | 9765 | César Avó | INDIVIDUAL | Seniores | 1067 | 01:03:23 | 00:59:15 | 00:28:00 | 00:06:21 |
| 2294 | 10066 | Andre Diniz | INDIVIDUAL | Seniores | 1068 | 01:03:23 | 01:03:23 | 00:28:17 | 00:06:21 |
| 2295 | 9375 | ARTUR MANUEL MARTINS QUINTAS | INDIVIDUAL | Veterano I | 275 | 01:03:24 | 01:02:12 | 00:30:04 | 00:06:21 |
| 2296 | 10843 | Vítor Formiga | INDIVIDUAL | Seniores | 1069 | 01:03:25 | 00:58:20 | 00:27:17 | 00:06:21 |
| 2297 | 7935 | MAFALDA MATEUS | PHILIPS PORTUGAL | SenioresF | 153 | 01:03:26 | 00:58:14 | 00:29:06 | 00:06:21 |
| 2298 | 7682 | André Marcão Teixeira | INDIVIDUAL | Seniores | 1070 | 01:03:26 | 01:03:04 | 00:26:52 | 00:06:21 |
| 2299 | 7794 | Pedro Nunes | Grupo de Apoio a Samuel Barata | Seniores | 1071 | 01:03:27 | 01:03:27 | 00:37:20 | 00:06:21 |
| 2300 | 8144 | Andreia Isabel Granadeiro Cercas Marques | INDIVIDUAL | SenioresF | 154 | 01:03:27 | 00:59:12 | 00:29:04 | 00:06:21 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|--|--|---------------|------|----------|----------|----------|----------|
| 2301 | 8173 | MANUEL ANTONIO CORREIA | CASA DO BENFICA EM AGUALVA CACEM | Veterano V | 119 | 01:03:28 | 01:03:23 | 00:30:39 | 00:06:21 |
| 2302 | 10055 | LUIS SILVA | GRUPO DESPORTIVO SANTANDER TOTTA | Veterano V | 120 | 01:03:28 | 01:01:54 | 00:30:32 | 00:06:21 |
| 2303 | 7743 | PEDRO MIGUEL COSTA FERNANDES | INDIVIDUAL | Veterano I | 276 | 01:03:29 | 01:01:29 | 00:28:41 | 00:06:21 |
| 2304 | 7356 | Alberto Carlos Santos Xavier | INDIVIDUAL | Seniores | 1072 | 01:03:29 | 01:01:02 | 00:29:53 | 00:06:21 |
| 2305 | 10125 | LUIS FILIPE A. A. VIEIRA | INDIVIDUAL | Seniores | 1073 | 01:03:30 | 01:02:35 | 00:27:20 | 00:06:21 |
| 2306 | 8689 | PEDRO MIGUEL SILVA | INDIVIDUAL | Veterano I | 277 | 01:03:30 | 01:03:30 | 00:29:15 | 00:06:21 |
| 2307 | 7084 | Francisco Amaral | INDIVIDUAL | Veterano I | 278 | 01:03:31 | 01:03:31 | 00:40:42 | 00:06:22 |
| 2308 | 7432 | João Filipe Bonita Veléz Ferreira dos Santos | INDIVIDUAL | Seniores | 1074 | 01:03:31 | 01:02:21 | 00:28:45 | 00:06:22 |
| 2309 | 10134 | LUIS SALES | | Seniores | 1075 | 01:03:31 | 01:03:31 | 00:40:42 | 00:06:22 |
| 2310 | 7181 | Luis Miguel Gonçalves Ventura | INDIVIDUAL | Seniores | 1076 | 01:03:32 | 01:01:54 | 00:29:16 | 00:06:22 |
| 2311 | 10103 | Vitor José Vivas da Silva | INDIVIDUAL | Veterano IV | 154 | 01:03:34 | 01:02:09 | 00:29:58 | 00:06:22 |
| 2312 | 10104 | Márcio Alexandre Candeias Silva | INDIVIDUAL | Seniores | 1077 | 01:03:34 | 01:02:10 | 00:30:03 | 00:06:22 |
| 2313 | 9177 | Paula Martins | Mae e Filha | SenioresF | 155 | 01:03:35 | 01:02:26 | 00:30:20 | 00:06:22 |
| 2314 | 10395 | João Tomás Teixeira | INDIVIDUAL | Seniores | 1078 | 01:03:36 | 01:03:36 | 00:34:00 | 00:06:22 |
| 2315 | 9587 | Joaquim Adolfo Boavida Pina | INDIVIDUAL | Veterano V | 121 | 01:03:37 | 01:02:11 | 00:30:12 | 00:06:22 |
| 2316 | 9901 | Ana Martins | Associação de Pára-quedistas Tejo Norte | Veteranas III | 15 | 01:03:40 | 01:01:57 | 00:29:33 | 00:06:22 |
| 2317 | 8731 | CRISTINA GABRIEL | INDIVIDUAL | SenioresF | 156 | 01:03:40 | 01:03:03 | 00:31:01 | 00:06:22 |
| 2318 | 10149 | GONÇALO DE FREITA COSTA | | Seniores | 1079 | 01:03:43 | 01:02:50 | 00:29:01 | 00:06:23 |
| 2319 | 10043 | GONCALO GASPAS FERREIRA | INDIVIDUAL | Juniores | 66 | 01:03:44 | 01:02:28 | 00:30:40 | 00:06:23 |
| 2320 | 9087 | CATARINA ALVES | EDP | SenioresF | 157 | 01:03:46 | 01:02:43 | 00:30:38 | 00:06:23 |
| 2321 | 7005 | TANIA RODRIGUES | AMIGOS DO PRESIDENTE | SenioresF | 158 | 01:03:47 | 01:03:47 | 00:35:52 | 00:06:23 |
| 2322 | 9603 | Ramiro Nunes | INDIVIDUAL | Veterano II | 238 | 01:03:47 | 01:00:25 | 00:29:10 | 00:06:23 |
| 2323 | 9513 | João Cabrita | Açoreana Clube Banif | Veterano IV | 155 | 01:03:47 | 01:02:04 | 00:29:46 | 00:06:23 |
| 2324 | 9064 | NUNO RODRIGUES | HPP SAÚDE - HOSPITAL DOS LUSÍADAS | Seniores | 1080 | 01:03:47 | 01:03:47 | 00:39:39 | 00:06:23 |
| 2325 | 8237 | VASCO MANUEL MATEUS FERNANDES | INDIVIDUAL | Seniores | 1081 | 01:03:47 | 01:00:23 | 00:26:17 | 00:06:23 |
| 2326 | 9507 | Luis Neves | Açoreana Clube Banif | Seniores | 1082 | 01:03:47 | 01:02:05 | 00:29:49 | 00:06:23 |
| 2327 | 8288 | Jorge Manuel Pita Vieira | INDIVIDUAL | Veterano I | 279 | 01:03:48 | 01:02:32 | 00:29:22 | 00:06:23 |
| 2328 | 10699 | Gabriela Marques | INDIVIDUAL | SenioresF | 159 | 01:03:48 | 01:02:41 | 00:30:36 | 00:06:23 |
| 2329 | 8359 | HELENA TELINO NEVES | RUN 4 FUN | SenioresF | 160 | 01:03:49 | 01:02:14 | 00:29:02 | 00:06:23 |
| 2330 | 10021 | MANUEL DE SOUSA PEREIRA | INDIVIDUAL | Veterano III | 176 | 01:03:49 | 01:03:25 | 00:29:21 | 00:06:23 |
| 2331 | 10560 | João Pedro Rodrigues Mendonça | INDIVIDUAL | Seniores | 1083 | 01:03:49 | 01:03:00 | 00:29:56 | 00:06:23 |
| 2332 | 10124 | Gonçalo Malheiro | INDIVIDUAL | Veterano I | 280 | 01:03:50 | 01:03:50 | 00:34:53 | 00:06:23 |
| 2333 | 8322 | Luis Manuel da Conceição Figueiredo | INDIVIDUAL | Veterano IV | 156 | 01:03:50 | 01:00:26 | 00:30:12 | 00:06:23 |
| 2334 | 10902 | MIGUEL MENDES | EDP | Seniores | 1084 | 01:03:50 | 01:01:45 | 00:32:45 | 00:06:23 |
| 2335 | 9970 | Paula Cristina | Benficavencer | Veteranas I | 27 | 01:03:51 | 01:01:57 | 00:30:30 | 00:06:24 |
| 2336 | 9971 | Paulo Jorge | Benficavencer | Veterano I | 281 | 01:03:52 | 01:01:58 | 00:30:31 | 00:06:24 |
| 2337 | 7341 | Carla Pinheiro | Globlec, Comércio de Materiais Eléctricos, Lda. | SenioresF | 161 | 01:03:53 | 01:02:11 | 00:29:08 | 00:06:24 |
| 2338 | 7350 | CARLA PINHEIRO | IMPÉRIO BONANÇA - FIDELIDADE - MULTICARE | SenioresF | 162 | 01:03:53 | 01:02:12 | 00:29:08 | 00:06:24 |
| 2339 | 10240 | Fábio Miguel Teixeira Gutierrez | INDIVIDUAL | Seniores | 1085 | 01:03:53 | 01:02:47 | 00:29:18 | 00:06:24 |
| 2340 | 9668 | ISABEL SANTOS | LOURDETE PERFUMARIAS | Veteranas II | 13 | 01:03:53 | 01:03:31 | 00:30:13 | 00:06:24 |
| 2341 | 10794 | Nuno Richard Pereira Santos | INDIVIDUAL | Seniores | 1086 | 01:03:54 | 01:02:50 | 00:28:54 | 00:06:24 |
| 2342 | 10321 | Tiago Sanches | INDIVIDUAL | Seniores | 1087 | 01:03:54 | 01:00:31 | 00:29:26 | 00:06:24 |
| 2343 | 7960 | Luis Baptista | Asas nos Pés | Seniores | 1088 | 01:03:55 | 01:03:55 | 00:35:03 | 00:06:24 |
| 2344 | 9250 | JOAO ENCARNACAO | ADIDAS | Seniores | 1089 | 01:03:56 | 01:01:24 | 00:31:32 | 00:06:24 |
| 2345 | 9108 | António Pereira | Grupo Desportivo e Cultural do Banco de Portugal | Veterano V | 122 | 01:03:58 | 01:02:22 | 00:29:17 | 00:06:24 |
| 2346 | 10225 | Fernando Nabais Quelhas | INDIVIDUAL | Seniores | 1090 | 01:03:59 | 01:00:35 | 00:29:28 | 00:06:24 |
| 2347 | 8151 | Tiago Filipe Mateus Coelho | INDIVIDUAL | Seniores | 1091 | 01:04:00 | 01:03:10 | 00:28:43 | 00:06:24 |
| 2348 | 9313 | PEDRO JOAO NEVES SILVA | INDIVIDUAL | Veterano III | 177 | 01:04:02 | 01:01:48 | 00:30:03 | 00:06:25 |
| 2349 | 8090 | PEDRO DIOGO DOS SANTOS PINTO | ITAU, SA | Seniores | 1092 | 01:04:02 | 01:02:37 | 00:29:42 | 00:06:25 |
| 2350 | 8445 | ARTUR MANUEL VICENTE DE SOUSA | INDIVIDUAL | Seniores | 1093 | 01:04:03 | 00:59:48 | 00:29:47 | 00:06:25 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|--|--|---------------|------|----------|----------|----------|----------|
| 2351 | 9008 | RAUL JESUS | INDIVIDUAL | Veterano I | 282 | 01:04:03 | 00:59:51 | 00:29:49 | 00:06:25 |
| 2352 | 7189 | TOMÁS LUÍS CALISTO CARVALHO | INDIVIDUAL | Juniores | 67 | 01:04:05 | 01:02:22 | 00:26:44 | 00:06:25 |
| 2353 | 9281 | OSCAR FERNANDO FERREIRA | INDIVIDUAL | Veterano V | 123 | 01:04:06 | 01:02:35 | 00:30:52 | 00:06:25 |
| 2354 | 7161 | Luís António Caria | INDIVIDUAL | Seniores | 1094 | 01:04:07 | 01:02:27 | 00:29:52 | 00:06:25 |
| 2355 | 8266 | JOÃO CARLOS MORGADO FERREIRA | ACOMP. NUNO CONSTÂNCIO | Veterano II | 239 | 01:04:07 | 01:03:33 | 00:28:05 | 00:06:25 |
| 2356 | 9432 | RUI CORREIA | Banco Espirito Santo Investimento | Seniores | 1095 | 01:04:07 | 01:01:45 | 00:29:46 | 00:06:25 |
| 2357 | 9433 | ALEXANDRE NÚNCIO | Banco Espirito Santo Investimento | Seniores | 1096 | 01:04:08 | 01:01:45 | 00:29:46 | 00:06:25 |
| 2358 | 10850 | João da Silva Alves | INDIVIDUAL | Veterano V | 124 | 01:04:08 | 01:03:30 | 00:28:49 | 00:06:25 |
| 2359 | 9145 | Carlos Manuel Martins Gomes | INDIVIDUAL | Veterano I | 283 | 01:04:09 | 00:59:02 | 00:27:14 | 00:06:25 |
| 2360 | 10906 | Manuel Ricou Lousinha do Vale | INDIVIDUAL | Seniores | 1097 | 01:04:10 | 01:03:47 | 00:32:51 | 00:06:25 |
| 2361 | 7824 | JOANA MARGARIDA SOUSA | Multi Mall Management | SenioresF | 163 | 01:04:11 | 01:04:11 | 00:34:29 | 00:06:26 |
| 2362 | 9938 | José Moniz Pereira | INDIVIDUAL | Veterano V | 125 | 01:04:11 | 01:03:21 | 00:30:19 | 00:06:26 |
| 2363 | 10622 | Pedro Antunes Valente | INDIVIDUAL | Seniores | 1098 | 01:04:12 | 01:02:40 | 00:29:06 | 00:06:26 |
| 2364 | 7715 | PATRICIA AMEIXAL | COLABORADOR SLB MAQUILHAGEM | SenioresF | 164 | 01:04:12 | 01:03:04 | 00:27:04 | 00:06:26 |
| 2365 | 7986 | BRUNO ANDRE SOARES B OLIVEIRA | FUND BOX | Seniores | 1099 | 01:04:14 | 00:58:50 | 00:25:11 | 00:06:26 |
| 2366 | 7237 | TIAGO MIGUEL MARTINS MOUCHO | INDIVIDUAL | Seniores | 1100 | 01:04:14 | 01:04:00 | 00:30:14 | 00:06:26 |
| 2367 | 7312 | Manuel Carlos Paz Lopes | INDIVIDUAL | Veterano II | 240 | 01:04:15 | 01:04:15 | 00:31:13 | 00:06:26 |
| 2368 | 9831 | Rita Felizol | Run4Fun | Veteranas I | 28 | 01:04:15 | 01:02:11 | 00:29:03 | 00:06:26 |
| 2369 | 9090 | Ricardo Filipe de Sousa Martins Duarte Bento | INDIVIDUAL | Juniores | 68 | 01:04:17 | 01:01:57 | 00:28:37 | 00:06:26 |
| 2370 | 8542 | JOSÉ LUÍS MARTINS GONÇALVES | INDIVIDUAL | Veterano V | 126 | 01:04:17 | 01:04:02 | 00:30:25 | 00:06:26 |
| 2371 | 9085 | Marco Filipe Marín Pendão | INDIVIDUAL | Juniores | 69 | 01:04:18 | 01:01:59 | 00:28:27 | 00:06:26 |
| 2372 | 7183 | Ricardo Poças | INDIVIDUAL | Veterano III | 178 | 01:04:19 | 01:02:42 | 00:29:17 | 00:06:26 |
| 2373 | 8149 | Nidia Silva | INDIVIDUAL | Veteranas III | 16 | 01:04:21 | 01:03:38 | 00:30:03 | 00:06:27 |
| 2374 | 8403 | ANDRÉ ANJOS FREITAS | AMAZÓNIA HOTÉIS | Seniores | 1101 | 01:04:21 | 01:03:49 | 00:28:04 | 00:06:27 |
| 2375 | 9411 | Pedro Manuel Alfaia Conceição | INDIVIDUAL | Seniores | 1102 | 01:04:23 | 01:01:00 | 00:29:12 | 00:06:27 |
| 2376 | 9752 | Joana dos Santos Penão | INDIVIDUAL | SenioresF | 165 | 01:04:23 | 01:02:05 | 00:30:32 | 00:06:27 |
| 2377 | 9753 | Joana Alexandra Simão Vieira | INDIVIDUAL | SenioresF | 166 | 01:04:23 | 01:02:05 | 00:30:32 | 00:06:27 |
| 2378 | 7716 | NUNO AMEIXAL | ACOMP. PATRICIA AMEIXAL | Seniores | 1103 | 01:04:24 | 01:03:17 | 00:30:48 | 00:06:27 |
| 2379 | 9089 | Pedro Miguel Lucrécio Lopes | INDIVIDUAL | Juniores | 70 | 01:04:25 | 01:02:04 | 00:28:36 | 00:06:27 |
| 2380 | 10629 | Pedro Tavares Monteiro | INDIVIDUAL | Seniores | 1104 | 01:04:25 | 01:04:25 | 00:35:50 | 00:06:27 |
| 2381 | 10753 | José Joaquim Pires Gil | INDIVIDUAL | Veterano I | 284 | 01:04:28 | 01:03:15 | 00:28:46 | 00:06:27 |
| 2382 | 9376 | Andreia Filipa Silva Neves | INDIVIDUAL | Seniores | 1105 | 01:04:29 | 01:00:54 | 00:28:58 | 00:06:27 |
| 2383 | 8728 | Hugo David Recio Cardoso da Costa | INDIVIDUAL | Seniores | 1106 | 01:04:29 | 01:02:35 | 00:29:42 | 00:06:27 |
| 2384 | 9748 | VITOR BELARMINO GOIS DA COSTA | INDIVIDUAL | Veterano III | 179 | 01:04:29 | 01:03:32 | 00:31:04 | 00:06:27 |
| 2385 | 8926 | Pedro Miguel Sousa Cascais | INDIVIDUAL | Seniores | 1107 | 01:04:29 | 01:02:36 | 00:29:43 | 00:06:27 |
| 2386 | 8724 | LUIS FILIPE GOMES | SERVIÇOS SOCIAIS DA CML | Seniores | 1108 | 01:04:32 | 01:01:08 | 00:28:35 | 00:06:28 |
| 2387 | 9854 | Sérgio Bruno Rodrigues Ferreira | INDIVIDUAL | Veterano I | 285 | 01:04:34 | 01:02:24 | 00:29:34 | 00:06:28 |
| 2388 | 7211 | Fernando Jorge Pereira Andrade | INDIVIDUAL | Veterano I | 286 | 01:04:35 | 01:00:57 | 00:29:32 | 00:06:28 |
| 2389 | 7385 | Nuno Ricardo de Araújo Lopes | INDIVIDUAL | Seniores | 1109 | 01:04:38 | 01:03:11 | 00:28:24 | 00:06:28 |
| 2390 | 10185 | Anelide Pereira | INDIVIDUAL | Veterano I | 287 | 01:04:39 | 01:04:21 | 00:29:00 | 00:06:28 |
| 2391 | 8935 | José Abreu | Grupo Desportivo Imprensa Nacional Casa da moeda | Veterano V | 127 | 01:04:40 | 01:02:24 | 00:30:47 | 00:06:28 |
| 2392 | 8736 | MANUEL POLIDO PEDRO | INDIVIDUAL | Seniores | 1110 | 01:04:40 | 01:03:41 | 00:30:14 | 00:06:28 |
| 2393 | 9451 | Joao Gilberto Martins Cotrim | INDIVIDUAL | Seniores | 1111 | 01:04:41 | 01:02:48 | 00:28:41 | 00:06:29 |
| 2394 | 7572 | JORGE HUMBERTO ABELHA COLACO | CLUBE MILLENNIUM BCP | Veterano III | 180 | 01:04:41 | 01:04:02 | 00:29:23 | 00:06:29 |
| 2395 | 9902 | Henriqueta Major | Associação de Pára-quedistas Tejo Norte | Veteranas II | 14 | 01:04:42 | 01:02:57 | 00:29:12 | 00:06:29 |
| 2396 | 8457 | NUNO BOLAS | COLABORADOR MULTIMÉDIA | Seniores | 1112 | 01:04:42 | 01:02:32 | 00:30:55 | 00:06:29 |
| 2397 | 9829 | Maria de Azevedo Martins | Run4Fun | Veteranas II | 15 | 01:04:45 | 01:03:13 | 00:29:37 | 00:06:29 |
| 2398 | 9830 | Paulo Martins | Run4Fun | Veterano II | 241 | 01:04:45 | 01:03:13 | 00:29:34 | 00:06:29 |
| 2399 | 11009 | Ladislau Alexandre Álvares da Silva Batalha | INDIVIDUAL | Veterano I | 288 | 01:04:45 | 01:03:03 | 00:29:14 | 00:06:29 |
| 2400 | 7992 | NUNO MIGUEL DE ALMEIDA ANTUNES | SLB GINÁSTICA - MADRUGADORES | Veterano V | 128 | 01:04:46 | 01:02:58 | 00:28:04 | 00:06:29 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|---|---------------------------------------|--------------|------|----------|----------|----------|----------|
| 2401 | 9092 | Jorge Manuel Gabriel Xarepe | INDIVIDUAL | Veterano II | 242 | 01:04:47 | 01:01:22 | 00:29:51 | 00:06:29 |
| 2402 | 9585 | Telma Susana Milheiro Carrondo | INDIVIDUAL | SenioresF | 167 | 01:04:47 | 01:03:21 | 00:31:12 | 00:06:29 |
| 2403 | 8000 | NUNO FILIPE XAVIER LOUÇÃO | INDIVIDUAL | Veterano II | 243 | 01:04:49 | 01:02:37 | 00:31:22 | 00:06:29 |
| 2404 | 7999 | PEDRO MIGUEL MAGALHÃES ANTUNES | INDIVIDUAL | Veterano I | 289 | 01:04:50 | 01:02:37 | 00:31:21 | 00:06:29 |
| 2405 | 9643 | Hugo Leal Nunes | INDIVIDUAL | Seniores | 1113 | 01:04:50 | 01:02:38 | 00:28:05 | 00:06:29 |
| 2406 | 7275 | SANDRA GABRIEL | CAIXA - BANCO DE INVESTIMENTO, SA | Veteranas I | 29 | 01:04:51 | 01:04:10 | 00:30:58 | 00:06:30 |
| 2407 | 9784 | AMADEU ARMINDO MARTINS DA SILVA | INDIVIDUAL | Veterano V | 129 | 01:04:51 | 01:03:44 | 00:29:29 | 00:06:30 |
| 2408 | 7771 | Carlos Manuel Sepulveda | INDIVIDUAL | Seniores | 1114 | 01:04:53 | 01:01:40 | 00:29:23 | 00:06:30 |
| 2409 | 8171 | GERMANO MATOS | CASA DO BENFICA EM AGUALVA CACEM | Veterano V | 130 | 01:04:54 | 01:02:23 | 00:29:38 | 00:06:30 |
| 2410 | 8170 | ANTONIO RODRIGUES COSTA | CASA DO BENFICA EM AGUALVA CACEM | Veterano V | 131 | 01:04:54 | 01:02:26 | 00:29:41 | 00:06:30 |
| 2411 | 7321 | João Alberto da Silva Jorge | Montes Saloios | Veterano II | 244 | 01:04:55 | 01:00:57 | 00:28:59 | 00:06:30 |
| 2412 | 8987 | Rui Miguel Rodrigues da Palma | INDIVIDUAL | Seniores | 1115 | 01:04:55 | 01:02:48 | 00:28:55 | 00:06:30 |
| 2413 | 9767 | Luis Cardoso | INDIVIDUAL | Veterano II | 245 | 01:04:55 | 01:03:08 | 00:29:20 | 00:06:30 |
| 2414 | 9431 | RITA CARRILHO | INDIVIDUAL | Veteranas II | 16 | 01:04:57 | 01:02:35 | 00:29:46 | 00:06:30 |
| 2415 | 9430 | JOÃO GUERREIRO | INDIVIDUAL | Seniores | 1116 | 01:04:58 | 01:02:36 | 00:29:46 | 00:06:30 |
| 2416 | 8440 | LUIS MIGUEL SALEMA | INDIVIDUAL | Veterano I | 290 | 01:05:00 | 01:03:15 | 00:30:44 | 00:06:30 |
| 2417 | 7643 | Nuno Guerreiro | ADRC Mata de Benfica | Seniores | 1117 | 01:05:01 | 01:04:43 | 00:28:53 | 00:06:31 |
| 2418 | 8916 | Antonio Maria Silva Oliveira | INDIVIDUAL | Veterano V | 132 | 01:05:01 | 01:01:57 | 00:28:47 | 00:06:31 |
| 2419 | 7614 | FRANCISCO FOUTO | CLUBE FERROVIÁRIO DE PORTUGAL | Seniores | 1118 | 01:05:01 | 01:03:15 | 00:27:50 | 00:06:31 |
| 2420 | 8362 | JOSE FERNANDO GOMES | INDIVIDUAL | Veterano I | 291 | 01:05:01 | 01:03:59 | 00:29:04 | 00:06:31 |
| 2421 | 10112 | RICARDO ALEXANDRE M. FILIPE | INDIVIDUAL | Veterano I | 292 | 01:05:02 | 01:00:24 | 00:29:17 | 00:06:31 |
| 2422 | 10856 | José António Rochinha Clara | INDIVIDUAL | Veterano V | 133 | 01:05:02 | 01:00:27 | 00:29:20 | 00:06:31 |
| 2423 | 10855 | Ana Rita Marques Rochinha Clara | INDIVIDUAL | SenioresF | 168 | 01:05:03 | 01:00:28 | 00:29:20 | 00:06:31 |
| 2424 | 10307 | Carlos Manuel Pinela Arsénio | INDIVIDUAL | Seniores | 1119 | 01:05:03 | 01:02:00 | 00:30:25 | 00:06:31 |
| 2425 | 8279 | JOSE CONCEICAO SANTOS | INDIVIDUAL | Veterano V | 134 | 01:05:04 | 01:04:43 | 00:31:30 | 00:06:31 |
| 2426 | 8504 | RODRIGO LOPES | INDIVIDUAL | Juniores | 71 | 01:05:05 | 01:03:22 | 00:28:43 | 00:06:31 |
| 2427 | 10423 | Tomás Brito Limpo | INDIVIDUAL | Seniores | 1120 | 01:05:05 | 01:03:02 | 00:28:39 | 00:06:31 |
| 2428 | 7648 | Rui Teives Henriques | ADRC Mata de Benfica | Veterano V | 135 | 01:05:06 | 01:03:08 | 00:30:55 | 00:06:31 |
| 2429 | 10640 | Sara Lopes | Papa Asfalto | Juniores | 72 | 01:05:06 | 01:02:44 | 00:30:07 | 00:06:31 |
| 2430 | 9888 | Pedro Arcângelo | INDIVIDUAL | Seniores | 1121 | 01:05:07 | 01:02:00 | 00:30:21 | 00:06:31 |
| 2431 | 7270 | ANTÓNIO ALMEIDA GONÇALVES | INDIVIDUAL | Veterano V | 136 | 01:05:07 | 01:00:34 | 00:29:42 | 00:06:31 |
| 2432 | 8864 | João Miguel Barreiro dos Santos | INDIVIDUAL | Seniores | 1122 | 01:05:08 | 01:03:01 | 00:30:07 | 00:06:31 |
| 2433 | 10376 | Luis Miguel Bispo Chambel Alcaravela Silvério | INDIVIDUAL | Seniores | 1123 | 01:05:08 | 01:03:01 | 00:30:06 | 00:06:31 |
| 2434 | 9640 | Nuno Correia | INDIVIDUAL | Seniores | 1124 | 01:05:09 | 01:03:28 | 00:31:12 | 00:06:31 |
| 2435 | 9641 | Luís Pimenta | INDIVIDUAL | Seniores | 1125 | 01:05:09 | 01:03:28 | 00:31:12 | 00:06:31 |
| 2436 | 7896 | Rui Oliveira | SS CGD | Veterano II | 246 | 01:05:11 | 01:03:41 | 00:30:12 | 00:06:32 |
| 2437 | 8924 | Jose Marques | INDIVIDUAL | Veterano III | 181 | 01:05:12 | 01:01:33 | 00:30:00 | 00:06:32 |
| 2438 | 7462 | Miguel Afosno Reis | INDIVIDUAL | Seniores | 1126 | 01:05:13 | 01:04:04 | 00:32:19 | 00:06:32 |
| 2439 | 8868 | RUI MIGUEL TEIXEIRA GOMES | INDIVIDUAL | Seniores | 1127 | 01:05:14 | 01:03:13 | 00:31:30 | 00:06:32 |
| 2440 | 8791 | JOÃO PAULO SEGUNDO | BANCO CREDIBOM | Seniores | 1128 | 01:05:14 | 01:02:47 | 00:29:45 | 00:06:32 |
| 2441 | 7943 | Luis Andrade | ACS - Amigos da Corrida de Salvaterra | Seniores | 1129 | 01:05:15 | 01:04:02 | 00:31:17 | 00:06:32 |
| 2442 | 8415 | SERGIO GONÇALVES | INDIVIDUAL | Seniores | 1130 | 01:05:15 | 01:03:16 | 00:31:38 | 00:06:32 |
| 2443 | 8869 | ANA LUISA MURJAL TEIXEIRA | INDIVIDUAL | SenioresF | 169 | 01:05:15 | 01:03:15 | 00:31:31 | 00:06:32 |
| 2444 | 8833 | Adriana Lopera Orta | INDIVIDUAL | SenioresF | 170 | 01:05:15 | 01:04:07 | 00:32:19 | 00:06:32 |
| 2445 | 10322 | Joana Bagagem | INDIVIDUAL | SenioresF | 171 | 01:05:16 | 01:00:55 | 00:28:38 | 00:06:32 |
| 2446 | 8515 | maria teresa capela | Quarteto Fantástico | Veteranas I | 30 | 01:05:17 | 01:03:58 | 00:31:50 | 00:06:32 |
| 2447 | 8883 | João Tiago Ferreira Coutinho Arez da Cruz | INDIVIDUAL | Seniores | 1131 | 01:05:21 | 01:02:49 | 00:30:33 | 00:06:33 |
| 2448 | 10817 | Bruno Ribeiro | INDIVIDUAL | Seniores | 1132 | 01:05:21 | 01:05:21 | 00:40:42 | 00:06:33 |
| 2449 | 7817 | Teresa Margarida Cruzeiro N Carneiro | Lesmas do Oeste | Veteranas I | 31 | 01:05:21 | 01:03:43 | 00:31:28 | 00:06:33 |
| 2450 | 7535 | rui rodrigues | INDIVIDUAL | Seniores | 1133 | 01:05:24 | 01:03:04 | 00:31:26 | 00:06:33 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|------------------------------------|--|---------------|------|----------|----------|----------|----------|
| 2451 | 8325 | Paula Alexandra Antunes da Costa | INDIVIDUAL | Veteranas I | 32 | 01:05:24 | 01:02:15 | 00:30:34 | 00:06:33 |
| 2452 | 10689 | vitor | INDIVIDUAL | Seniores | 1134 | 01:05:25 | 01:03:22 | 00:28:40 | 00:06:33 |
| 2453 | 9189 | RUI FILIPE VICENTE | INDIVIDUAL | Juniores | 73 | 01:05:25 | 01:03:21 | 00:28:39 | 00:06:33 |
| 2454 | 8733 | Tiago Saraiva | INDIVIDUAL | Seniores | 1135 | 01:05:26 | 01:04:48 | 00:31:30 | 00:06:33 |
| 2455 | 9269 | JOSÉ SANTOS | INDIVIDUAL | Veterano II | 247 | 01:05:27 | 01:01:49 | 00:30:06 | 00:06:33 |
| 2456 | 9622 | Francisco da Cruz Santos | INDIVIDUAL | Veterano IV | 157 | 01:05:28 | 01:04:49 | 00:30:57 | 00:06:33 |
| 2457 | 7277 | ANTÓNIO LOBO | CAIXA - BANCO DE INVESTIMENTO, SA | Veterano III | 182 | 01:05:30 | 01:05:17 | 00:31:09 | 00:06:33 |
| 2458 | 8808 | Margarida Aguiar | INDIVIDUAL | Veteranas I | 33 | 01:05:31 | 01:03:43 | 00:29:57 | 00:06:34 |
| 2459 | 9836 | RUTE ALMEIDA | INDIVIDUAL | SenioresF | 172 | 01:05:31 | 01:05:11 | 00:32:06 | 00:06:34 |
| 2460 | 9258 | JOAQUIM ANTONIO | INDIVIDUAL | Veterano V | 137 | 01:05:33 | 01:04:09 | 00:30:05 | 00:06:34 |
| 2461 | 7066 | renato fialho | os rebenta(dos) | Seniores | 1136 | 01:05:33 | 01:04:48 | 00:28:23 | 00:06:34 |
| 2462 | 9887 | Carlos Manuel Oliveira Dinis | INDIVIDUAL | Seniores | 1137 | 01:05:36 | 01:03:20 | 00:28:58 | 00:06:34 |
| 2463 | 8318 | Nuno Paulo Gomes Guerreiro Jacinto | INDIVIDUAL | Veterano I | 293 | 01:05:37 | 01:05:30 | 00:30:08 | 00:06:34 |
| 2464 | 7821 | JOÃO CARREIRA | Multi Mall Management | SenioresF | 173 | 01:05:38 | 01:05:38 | 00:34:46 | 00:06:34 |
| 2465 | 7829 | Tiago Batista | Multi Mall Management | Seniores | 1138 | 01:05:39 | 01:05:39 | 00:35:51 | 00:06:34 |
| 2466 | 7828 | ANTÓNIO MATIAS LOPES | Multi Mall Management | Veterano IV | 158 | 01:05:39 | 01:05:39 | 00:34:46 | 00:06:34 |
| 2467 | 9974 | Joaquim Filipe Castanheira Major | INDIVIDUAL | Veterano I | 294 | 01:05:39 | 01:05:32 | 00:28:51 | 00:06:34 |
| 2468 | 10588 | ANDREIA MARINA NUNES FLORENCIO | PW RUNNING | SenioresF | 174 | 01:05:39 | 01:03:20 | 00:30:07 | 00:06:34 |
| 2469 | 9484 | José Pedro Santos Silva | INDIVIDUAL | Veterano III | 183 | 01:05:39 | 01:03:12 | 00:31:54 | 00:06:34 |
| 2470 | 8292 | Ana Catarina da Rosa Gouveia | INDIVIDUAL | SenioresF | 175 | 01:05:40 | 01:03:12 | 00:31:53 | 00:06:34 |
| 2471 | 8150 | Carla Jaime | INDIVIDUAL | Veteranas I | 34 | 01:05:40 | 01:04:57 | 00:30:55 | 00:06:34 |
| 2472 | 9776 | Mirela Lourenço | INDIVIDUAL | SenioresF | 176 | 01:05:41 | 01:01:26 | 00:29:08 | 00:06:35 |
| 2473 | 10371 | Pedro Miguel Isidoro Silvestre | INDIVIDUAL | Juniores | 74 | 01:05:41 | 01:04:58 | 00:29:41 | 00:06:35 |
| 2474 | 7973 | Inês Costa | SAPATILHAS ARDENTES | SenioresF | 178 | 01:05:41 | 01:04:14 | 00:30:36 | 00:06:35 |
| 2475 | 10594 | Tânia Alexandra Rodrigues Mendonça | INDIVIDUAL | SenioresF | 177 | 01:05:41 | 01:03:23 | 00:26:53 | 00:06:35 |
| 2476 | 7909 | CLAUDIA LOURENÇO | SS CGD | Veterano I | 295 | 01:05:42 | 01:04:41 | 00:31:32 | 00:06:35 |
| 2477 | 9506 | Idalina Madeira | Açoreana Clube Banif | Veteranas III | 17 | 01:05:42 | 01:04:28 | 00:30:49 | 00:06:35 |
| 2478 | 10595 | Sérgio Alexandre Alves Soldador | INDIVIDUAL | Seniores | 1139 | 01:05:42 | 01:03:23 | 00:26:53 | 00:06:35 |
| 2479 | 8474 | CLAUDINO RESSURREIÇÃO | IMPÉRIO BONANÇA - FIDELIDADE - MULTICARE | Veterano IV | 159 | 01:05:43 | 01:01:18 | 00:29:36 | 00:06:35 |
| 2480 | 8456 | JOÃO ALEXANDRE FERNANDES ROSSAS | ACOMP. PAULO ROSSAS | Seniores | 1140 | 01:05:43 | 01:03:57 | 00:28:23 | 00:06:35 |
| 2481 | 8342 | JOSE ANTONIO GARCIA CAMPOS | INDIVIDUAL | Veterano I | 296 | 01:05:43 | 01:04:53 | 00:31:25 | 00:06:35 |
| 2482 | 7905 | joana gabriel | SS CGD | Veterano III | 184 | 01:05:43 | 01:04:43 | 00:31:31 | 00:06:35 |
| 2483 | 8358 | TOMAS DUARTE PINHEIRO | RUN 4 FUN | Juniores | 75 | 01:05:43 | 01:04:08 | 00:28:53 | 00:06:35 |
| 2484 | 7234 | JOAQUIM MONTEIRO | PT | Veterano IV | 160 | 01:05:44 | 01:04:34 | 00:32:41 | 00:06:35 |
| 2485 | 7288 | Alexandre Silva | Pernas de Gafanoto | Seniores | 1141 | 01:05:44 | 01:04:26 | 00:29:19 | 00:06:35 |
| 2486 | 7207 | LUÍS INÁCIO | REVISTA MISTICA (IMPRESA) | Veterano I | 297 | 01:05:49 | 01:02:06 | 00:27:32 | 00:06:35 |
| 2487 | 8019 | HUGO GOMES | TECNIQUITEL | Veterano I | 298 | 01:05:49 | 01:02:39 | 00:29:07 | 00:06:35 |
| 2488 | 9316 | GILBERTO VEIGA | INDIVIDUAL | Seniores | 1142 | 01:05:49 | 01:02:21 | 00:29:04 | 00:06:35 |
| 2489 | 7155 | CARLOS MANUEL PEREIRA | INDIVIDUAL | Veterano II | 248 | 01:05:50 | 01:03:16 | 00:31:16 | 00:06:35 |
| 2490 | 8582 | INES BASTOS | JORNAL A BOLA | Veteranas II | 17 | 01:05:50 | 01:04:40 | 00:30:19 | 00:06:35 |
| 2491 | 8799 | NUNO MIGUEL PEREIRA | INSTITUTO DOS PUILOS DO EXÉRCITO | Veterano I | 299 | 01:05:53 | 01:05:53 | 00:37:51 | 00:06:36 |
| 2492 | 10643 | Delio Severino marques | INDIVIDUAL | Seniores | 1143 | 01:05:53 | 01:05:33 | 00:27:11 | 00:06:36 |
| 2493 | 9853 | Nuno Molero | INDIVIDUAL | Seniores | 1144 | 01:05:54 | 01:03:46 | 00:29:09 | 00:06:36 |
| 2494 | 7511 | Victor Manuel Rosa Ramos | INDIVIDUAL | Veterano V | 138 | 01:05:55 | 01:03:59 | 00:30:08 | 00:06:36 |
| 2495 | 10096 | JOSE LEVY BENROS | INDIVIDUAL | Veterano III | 185 | 01:05:56 | 01:05:56 | 00:39:30 | 00:06:36 |
| 2496 | 8293 | Pedro Fernando Fernandes Berlenga | INDIVIDUAL | Veterano I | 300 | 01:05:56 | 01:03:28 | | 00:06:36 |
| 2497 | 9937 | Vasco Gomes | Sport Lisboa e Benfica | Seniores | 1145 | 01:05:57 | 01:01:12 | 00:27:51 | 00:06:36 |
| 2498 | 9098 | Rafael Camilo Baiona Calado | INDIVIDUAL | Seniores | 1146 | 01:05:58 | 01:01:38 | 00:29:38 | 00:06:36 |
| 2499 | 7317 | Manuel Copeto | INDIVIDUAL | Veterano V | 139 | 01:05:59 | 01:01:37 | 00:28:30 | 00:06:36 |
| 2500 | 9248 | MARCO ALEXANDRE | ADIDAS | Seniores | 1147 | 01:06:01 | 01:03:29 | 00:31:33 | 00:06:37 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|------------------------------------|--|---------------|------|----------|----------|----------|----------|
| 2501 | 8125 | ANTÓNIO CAMPOS DE SÁ | IMPÉRIO BONANÇA - FIDELIDADE - MULTICARE | Veterano II | 249 | 01:06:01 | 01:03:31 | 00:30:44 | 00:06:37 |
| 2502 | 10593 | Luis Filipe Murraças Fulgêncio | INDIVIDUAL | Seniores | 1148 | 01:06:02 | 01:03:21 | 00:29:09 | 00:06:37 |
| 2503 | 8854 | MANUEL NARCISO | SERVIÇOS SOCIAIS MONTEPIO | Veterano II | 250 | 01:06:03 | 01:05:33 | 00:30:02 | 00:06:37 |
| 2504 | 8397 | COLIN JENNINGS | INDIVIDUAL | Veterano V | 140 | 01:06:04 | 01:05:41 | 00:32:24 | 00:06:37 |
| 2505 | 8705 | HUGO RODRIGO DE FEIJÃO E PAIVA | IMPÉRIO BONANÇA - FIDELIDADE - MULTICARE | Seniores | 1149 | 01:06:06 | 01:05:07 | 00:31:17 | 00:06:37 |
| 2506 | 9226 | JOANA CATARINA DA COSTA ANTUNES | IMPÉRIO BONANÇA - FIDELIDADE - MULTICARE | SenioresF | 179 | 01:06:06 | 01:05:08 | 00:31:17 | 00:06:37 |
| 2507 | 10079 | JOAO ROMAO SANTOS | INDIVIDUAL | Seniores | 1150 | 01:06:09 | 01:06:09 | 00:37:22 | 00:06:37 |
| 2508 | 10127 | NATALIA PINHO | INDIVIDUAL | Veteranas III | 18 | 01:06:09 | 01:06:09 | 00:40:42 | 00:06:37 |
| 2509 | 8673 | GILBERTO FARIA | THALES PORTUGAL | Seniores | 1151 | 01:06:10 | 01:05:27 | 00:29:07 | 00:06:37 |
| 2510 | 10565 | Rui Manuel Tente Belo | INDIVIDUAL | Seniores | 1152 | 01:06:10 | 01:06:10 | 00:40:43 | 00:06:37 |
| 2511 | 9109 | Cláudio Braga | INDIVIDUAL | Seniores | 1153 | 01:06:13 | 01:06:13 | 00:41:33 | 00:06:38 |
| 2512 | 9070 | Ana Paula Rocha | INDIVIDUAL | Veteranas I | 35 | 01:06:13 | 01:05:58 | 00:30:12 | 00:06:38 |
| 2513 | 8723 | JULIA GOMES | SERVIÇOS SOCIAIS DA CML | SenioresF | 180 | 01:06:14 | 01:02:48 | 00:30:15 | 00:06:38 |
| 2514 | 10826 | Nuno Silva | Malta do Rally | Seniores | 1154 | 01:06:15 | 01:06:15 | | 00:06:38 |
| 2515 | 8041 | Renato Gross | INDIVIDUAL | Seniores | 1155 | 01:06:16 | 01:02:46 | 00:28:50 | 00:06:38 |
| 2516 | 7705 | Nuno Alexandre Rodrigues Landeiro | INDIVIDUAL | Seniores | 1156 | 01:06:18 | 01:04:52 | 00:30:45 | 00:06:38 |
| 2517 | 7612 | ANTÓNIO GONÇALVES FERREIRA | CLUBE FERROVIÁRIO DE PORTUGAL | Veterano IV | 161 | 01:06:19 | 01:05:02 | 00:30:48 | 00:06:38 |
| 2518 | 7613 | ANA FERREIRA | CLUBE FERROVIÁRIO DE PORTUGAL | SenioresF | 181 | 01:06:19 | 01:05:03 | 00:30:49 | 00:06:38 |
| 2519 | 9220 | MÓNICA MIGUEIS | ALLIANZ | SenioresF | 182 | 01:06:19 | 01:03:56 | 00:31:45 | 00:06:38 |
| 2520 | 10638 | Miguel Ferreira | Papa Asfalto | Seniores | 1157 | 01:06:20 | 01:04:00 | 00:29:42 | 00:06:38 |
| 2521 | 10719 | Ana Carla da Anunciação Alfredo | INDIVIDUAL | SenioresF | 183 | 01:06:20 | 01:04:12 | 00:29:27 | 00:06:38 |
| 2522 | 9689 | VITORINO JACINTO NUNES | INDIVIDUAL | Veterano V | 141 | 01:06:20 | 01:06:02 | 00:29:58 | 00:06:38 |
| 2523 | 9216 | Ricardo Botelho | Hk Gym Team | Seniores | 1158 | 01:06:22 | 01:06:22 | 00:35:52 | 00:06:39 |
| 2524 | 8051 | ricardo maia | INDIVIDUAL | Veterano I | 301 | 01:06:22 | 01:03:52 | 00:30:47 | 00:06:39 |
| 2525 | 10462 | Joanna Paraizo | INDIVIDUAL | SenioresF | 184 | 01:06:23 | 01:02:10 | 00:30:10 | 00:06:39 |
| 2526 | 7448 | Raul Sacramento | INDIVIDUAL | Veterano II | 251 | 01:06:23 | 01:04:08 | 00:31:17 | 00:06:39 |
| 2527 | 8965 | Pedro Ferreira Henriques | INDIVIDUAL | Veterano V | 142 | 01:06:24 | 01:04:57 | 00:31:07 | 00:06:39 |
| 2528 | 7851 | JOSÉ MONTEIRO | GRUPO DESPORTIVO SANTANDER TOTTA | Veterano V | 143 | 01:06:24 | 01:05:40 | 00:30:28 | 00:06:39 |
| 2529 | 8119 | Helena Cláudia Pissarra | INDIVIDUAL | Veteranas I | 36 | 01:06:24 | 01:05:01 | 00:31:32 | 00:06:39 |
| 2530 | 9346 | JOÃO GRAÇA | AUTOCOOPE | Veterano V | 144 | 01:06:26 | 01:04:30 | 00:32:02 | 00:06:39 |
| 2531 | 10975 | Ana Catarina Ladeira da Silva | INDIVIDUAL | SenioresF | 185 | 01:06:27 | 01:04:21 | 00:31:25 | 00:06:39 |
| 2532 | 10947 | Sandro Eduardo Varagilal | INDIVIDUAL | Seniores | 1159 | 01:06:28 | 01:04:22 | 00:31:25 | 00:06:39 |
| 2533 | 9132 | Eberhard Axel WILHELM | INDIVIDUAL | Veterano V | 145 | 01:06:28 | 01:03:11 | 00:29:23 | 00:06:39 |
| 2534 | 7542 | CARLA SOFIA SANTOS CERQUEIRA | INDIVIDUAL | SenioresF | 186 | 01:06:29 | 01:06:29 | 00:39:10 | 00:06:39 |
| 2535 | 7544 | ANTÓNIO JORGE SANTO RAMOS | INDIVIDUAL | Veterano I | 302 | 01:06:30 | 01:06:30 | 00:39:07 | 00:06:39 |
| 2536 | 7175 | David Dentinho Pereira Leite | INDIVIDUAL | Seniores | 1160 | 01:06:30 | 01:01:59 | 00:28:10 | 00:06:39 |
| 2537 | 9084 | LILIANA TELO | EDP | SenioresF | 187 | 01:06:31 | 01:06:10 | 00:32:27 | 00:06:40 |
| 2538 | 10992 | Mário Lourenço Costa | INDIVIDUAL | Veterano V | 146 | 01:06:32 | 01:03:04 | 00:30:04 | 00:06:40 |
| 2539 | 9148 | JOSE RODRIGUES PAIVA FILIPE | INDIVIDUAL | Veterano V | 147 | 01:06:36 | 01:02:27 | 00:29:37 | 00:06:40 |
| 2540 | 8938 | Carlos Manuel Rodrigues Pereira | INDIVIDUAL | Veterano II | 252 | 01:06:36 | 01:04:14 | 00:31:24 | 00:06:40 |
| 2541 | 9655 | RICARDO MANUEL SILVA | EDP | Seniores | 1161 | 01:06:36 | 01:05:42 | 00:27:25 | 00:06:40 |
| 2542 | 9600 | Paulo Fernando Leão Ribeiro | INDIVIDUAL | Seniores | 1162 | 01:06:38 | 01:04:51 | 00:30:51 | 00:06:40 |
| 2543 | 7390 | JORGE MANUEL MARTINS PEREIRA LEITE | INDIVIDUAL | Veterano I | 303 | 01:06:39 | 01:03:47 | 00:29:57 | 00:06:40 |
| 2544 | 8853 | JOAQUIM MELO | SERVIÇOS SOCIAIS MONTEPIO | Veterano II | 253 | 01:06:40 | 01:05:24 | 00:31:21 | 00:06:40 |
| 2545 | 9957 | PEDRO ANDRE COELHO SANTOS MIRANDA | INDIVIDUAL | Seniores | 1163 | 01:06:41 | 01:06:41 | 00:36:37 | 00:06:41 |
| 2546 | 10130 | PEDRO CORTE-REAL SIMÕES ALBERTO | INDIVIDUAL | Seniores | 1164 | 01:06:41 | 01:03:33 | 00:33:39 | 00:06:41 |
| 2547 | 10635 | Humberto Soeima | Corridinhas para a Carola | Seniores | 1165 | 01:06:43 | 01:04:23 | 00:33:27 | 00:06:41 |
| 2548 | 8804 | RICARDO VALES | INSTITUTO DOS PUPILOS DO EXÉRCITO | Seniores | 1166 | 01:06:43 | 01:05:43 | 00:31:03 | 00:06:41 |
| 2549 | 10406 | João Correia Cordeiro | INDIVIDUAL | Seniores | 1167 | 01:06:44 | 01:01:17 | 00:28:39 | 00:06:41 |
| 2550 | 7946 | Mauricio | Asas nos Pés | Seniores | 1168 | 01:06:45 | 01:01:34 | 00:29:06 | 00:06:41 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|---|---|--------------|------|----------|----------|----------|----------|
| 2551 | 8346 | JOSE CORREIA | POPOS | Veterano III | 186 | 01:06:48 | 01:06:01 | 00:32:25 | 00:06:41 |
| 2552 | 8497 | Mário Bernardo Rodrigues da Silva Correia e Cunha | INDIVIDUAL | Veterano I | 304 | 01:06:50 | 01:06:26 | 00:29:46 | 00:06:41 |
| 2553 | 8609 | Olga Carvalho | n.a. | SenioresF | 188 | 01:06:51 | 01:04:14 | 00:31:51 | 00:06:42 |
| 2554 | 8946 | RITA ALEXANDRA DE MATOS BRAVO | INDIVIDUAL | SenioresF | 189 | 01:06:53 | 01:05:13 | 00:29:11 | 00:06:42 |
| 2555 | 7513 | MARIANA GRAÇA COSTA | INDIVIDUAL | Veteranas I | 37 | 01:06:54 | 01:05:03 | 00:30:49 | 00:06:42 |
| 2556 | 7514 | ANTONIO SANTOS | INDIVIDUAL | Veterano I | 305 | 01:06:54 | 01:05:03 | 00:30:49 | 00:06:42 |
| 2557 | 7512 | Vânia Alexandra Janeiro Martins | INDIVIDUAL | SenioresF | 190 | 01:06:54 | 01:05:04 | 00:30:50 | 00:06:42 |
| 2558 | 10421 | Joao Manuel Leite Vieira | INDIVIDUAL | Veterano III | 187 | 01:06:56 | 01:05:35 | 00:31:33 | 00:06:42 |
| 2559 | 9361 | Pedro Palrão | INDIVIDUAL | Veterano II | 254 | 01:06:57 | 01:04:57 | 00:31:26 | 00:06:42 |
| 2560 | 10530 | Yann Guezou | Breizh Ilien | Seniores | 1169 | 01:06:58 | 01:02:22 | 00:29:42 | 00:06:42 |
| 2561 | 10531 | Bertrand Le Gorgeu | Breizh Ilien | Veterano I | 306 | 01:06:58 | 01:02:22 | 00:29:40 | 00:06:42 |
| 2562 | 7389 | GUSTAVO JORGE ORNELAS LEITE | INDIVIDUAL | Juniores | 76 | 01:06:59 | 01:04:07 | 00:28:54 | 00:06:42 |
| 2563 | 10569 | NELSON FRANCISCO CORDEIRO SOUSA | INDIVIDUAL | Veterano II | 255 | 01:07:01 | 01:06:59 | 00:29:51 | 00:06:43 |
| 2564 | 7619 | MIGUEL BARATA | CLUBE FERROVIÁRIO DE PORTUGAL | Veterano I | 307 | 01:07:03 | 01:05:34 | 00:30:02 | 00:06:43 |
| 2565 | 7759 | Vitor Abranches | Falcões Selvagens | Veterano I | 308 | 01:07:03 | 01:05:18 | 00:29:33 | 00:06:43 |
| 2566 | 10296 | Rodrigo Vitor | Os xores Vitores | Seniores | 1170 | 01:07:04 | 01:04:41 | 00:30:21 | 00:06:43 |
| 2567 | 10297 | Pedro Vitor | Os xores Vitores | Seniores | 1171 | 01:07:04 | 01:04:41 | 00:30:21 | 00:06:43 |
| 2568 | 10263 | joao pedro garcia saraiva | INDIVIDUAL | Veterano II | 256 | 01:07:05 | 01:06:39 | 00:29:28 | 00:06:43 |
| 2569 | 7767 | Emanuel Acácio Santos da Silva | INDIVIDUAL | Seniores | 1172 | 01:07:07 | 01:05:48 | 00:30:50 | 00:06:43 |
| 2570 | 9556 | ANTÓNIO MORGADO | INDIVIDUAL | Seniores | 1173 | 01:07:08 | 01:05:50 | 00:39:29 | 00:06:43 |
| 2571 | 8915 | Miguel Santos Pereira | INDIVIDUAL | Seniores | 1174 | 01:07:08 | 01:06:19 | 00:29:56 | 00:06:43 |
| 2572 | 8726 | VITOR FERREIRA | SERVIÇOS SOCIAIS DA CML | Veterano V | 148 | 01:07:09 | 01:03:02 | 00:29:03 | 00:06:43 |
| 2573 | 7364 | LUIS ANTÓNIO MESQUITA FLOR | INDIVIDUAL | Veterano I | 309 | 01:07:09 | 01:06:14 | 00:30:49 | 00:06:43 |
| 2574 | 7146 | Carlos Manuel da Silva Santos | INDIVIDUAL | Veterano III | 188 | 01:07:10 | 01:06:46 | 00:31:17 | 00:06:43 |
| 2575 | 10044 | José Jesus Correia Bravo | Soluclinic, Lda | Veterano V | 149 | 01:07:11 | 01:05:58 | 00:31:43 | 00:06:44 |
| 2576 | 7536 | ricardo rodrigues | INDIVIDUAL | Seniores | 1175 | 01:07:12 | 01:04:51 | 00:31:25 | 00:06:44 |
| 2577 | 7147 | Luís Carlos Machado Santos | INDIVIDUAL | Seniores | 1176 | 01:07:12 | 01:06:48 | 00:31:16 | 00:06:44 |
| 2578 | 7327 | Sandra Figueiredo | INDIVIDUAL | Veteranas I | 38 | 01:07:13 | 01:06:32 | 00:31:22 | 00:06:44 |
| 2579 | 7114 | MAIKE BALTNER | INDIVIDUAL | SenioresF | 191 | 01:07:14 | 01:03:09 | 00:30:20 | 00:06:44 |
| 2580 | 10224 | Vitor Quelhas | INDIVIDUAL | Seniores | 1177 | 01:07:15 | 01:04:08 | 00:29:47 | 00:06:44 |
| 2581 | 10950 | Pedro Luís Silveira Duarte | INDIVIDUAL | Seniores | 1178 | 01:07:15 | 01:06:04 | 00:29:50 | 00:06:44 |
| 2582 | 8421 | ANDRE MARQUES | INDIVIDUAL | Seniores | 1179 | 01:07:20 | 01:05:25 | 00:31:41 | 00:06:44 |
| 2583 | 7295 | CARLOS JORGE CARVALHO MORAIS | INDIVIDUAL | Seniores | 1180 | 01:07:20 | 01:06:25 | 00:31:45 | 00:06:44 |
| 2584 | 10440 | João Francisco Marques Almeida Oliveira | INDIVIDUAL | Seniores | 1181 | 01:07:20 | 01:03:01 | 00:30:49 | 00:06:44 |
| 2585 | 10386 | Rui Daniel Alves Romão | INDIVIDUAL | Seniores | 1182 | 01:07:20 | 01:05:08 | 00:30:26 | 00:06:44 |
| 2586 | 7348 | Rui Grancho | Globlec, Comércio de Materiais Eléctricos, Lda. | Seniores | 1183 | 01:07:21 | 01:05:40 | 00:30:06 | 00:06:45 |
| 2587 | 10589 | Fernando Pereira | INDIVIDUAL | Veterano I | 310 | 01:07:21 | 01:05:51 | 00:30:44 | 00:06:45 |
| 2588 | 9211 | Rui sousa | Hk Gym Team | Seniores | 1184 | 01:07:21 | 01:07:21 | 00:36:46 | 00:06:45 |
| 2589 | 9978 | ANA CRISTINA FRUTUOSO | INDIVIDUAL | SenioresF | 192 | 01:07:22 | 01:06:39 | 00:29:01 | 00:06:45 |
| 2590 | 9401 | Carla Reis | INDIVIDUAL | SenioresF | 193 | 01:07:23 | 01:05:30 | 00:31:58 | 00:06:45 |
| 2591 | 9402 | Hugo Maximiano | INDIVIDUAL | Seniores | 1185 | 01:07:23 | 01:05:29 | 00:31:58 | 00:06:45 |
| 2592 | 8113 | JOSÉ SOUSA | HPP SAÚDE - HOSPITAL DOS LUSÍADAS | Veterano III | 189 | 01:07:24 | 01:02:16 | 00:30:25 | 00:06:45 |
| 2593 | 8101 | PEDRO RODRIGUES | HPP SAÚDE - HOSPITAL DOS LUSÍADAS | Seniores | 1186 | 01:07:24 | 01:04:36 | 00:32:45 | 00:06:45 |
| 2594 | 8734 | Pedro Jorge Guarda Filipe Vieira | INDIVIDUAL | Seniores | 1187 | 01:07:25 | 01:06:03 | 00:30:33 | 00:06:45 |
| 2595 | 8109 | GRAÇA MARIA LEAL ENGUIÇA | HPP SAÚDE - HOSPITAL DOS LUSÍADAS | Veteranas I | 39 | 01:07:25 | 01:04:38 | 00:32:47 | 00:06:45 |
| 2596 | 8742 | João Carlos Borba Curvelo | INDIVIDUAL | Seniores | 1188 | 01:07:25 | 01:07:25 | 00:41:05 | 00:06:45 |
| 2597 | 8512 | ALEXANDRE CAETANO | INDIVIDUAL | Veterano I | 311 | 01:07:27 | 01:05:44 | 00:32:10 | 00:06:45 |
| 2598 | 7597 | MANUEL MARTINS ALVES ASCENSAO | CLUBE MILLENNIUM BCP | Veterano V | 150 | 01:07:27 | 01:06:45 | 00:31:40 | 00:06:45 |
| 2599 | 9586 | Andreia Filipa carrondo Boavida Pina | INDIVIDUAL | SenioresF | 194 | 01:07:27 | 01:06:01 | 00:31:14 | 00:06:45 |
| 2600 | 10435 | MIGUEL DA CRUZ SILVA | INDIVIDUAL | Seniores | 1189 | 01:07:29 | 01:05:23 | 00:30:46 | 00:06:45 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|---------------------------------------|--|---------------|------|----------|----------|----------|----------|
| 2601 | 7002 | PEDRO GOMES | AMIGOS DO PRESIDENTE | Seniores | 1190 | 01:07:29 | | | 00:06:45 |
| 2602 | 9301 | NATALIA LIMA | AMIGOS DO ATLETISMO DA MOITA | Veteranas III | 19 | 01:07:30 | 01:06:53 | 00:32:42 | 00:06:45 |
| 2603 | 8511 | TELMA SOUSA | INDIVIDUAL | SenioresF | 195 | 01:07:31 | 01:05:48 | 00:32:10 | 00:06:46 |
| 2604 | 8848 | ANA PAIXÃO | SERVIÇOS SOCIAIS MONTEPIO | Veteranas I | 40 | 01:07:32 | 01:06:23 | 00:31:54 | 00:06:46 |
| 2605 | 10661 | Ricardo Filipe Quintã Costa | INDIVIDUAL | Seniores | 1191 | 01:07:32 | 01:05:37 | 00:29:42 | 00:06:46 |
| 2606 | 10581 | JOÃO MANUEL MARQUES MOREIRA | IMPÉRIO BONANÇA - FIDELIDADE - MULTICARE | Veterano II | 257 | 01:07:32 | 01:06:56 | 00:29:04 | 00:06:46 |
| 2607 | 10422 | João Pedro Costa | INDIVIDUAL | Seniores | 1192 | 01:07:33 | 01:06:53 | 00:31:01 | 00:06:46 |
| 2608 | 9926 | PATRICIA REIS | IMPRESA | SenioresF | 196 | 01:07:38 | 01:06:40 | 00:32:59 | 00:06:46 |
| 2609 | 9924 | ANABELA RODRIGUES | IMPRESA | SenioresF | 197 | 01:07:38 | 01:06:41 | 00:32:59 | 00:06:46 |
| 2610 | 9500 | JOAO PEDRO CASTELEIRA | CAIXA GERAL DE DEPOSITOS CORPORATE CLUB | Seniores | 1193 | 01:07:39 | 01:06:39 | 00:31:26 | 00:06:46 |
| 2611 | 10208 | Daniel Oliveira | INDIVIDUAL | Seniores | 1194 | 01:07:41 | 01:07:01 | 00:30:43 | 00:06:47 |
| 2612 | 7396 | PAULO LOURENÇO | INDIVIDUAL | Veterano II | 258 | 01:07:42 | 01:05:58 | 00:30:03 | 00:06:47 |
| 2613 | 8280 | João Pinto | Amigos do Desporto | Veterano I | 312 | 01:07:43 | 01:03:15 | 00:30:05 | 00:06:47 |
| 2614 | 9723 | FERNANDO MANUEL CASTELEIRA | CAIXA GERAL DE DEPOSITOS CORPORATE CLUB | Veterano III | 190 | 01:07:43 | 01:06:42 | 00:31:27 | 00:06:47 |
| 2615 | 8679 | LÚIS FERNANDO LOPES ÁLVARO | THALES PORTUGAL | Seniores | 1195 | 01:07:45 | 01:07:45 | 00:41:10 | 00:06:47 |
| 2616 | 8677 | HÉLIO GIRÃO | THALES PORTUGAL | Veterano II | 259 | 01:07:45 | 01:07:45 | 00:41:10 | 00:06:47 |
| 2617 | 7970 | Paula Carvalhinho | SAPATILHAS ARDENTES | SenioresF | 198 | 01:07:46 | 01:06:17 | 00:30:35 | 00:06:47 |
| 2618 | 7144 | Maria Manuel Campos | INDIVIDUAL | SenioresF | 199 | 01:07:47 | 01:05:22 | 00:29:31 | 00:06:47 |
| 2619 | 8950 | Rui Manuel da Silva Pereira | INDIVIDUAL | Veterano I | 313 | 01:07:47 | 01:07:11 | 00:31:27 | 00:06:47 |
| 2620 | 8847 | Célia Corte | INDIVIDUAL | SenioresF | 200 | 01:07:47 | 01:06:47 | 00:32:32 | 00:06:47 |
| 2621 | 9561 | LUIS FERNANDES | TABAQUEIRA | Veterano V | 151 | 01:07:48 | 01:06:51 | 00:32:50 | 00:06:47 |
| 2622 | 10854 | Livia Maciel Sena | INDIVIDUAL | SenioresF | 201 | 01:07:48 | 01:05:33 | 00:31:57 | 00:06:47 |
| 2623 | 10853 | Frederico António Zagalo | INDIVIDUAL | Seniores | 1196 | 01:07:48 | 01:05:33 | 00:31:57 | 00:06:47 |
| 2624 | 10763 | Maria Manel Abreu Santos | INDIVIDUAL | Veteranas III | 20 | 01:07:51 | 01:07:42 | 00:31:18 | 00:06:48 |
| 2625 | 10762 | Albertino Santos | INDIVIDUAL | Veterano V | 152 | 01:07:52 | 01:07:44 | 00:31:20 | 00:06:48 |
| 2626 | 8956 | JOSE AUGUSTO ANTUNES | INDIVIDUAL | Veterano IV | 162 | 01:07:52 | 01:07:52 | 00:38:34 | 00:06:48 |
| 2627 | 10577 | SILVESTRE CARVALHO RITO | INDIVIDUAL | Veterano IV | 163 | 01:07:54 | 01:03:30 | 00:30:02 | 00:06:48 |
| 2628 | 8527 | SANDRA LETRAS | INDIVIDUAL | SenioresF | 202 | 01:07:55 | 01:06:46 | 00:31:45 | 00:06:48 |
| 2629 | 7659 | Joana Marques Lourenço | INDIVIDUAL | SenioresF | 203 | 01:07:55 | 01:05:37 | 00:30:20 | 00:06:48 |
| 2630 | 7663 | TIAGO ANDRE SILVA | INDIVIDUAL | Seniores | 1197 | 01:07:56 | 01:07:56 | 00:42:10 | 00:06:48 |
| 2631 | 9980 | LUIS MIGUEL JORGE FREIRE | INDIVIDUAL | Veterano I | 314 | 01:07:57 | 01:07:13 | 00:31:47 | 00:06:48 |
| 2632 | 7395 | JOÃO PAULO LOURENÇO | INDIVIDUAL | Seniores | 1198 | 01:07:58 | 01:06:16 | 00:29:06 | 00:06:48 |
| 2633 | 10253 | Natalia Lopes | INDIVIDUAL | Veteranas III | 21 | 01:07:59 | 01:07:16 | 00:32:12 | 00:06:48 |
| 2634 | 9747 | Rute Fernandes | Run4Fun | SenioresF | 204 | 01:07:59 | 01:06:32 | 00:32:33 | 00:06:48 |
| 2635 | 10227 | José Manuel Borges Carvalho | INDIVIDUAL | Seniores | 1199 | 01:07:59 | 01:05:20 | 00:30:34 | 00:06:48 |
| 2636 | 9728 | Tânia Carina da Sá Nunes Lamego | INDIVIDUAL | Seniores | 1200 | 01:08:04 | 01:07:50 | 00:33:40 | 00:06:49 |
| 2637 | 8250 | LÁZARO DE CARVALHO ANDRÉ | INDIVIDUAL | Veterano V | 153 | 01:08:04 | 01:07:53 | 00:31:02 | 00:06:49 |
| 2638 | 8830 | Sónia Cristina Andrade Vieira | INDIVIDUAL | SenioresF | 205 | 01:08:08 | 01:07:05 | 00:31:04 | 00:06:49 |
| 2639 | 9936 | Manuel Coelho | Sport Lisboa e Benfica | Veterano I | 315 | 01:08:12 | 01:05:46 | 00:28:54 | 00:06:50 |
| 2640 | 7162 | Sofia Batista | Blade Runners | Veterano I | 316 | 01:08:12 | 01:06:38 | 00:31:14 | 00:06:50 |
| 2641 | 9835 | Paulo César da Costa Pinto de Almeida | INDIVIDUAL | Seniores | 1201 | 01:08:13 | 01:07:53 | 00:32:06 | 00:06:50 |
| 2642 | 8640 | ANDRE SILVA | JAZZY LIFE CLUB | Seniores | 1202 | 01:08:14 | 01:08:14 | 00:38:08 | 00:06:50 |
| 2643 | 8333 | JOANA FERREIRA DE SOUSA | COTRIM DE FIGUEIREDO | SenioresF | 206 | 01:08:15 | 01:07:23 | 00:32:31 | 00:06:50 |
| 2644 | 8345 | MONICA PEREIRA | POPOS | SenioresF | 207 | 01:08:16 | 01:06:36 | 00:34:12 | 00:06:50 |
| 2645 | 8416 | JORGE SIMAO | INDIVIDUAL | Veterano IV | 164 | 01:08:16 | 01:02:53 | 00:30:38 | 00:06:50 |
| 2646 | 8945 | DANIEL CHA-CHA BAETA | INDIVIDUAL | Veterano V | 154 | 01:08:17 | 01:06:42 | 00:30:07 | 00:06:50 |
| 2647 | 9771 | João Carlos dos Santos Gomes | INDIVIDUAL | Seniores | 1203 | 01:08:18 | 01:07:38 | 00:31:48 | 00:06:50 |
| 2648 | 9772 | JORGE MIGUEL SANTOS GOMES | INDIVIDUAL | Seniores | 1204 | 01:08:18 | 01:07:39 | 00:31:48 | 00:06:50 |
| 2649 | 8973 | João Daniel Rodrigues Gonçalves | Basiliscos Sport Clube | Seniores | 1205 | 01:08:19 | 01:06:35 | 00:29:23 | 00:06:50 |
| 2650 | 9349 | ROSA MARIA ROLO FALARDO | INDIVIDUAL | Veteranas II | 18 | 01:08:20 | 01:06:31 | 00:30:40 | 00:06:50 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|--|--|--------------|------|----------|----------|----------|----------|
| 2651 | 7961 | Reinaldo Mateus | Asas nos Pés | Veterano III | 191 | 01:08:20 | 01:06:20 | 00:31:47 | 00:06:50 |
| 2652 | 8900 | ALICE DEMONY MATOS DA SILVA | INDIVIDUAL | SenioresF | 208 | 01:08:20 | 01:07:30 | 00:31:17 | 00:06:50 |
| 2653 | 8990 | Rui Fialho | INDIVIDUAL | Seniores | 1206 | 01:08:21 | 01:07:28 | 00:30:28 | 00:06:51 |
| 2654 | 8328 | JAIME VALENTE MATIAS | INDIVIDUAL | Veterano V | 155 | 01:08:23 | 01:05:11 | 00:31:04 | 00:06:51 |
| 2655 | 8327 | ANTONIO BATISTA NUNES | INDIVIDUAL | Veterano V | 156 | 01:08:23 | 01:05:11 | 00:31:04 | 00:06:51 |
| 2656 | 9210 | Mario Rato | Hk Gym Team | Seniores | 1207 | 01:08:25 | 01:08:25 | 00:40:36 | 00:06:51 |
| 2657 | 7570 | MARIA JOAO D MOURAO LOURENCO | CLUBE MILLENNIUM BCP | Veteranas II | 19 | 01:08:26 | 01:06:03 | 00:32:08 | 00:06:51 |
| 2658 | 8976 | ANTONIO F P NOGUEIRA | INDIVIDUAL | Veterano I | 317 | 01:08:26 | 01:08:26 | 00:42:08 | 00:06:51 |
| 2659 | 9183 | Bruno Miguel Borges Figueiredo | INDIVIDUAL | Seniores | 1208 | 01:08:27 | 01:08:27 | 00:42:08 | 00:06:51 |
| 2660 | 7710 | ANA RITA MARQUES TRAVASSOS | INDIVIDUAL | SenioresF | 209 | 01:08:27 | 01:07:05 | 00:31:14 | 00:06:51 |
| 2661 | 9746 | Pedro Ribeiro | Run4Fun | Seniores | 1209 | 01:08:30 | 01:07:02 | 00:32:32 | 00:06:51 |
| 2662 | 10133 | MARIANA CORDEIRO | INDIVIDUAL | SenioresF | 210 | 01:08:30 | 01:06:06 | 00:33:55 | 00:06:51 |
| 2663 | 10383 | Maria Inês Maia Monteiro da Costa | INDIVIDUAL | Seniores | 1210 | 01:08:31 | 01:07:51 | 00:31:00 | 00:06:52 |
| 2664 | 10443 | Rui Miguel Varela Gonçalves | INDIVIDUAL | Veterano I | 318 | 01:08:32 | 01:07:53 | 00:31:01 | 00:06:52 |
| 2665 | 9225 | Jorge Oliveira | CLUBE DO MESTRE KITANGA | Seniores | 1211 | 01:08:32 | 01:06:12 | 00:34:19 | 00:06:52 |
| 2666 | 10654 | João Branco Barbacena | INDIVIDUAL | Juniores | 77 | 01:08:34 | 01:07:50 | 00:29:42 | 00:06:52 |
| 2667 | 7480 | José António Pereira Lopes | INDIVIDUAL | Veterano I | 319 | 01:08:34 | 01:07:39 | 00:29:57 | 00:06:52 |
| 2668 | 9036 | RUTE MORNA | SERVIÇOS SOCIAIS MONTEPIO | SenioresF | 211 | 01:08:36 | 01:07:43 | 00:35:56 | 00:06:52 |
| 2669 | 10434 | DAVID MANUEL SERRAS SABINO | INDIVIDUAL | Seniores | 1212 | 01:08:37 | 01:06:31 | 00:30:45 | 00:06:52 |
| 2670 | 8558 | Agapito Belga | C.A. Amigos Parque da Paz | Veterano V | 157 | 01:08:40 | 01:07:49 | 00:31:44 | 00:06:52 |
| 2671 | 7795 | Nelson Nunes | Grupo de Apoio a Samuel Barata | Seniores | 1213 | 01:08:40 | 01:08:40 | 00:37:20 | 00:06:52 |
| 2672 | 9973 | Teresa Margarida do Souto Félix | INDIVIDUAL | SenioresF | 212 | 01:08:41 | 01:08:41 | 00:35:23 | 00:06:53 |
| 2673 | 7776 | Paulo Jorge Marques da Silva Leitão | INDIVIDUAL | Seniores | 1214 | 01:08:42 | 01:08:42 | 00:36:16 | 00:06:53 |
| 2674 | 9403 | João Pinto Teixeira Vilas-Boas | INDIVIDUAL | Seniores | 1215 | 01:08:42 | 01:08:42 | 00:39:31 | 00:06:53 |
| 2675 | 10403 | Marco Cruz | Recreativo de Alvorada | Seniores | 1216 | 01:08:43 | 01:06:26 | 00:32:52 | 00:06:53 |
| 2676 | 8934 | António Gaspar | Grupo Desportivo Imprensa Nacional Casa da moeda | Veterano V | 158 | 01:08:43 | 01:06:32 | 00:30:52 | 00:06:53 |
| 2677 | 9691 | Nuno Meireles Gomes | INDIVIDUAL | Seniores | 1217 | 01:08:44 | 01:08:44 | 00:33:47 | 00:06:53 |
| 2678 | 8383 | PAULO ALEXANDRE MOTA CALDEIRINHA | INDIVIDUAL | Veterano I | 320 | 01:08:45 | 01:05:14 | 00:32:34 | 00:06:53 |
| 2679 | 7433 | Pedro Miguel Garcia Duarte | INDIVIDUAL | Seniores | 1218 | 01:08:46 | 01:07:09 | 00:31:07 | 00:06:53 |
| 2680 | 7859 | SILVIA TEIXEIRA | GRUPO DESPORTIVO SANTANDER TOTTA | SenioresF | 213 | 01:08:47 | 01:08:47 | 00:35:31 | 00:06:53 |
| 2681 | 8953 | FERNANDO BORGES | INDIVIDUAL | Veterano II | 260 | 01:08:51 | 01:08:51 | | 00:06:54 |
| 2682 | 7220 | JOÃO MIGUEL SANCHES FERNANDES | INDIVIDUAL | Juniores | 78 | 01:08:53 | 01:08:08 | 00:32:50 | 00:06:54 |
| 2683 | 10470 | JOSE ANTONIO ROSA | INDIVIDUAL | Veterano IV | 165 | 01:08:54 | 01:04:11 | 00:31:41 | 00:06:54 |
| 2684 | 10335 | Sonia Maria Veiga Rio Carvalho Agostinho | INDIVIDUAL | Veteranas I | 42 | 01:08:55 | 01:08:03 | 00:31:16 | 00:06:54 |
| 2685 | 10334 | Helena Moreira | INDIVIDUAL | Veteranas I | 41 | 01:08:55 | 01:08:03 | 00:31:16 | 00:06:54 |
| 2686 | 7072 | Gustavo Augusto Dinis | INDIVIDUAL | Seniores | 1219 | 01:08:55 | 01:07:39 | 00:30:11 | 00:06:54 |
| 2687 | 10009 | Rui Hermes Martins Fernandes Nunes | INDIVIDUAL | Veterano IV | 166 | 01:08:56 | 01:08:10 | 00:31:03 | 00:06:54 |
| 2688 | 8539 | LIDIA AMÉLIA M. F. DE G. JORGE | INDIVIDUAL | SenioresF | 214 | 01:08:56 | 01:06:04 | 00:31:33 | 00:06:54 |
| 2689 | 10702 | Masayuki Kibe | INDIVIDUAL | Seniores | 1220 | 01:08:56 | 01:08:56 | 00:42:30 | 00:06:54 |
| 2690 | 10468 | CARLOS SILVA | INDIVIDUAL | Veterano V | 159 | 01:08:57 | 01:08:57 | | 00:06:54 |
| 2691 | 7559 | BERNARDO JOSE ALEIXO PARAIBA | CLUBE MILLENNIUM BCP | Veterano IV | 167 | 01:08:57 | 01:07:05 | 00:34:06 | 00:06:54 |
| 2692 | 8668 | ANIBAL LOUREIRO | JAZZY LIFE CLUB | Veterano III | 192 | 01:08:59 | 01:08:53 | 00:48:11 | 00:06:54 |
| 2693 | 8823 | PAULO JORGE PEREIRA TIMÓTEO | INDIVIDUAL | Seniores | 1221 | 01:09:00 | 01:07:44 | 00:31:27 | 00:06:54 |
| 2694 | 7436 | Jaime Pardal | Carapaus de Corrida | Veterano I | 321 | 01:09:03 | 01:09:03 | 00:35:16 | 00:06:55 |
| 2695 | 7438 | Agostinho Dias | Carapaus de Corrida | Veterano II | 261 | 01:09:03 | 01:09:03 | 00:35:16 | 00:06:55 |
| 2696 | 10599 | Paulo Filipe Rodrigues Fernandes | INDIVIDUAL | Seniores | 1222 | 01:09:05 | 01:09:05 | 00:35:48 | 00:06:55 |
| 2697 | 7704 | Alberto Carlos de Aguiar Ramos | INDIVIDUAL | Veterano V | 160 | 01:09:05 | 01:07:07 | 00:31:45 | 00:06:55 |
| 2698 | 7953 | Conceição Cunha | Asas nos Pés | Veteranas II | 20 | 01:09:05 | 01:07:06 | 00:31:45 | 00:06:55 |
| 2699 | 10475 | João Vieira | INDIVIDUAL | Juniores | 79 | 01:09:09 | 01:08:27 | 00:32:57 | 00:06:55 |
| 2700 | 9058 | Arnaldo Pereira Gonçalves Frade | INDIVIDUAL | Veterano II | 262 | 01:09:09 | 01:09:09 | 00:39:10 | 00:06:55 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|--|--|--------------|------|----------|----------|----------|----------|
| 2701 | 7555 | MARCELINO JOAO F BARRETO | CLUBE MILLENNIUM BCP | Veterano II | 263 | 01:09:10 | 01:08:22 | 00:33:33 | 00:06:55 |
| 2702 | 7884 | Ricardo Nicolau | Amigos Vale Silencio | Seniores | 1223 | 01:09:10 | 01:05:59 | 00:30:40 | 00:06:55 |
| 2703 | 10431 | MANUEL ANUNCIAÇÃO | INDIVIDUAL | Veterano III | 193 | 01:09:11 | 01:09:11 | 00:39:09 | 00:06:56 |
| 2704 | 8055 | BRUNO AZEVEDO | HPP SAÚDE - HOSPITAL DOS LUSÍADAS | Seniores | 1224 | 01:09:12 | 01:07:28 | 00:30:31 | 00:06:56 |
| 2705 | 8936 | Luis de Matos | Grupo Desportivo Imprensa Nacional Casa da moeda | Juniores | 80 | 01:09:13 | 01:04:49 | 00:30:49 | 00:06:56 |
| 2706 | 8927 | Rita Lopes | Grupo Desportivo Imprensa Nacional Casa da moeda | SenioresF | 215 | 01:09:13 | 01:09:08 | 00:30:47 | 00:06:56 |
| 2707 | 7761 | Rui Oliveira | Falcões Selvagens | Veterano II | 264 | 01:09:13 | 01:08:47 | 00:33:07 | 00:06:56 |
| 2708 | 9806 | OLGA LUCAS | INSTITUTO DOS PUPILOS DO EXÉRCITO | SenioresF | 216 | 01:09:16 | 01:03:47 | 00:30:08 | 00:06:56 |
| 2709 | 8537 | INÊS GONÇALVES E SALES | INDIVIDUAL | SenioresF | 217 | 01:09:16 | 01:09:01 | 00:32:34 | 00:06:56 |
| 2710 | 10960 | Vasco Manuel dos Santos Tavares | INDIVIDUAL | Veterano I | 322 | 01:09:18 | 01:09:18 | 00:40:54 | 00:06:56 |
| 2711 | 10903 | Nuno Tiago de Cintra Vinhas Figueiredo | INDIVIDUAL | Seniores | 1225 | 01:09:21 | 01:09:21 | 00:40:39 | 00:06:57 |
| 2712 | 8925 | João Francisco Ramos de Oliveira | INDIVIDUAL | Veterano II | 265 | 01:09:23 | 01:07:29 | 00:29:42 | 00:06:57 |
| 2713 | 9415 | Nelson Cabaço | Açoreana Clube Banif | Seniores | 1226 | 01:09:24 | 01:04:55 | 00:32:53 | 00:06:57 |
| 2714 | 9096 | Ana Cajada | LINK | SenioresF | 218 | 01:09:24 | 01:04:58 | 00:30:26 | 00:06:57 |
| 2715 | 9400 | Filipa Isabel Moreira Carioca | INDIVIDUAL | SenioresF | 219 | 01:09:25 | 01:05:49 | 00:31:11 | 00:06:57 |
| 2716 | 8382 | PEDRO LOPES | INDIVIDUAL | Veterano I | 323 | 01:09:27 | 01:05:56 | 00:32:35 | 00:06:57 |
| 2717 | 7355 | Nuno Sobral | INDIVIDUAL | Seniores | 1227 | 01:09:27 | 01:05:55 | 00:32:34 | 00:06:57 |
| 2718 | 7465 | Hugo Manuel Rodrigues Vicente | INDIVIDUAL | Seniores | 1228 | 01:09:29 | 01:09:29 | 00:42:50 | 00:06:57 |
| 2719 | 9758 | Carlos Bruno Baptista Marcos | INDIVIDUAL | Juniores | 81 | 01:09:30 | 01:07:25 | 00:31:24 | 00:06:57 |
| 2720 | 10841 | Fernando | INDIVIDUAL | Seniores | 1229 | 01:09:31 | 01:09:31 | 00:43:03 | 00:06:58 |
| 2721 | 10101 | TIAGO VAZ | INDIVIDUAL | Seniores | 1230 | 01:09:31 | 01:09:31 | 00:42:03 | 00:06:58 |
| 2722 | 10532 | Yann Bienvenu | Breizh Ilien | Veterano I | 324 | 01:09:31 | 01:04:56 | 00:29:44 | 00:06:58 |
| 2723 | 9091 | CARLOS ADRIANO B. MARTINS | INDIVIDUAL | Veterano I | 325 | 01:09:32 | 01:09:18 | 00:31:16 | 00:06:58 |
| 2724 | 7936 | MILTON BATISTA | PHILIPS PORTUGAL | Seniores | 1231 | 01:09:33 | 01:09:33 | 00:36:58 | 00:06:58 |
| 2725 | 7182 | Rui Alexandre Balola Lopes | INDIVIDUAL | Seniores | 1232 | 01:09:33 | 01:07:57 | 00:30:43 | 00:06:58 |
| 2726 | 9868 | joao rosa soares galamba | INDIVIDUAL | Veterano IV | 168 | 01:09:36 | 01:09:18 | 00:31:49 | 00:06:58 |
| 2727 | 8481 | MIGUEL FERNANDES DA SILVA | INDIVIDUAL | Veterano V | 161 | 01:09:37 | 01:08:57 | 00:33:41 | 00:06:58 |
| 2728 | 9897 | RICARDO MANUEL LOPES TOMÉ | INDIVIDUAL | Seniores | 1233 | 01:09:38 | 01:09:34 | 00:31:28 | 00:06:58 |
| 2729 | 10999 | luis jacob | INDIVIDUAL | Veterano I | 326 | 01:09:38 | 01:09:38 | 00:38:13 | 00:06:58 |
| 2730 | 11000 | Mário dos Santos Martins | INDIVIDUAL | Seniores | 1234 | 01:09:38 | 01:09:38 | 00:38:13 | 00:06:58 |
| 2731 | 9890 | Carlos Manuel Moniz da Luz | INDIVIDUAL | Seniores | 1235 | 01:09:39 | 01:09:23 | 00:31:43 | 00:06:58 |
| 2732 | 9889 | Fernanda Maria da Costa Roxo | INDIVIDUAL | SenioresF | 220 | 01:09:40 | 01:09:26 | 00:31:45 | 00:06:58 |
| 2733 | 10480 | Gonçalo Henriques Bernardes da Costa | INDIVIDUAL | Seniores | 1236 | 01:09:40 | 01:09:40 | 00:40:18 | 00:06:58 |
| 2734 | 10877 | Maria Nunes | Casa das Ratas - Tomar | SenioresF | 221 | 01:09:41 | 01:07:26 | 00:32:37 | 00:06:59 |
| 2735 | 7976 | EDUARDO MARQUES | SLB GINÁSTICA - MADRUGADORES | Veterano V | 162 | 01:09:42 | 01:06:36 | 00:29:26 | 00:06:59 |
| 2736 | 8217 | Carlos Alberto Vieira Pedro | INDIVIDUAL | Veterano V | 163 | 01:09:44 | 01:08:59 | 00:30:22 | 00:06:59 |
| 2737 | 8575 | JOAO PIMPIM | JORNAL A BOLA | Seniores | 1237 | 01:09:44 | 01:06:58 | 00:32:54 | 00:06:59 |
| 2738 | 10991 | Filipe Santos | INVICTUS | Seniores | 1238 | 01:09:45 | 01:09:45 | 00:42:37 | 00:06:59 |
| 2739 | 7452 | VITOR SILVEIRA | INDIVIDUAL | Veterano I | 327 | 01:09:45 | 01:09:45 | 00:42:20 | 00:06:59 |
| 2740 | 9935 | Carla Bandeira | Sport Lisboa e Benfica | SenioresF | 222 | 01:09:47 | 01:04:59 | 00:31:27 | 00:06:59 |
| 2741 | 8429 | Miguel Batel | INDIVIDUAL | Seniores | 1239 | 01:09:49 | 01:09:05 | 00:31:03 | 00:06:59 |
| 2742 | 10013 | CARLOS DUARTE | COLABORADOR SLB GESTÃO PROJETOS | Veterano II | 266 | 01:09:49 | 01:07:21 | 00:31:12 | 00:06:59 |
| 2743 | 7983 | CRISTIANO COELHO SOARES | FUND BOX | Seniores | 1240 | 01:09:51 | 01:04:26 | 00:27:56 | 00:07:00 |
| 2744 | 10488 | Rui Manuel dos Santos Alexandre | INDIVIDUAL | Seniores | 1241 | 01:09:53 | 01:08:30 | 00:31:22 | 00:07:00 |
| 2745 | 10057 | FERNANDO LEO | WIKABOO | Veterano II | 267 | 01:09:54 | 01:08:43 | 00:31:41 | 00:07:00 |
| 2746 | 8336 | JOÃO COTRIM DE FIGUEIREDO | COTRIM DE FIGUEIREDO | Veterano III | 194 | 01:09:57 | 01:09:04 | 00:32:31 | 00:07:00 |
| 2747 | 7605 | RICARDO LOPES | JSRAUTOMOVEIS | Veterano II | 268 | 01:09:57 | 01:08:23 | 00:31:35 | 00:07:00 |
| 2748 | 9619 | JOAO MIGUEL SIMOES LOURENÇO | INDIVIDUAL | Seniores | 1242 | 01:09:59 | 01:04:27 | 00:30:06 | 00:07:00 |
| 2749 | 9326 | Patrícia Alexandra Dos Santos Antunes | INDIVIDUAL | SenioresF | 223 | 01:10:01 | 01:07:35 | 00:31:55 | 00:07:01 |
| 2750 | 10564 | Nuno Miguel dos Santos Bastos | INDIVIDUAL | Seniores | 1243 | 01:10:04 | 01:08:34 | 00:29:06 | 00:07:01 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|--------------------------------------|-----------------------------------|---------------|------|----------|----------|----------|----------|
| 2751 | 8069 | DOMINGOS SOARES DE OLIVEIRA | SAD BENFICA | Veterano III | 195 | 01:10:04 | 01:08:10 | 00:30:38 | 00:07:01 |
| 2752 | 9373 | Bruno Miguel Lopes Borges Settas | INDIVIDUAL | Seniores | 1244 | 01:10:07 | 01:08:23 | 00:31:50 | 00:07:01 |
| 2753 | 9178 | Maria Teresa Martins | Mae e Filha | Veteranas III | 22 | 01:10:07 | 01:08:58 | 00:30:42 | 00:07:01 |
| 2754 | 7279 | JOÃO GARCIA | CAIXA - BANCO DE INVESTIMENTO, SA | Veterano I | 328 | 01:10:07 | 01:10:07 | 00:38:57 | 00:07:01 |
| 2755 | 9003 | FERNANDO JOSÉ DE CARVALHO CASTIM | INDIVIDUAL | Veterano I | 329 | 01:10:09 | 01:05:56 | 00:30:48 | 00:07:01 |
| 2756 | 9998 | EDGAR HUGO GOMES LEAL REINHARDT | INDIVIDUAL | Veterano I | 330 | 01:10:13 | 01:07:58 | 00:32:33 | 00:07:02 |
| 2757 | 8682 | Pedro Gil | Run Pedro Run | Seniores | 1245 | 01:10:15 | 01:08:41 | 00:31:20 | 00:07:02 |
| 2758 | 7294 | RICARDO JESUS RODRIGUES CARVALHO | INDIVIDUAL | Seniores | 1246 | 01:10:25 | 01:09:30 | 00:31:46 | 00:07:03 |
| 2759 | 8642 | JOÃO SERODIO | JAZZY LIFE CLUB | Veterano V | 164 | 01:10:26 | 01:10:16 | 00:31:47 | 00:07:03 |
| 2760 | 7602 | JOEL REIS | JSRAUTOMOVEIS | Seniores | 1247 | 01:10:28 | 01:08:55 | 00:34:23 | 00:07:03 |
| 2761 | 7603 | CELIA SILVA | JSRAUTOMOVEIS | Veteranas I | 43 | 01:10:28 | 01:08:55 | 00:34:20 | 00:07:03 |
| 2762 | 7601 | ANA OLIVEIRA | JSRAUTOMOVEIS | SenioresF | 224 | 01:10:28 | 01:08:55 | 00:34:22 | 00:07:03 |
| 2763 | 10267 | Cláudia Regina Matias Cardim | INDIVIDUAL | SenioresF | 225 | 01:10:30 | 01:08:21 | 00:30:43 | 00:07:03 |
| 2764 | 7932 | JOANA RIBEIRO | PHILIPS PORTUGAL | SenioresF | 226 | 01:10:31 | 01:10:31 | 00:37:52 | 00:07:04 |
| 2765 | 7948 | Marisela Sousa | Asas nos Pés | SenioresF | 227 | 01:10:33 | 01:10:33 | 00:37:52 | 00:07:04 |
| 2766 | 7417 | Jorge Manuel Santos Mosteias | INDIVIDUAL | Veterano II | 269 | 01:10:34 | 01:10:34 | 00:39:01 | 00:07:04 |
| 2767 | 9309 | RUI MIGUEL FALCÃO MARQUES | INDIVIDUAL | Seniores | 1248 | 01:10:37 | 01:08:21 | 00:30:15 | 00:07:04 |
| 2768 | 10685 | César Bruno Teixeira Tomás | INDIVIDUAL | Seniores | 1249 | 01:10:39 | 01:10:39 | 00:41:59 | 00:07:04 |
| 2769 | 8312 | JOSE MIGUEL LAS CASAS | SAGRES/UNILOGOS S.A | Veterano I | 331 | 01:10:40 | 01:10:21 | 00:35:55 | 00:07:04 |
| 2770 | 8316 | JOAO GOUVEIA | SAGRES/UNILOGOS S.A | Seniores | 1250 | 01:10:40 | 01:10:20 | 00:35:54 | 00:07:04 |
| 2771 | 8315 | ERNESTO FERNANDES | SAGRES/UNILOGOS S.A | Veterano III | 196 | 01:10:41 | 01:10:23 | 00:35:56 | 00:07:05 |
| 2772 | 7257 | Andreia Ferreira Tourais | INDIVIDUAL | SenioresF | 228 | 01:10:41 | 01:09:50 | 00:31:16 | 00:07:05 |
| 2773 | 7806 | Julien Lima Gaspar | INDIVIDUAL | Seniores | 1251 | 01:10:44 | 01:08:52 | 00:29:26 | 00:07:05 |
| 2774 | 10277 | João Alexandre Rodrigues Fernandes | INDIVIDUAL | Seniores | 1252 | 01:10:47 | 01:10:47 | 00:35:48 | 00:07:05 |
| 2775 | 7247 | Carlos Moreira | CCDT Metro LX | Veterano IV | 169 | 01:10:48 | 01:09:11 | 00:34:21 | 00:07:05 |
| 2776 | 7243 | Rafael Santos | CCDT Metro LX | Veterano I | 332 | 01:10:48 | 01:09:12 | 00:34:21 | 00:07:05 |
| 2777 | 9050 | Maria Helena Mendes Rosado Cotrim | INDIVIDUAL | Veteranas II | 21 | 01:10:49 | 01:08:43 | 00:33:15 | 00:07:05 |
| 2778 | 9054 | Décio Manuel Cordeiro da Guia | INDIVIDUAL | Seniores | 1253 | 01:10:50 | 01:08:43 | 00:33:14 | 00:07:05 |
| 2779 | 10554 | Francisco Sanches-Osório | INDIVIDUAL | Veterano II | 270 | 01:10:56 | 01:09:21 | 00:32:06 | 00:07:06 |
| 2780 | 8820 | João Miguel da Cruz Reis | INDIVIDUAL | Veterano I | 333 | 01:10:56 | 01:10:56 | 00:43:36 | 00:07:06 |
| 2781 | 10803 | VASCO MURTA REBELO | INDIVIDUAL | Veterano II | 271 | 01:10:56 | 01:09:23 | 00:32:59 | 00:07:06 |
| 2782 | 9353 | NUNO COSTA | ACOMP. CARINA BENTO | Seniores | 1254 | 01:10:58 | 01:10:58 | 00:38:18 | 00:07:06 |
| 2783 | 10847 | SONIA MOREIRA | INDIVIDUAL | SenioresF | 229 | 01:10:58 | 01:09:24 | 00:31:43 | 00:07:06 |
| 2784 | 8957 | JOAQUIM MIGUEL GARCIA ANTUNES | INDIVIDUAL | Veterano IV | 170 | 01:10:58 | 01:10:58 | 00:38:34 | 00:07:06 |
| 2785 | 10155 | PEDRO MIGUEL PENEDO | | Seniores | 1255 | 01:10:58 | 01:09:31 | 00:30:35 | 00:07:06 |
| 2786 | 7431 | ELAINE CRISTINA VIEIRA | INDIVIDUAL | SenioresF | 230 | 01:11:01 | 01:10:59 | 00:31:02 | 00:07:07 |
| 2787 | 7430 | LILIANA FILIPA DE ALMEIDA MARTINS | INDIVIDUAL | SenioresF | 231 | 01:11:01 | 01:10:59 | 00:34:25 | 00:07:07 |
| 2788 | 9821 | Ana Marques | INDIVIDUAL | SenioresF | 232 | 01:11:01 | 01:09:11 | 00:29:26 | 00:07:07 |
| 2789 | 8232 | Mónica Lousada | INDIVIDUAL | SenioresF | 233 | 01:11:01 | 01:09:46 | 00:32:35 | 00:07:07 |
| 2790 | 9906 | ALICE MILHO | ACOMP. GABRIELA PEREIRA | Veteranas II | 22 | 01:11:02 | 01:10:57 | 00:44:14 | 00:07:07 |
| 2791 | 7902 | manuel bras | SS CGD | Veterano I | 334 | 01:11:05 | 01:10:33 | 00:32:33 | 00:07:07 |
| 2792 | 9290 | REINALDO PEREIRA | INDIVIDUAL | Veterano II | 272 | 01:11:06 | 01:09:48 | 00:31:52 | 00:07:07 |
| 2793 | 9456 | Fernando Manuel Veiga Filipe | INDIVIDUAL | Veterano I | 335 | 01:11:08 | 01:07:58 | 00:31:07 | 00:07:07 |
| 2794 | 8097 | ALEXANDRE DA SILVA MACHADO | ITAU, SA | Veterano III | 197 | 01:11:08 | 01:11:08 | 00:44:18 | 00:07:07 |
| 2795 | 10849 | BRUNO ANGELO VIEIRA | INDIVIDUAL | Seniores | 1256 | 01:11:09 | 01:08:43 | 00:31:12 | 00:07:07 |
| 2796 | 10572 | Inês Neves | INDIVIDUAL | Veteranas I | 44 | 01:11:10 | 01:10:44 | 00:35:31 | 00:07:07 |
| 2797 | 8611 | Hélia Carona | n.a. | SenioresF | 234 | 01:11:15 | 01:08:38 | 00:33:58 | 00:07:08 |
| 2798 | 9356 | Antonio Inácio Mendonça Simões Bento | INDIVIDUAL | Seniores | 1257 | 01:11:16 | 01:10:36 | 00:33:01 | 00:07:08 |
| 2799 | 9576 | CÉSAR PEDRO BANDEIRA ALVES | INDIVIDUAL | Veterano I | 336 | 01:11:18 | 01:10:41 | 00:31:34 | 00:07:08 |
| 2800 | 10474 | André Coelho | INDIVIDUAL | Seniores | 1258 | 01:11:18 | 01:11:18 | 00:43:05 | 00:07:08 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|---------------------------------------|--|---------------|------|----------|----------|----------|----------|
| 2801 | 10460 | Joao Coelho | INDIVIDUAL | Seniores | 1259 | 01:11:18 | 01:11:18 | 00:43:05 | 00:07:08 |
| 2802 | 8089 | PAULO RAPOSO | ITAU, SA | Veterano I | 337 | 01:11:19 | 01:11:19 | 00:44:21 | 00:07:08 |
| 2803 | 7089 | JOSÉ LUIS FARIA | ACAPO | Veterano III | 198 | 01:11:19 | 01:11:19 | 00:44:20 | 00:07:08 |
| 2804 | 7543 | LIDIA MARIA SANTOS CERQUEIRA RAMOS | INDIVIDUAL | SenioresF | 235 | 01:11:19 | 01:11:19 | 00:39:13 | 00:07:08 |
| 2805 | 7765 | Carlos Morais | Falcões Selvagens | Veterano I | 338 | 01:11:19 | 01:10:53 | 00:33:47 | 00:07:08 |
| 2806 | 8571 | RUI REMEDIOS | JORNAL A BOLA | Veterano II | 273 | 01:11:19 | 01:08:34 | 00:32:53 | 00:07:08 |
| 2807 | 8579 | LUIS FONSECA | JORNAL A BOLA | Veterano III | 199 | 01:11:20 | 01:08:39 | 00:32:53 | 00:07:08 |
| 2808 | 8213 | ROSA MARQUES | IBM | SenioresF | 236 | 01:11:22 | 01:10:07 | 00:33:20 | 00:07:09 |
| 2809 | 7563 | MARIANA AMELIA SOUSA SOARES | CLUBE MILLENNIUM BCP | Veteranas III | 23 | 01:11:25 | 01:09:01 | 00:32:21 | 00:07:09 |
| 2810 | 8933 | António Nascimento | Grupo Desportivo Imprensa Nacional Casa da moeda | Veterano V | 165 | 01:11:25 | 01:09:09 | 00:32:49 | 00:07:09 |
| 2811 | 7153 | Júlio Manuel Rodrigues Costa da Silva | INDIVIDUAL | Veterano I | 339 | 01:11:26 | 01:08:45 | 00:32:35 | 00:07:09 |
| 2812 | 10655 | David Pereira | INDIVIDUAL | Veterano I | 340 | 01:11:26 | 01:08:45 | 00:32:34 | 00:07:09 |
| 2813 | 7152 | Elsa Maria Esteves Costa da silva | INDIVIDUAL | Veteranas I | 45 | 01:11:26 | 01:08:45 | 00:32:34 | 00:07:09 |
| 2814 | 8099 | LÉNIA MARIA CADETE MORGADO | HPP SAÚDE - HOSPITAL DOS LUSÍADAS | SenioresF | 237 | 01:11:32 | 01:08:49 | 00:41:09 | 00:07:10 |
| 2815 | 10703 | Luis Jacob | INDIVIDUAL | Seniores | 1260 | 01:11:32 | 01:11:32 | 00:42:45 | 00:07:10 |
| 2816 | 10010 | ALZIRA COSTA | INDIVIDUAL | Veteranas III | 24 | 01:11:32 | 01:11:23 | 00:32:37 | 00:07:10 |
| 2817 | 9473 | João Ricardo Gonçalves Gomes da Silva | INDIVIDUAL | Seniores | 1261 | 01:11:32 | 01:09:27 | 00:31:40 | 00:07:10 |
| 2818 | 9685 | Cristina Maria Carreira Vicente | INDIVIDUAL | Seniores | 1262 | 01:11:33 | 01:09:28 | 00:31:42 | 00:07:10 |
| 2819 | 8153 | Fernando Manuel Coelho | INDIVIDUAL | Veterano II | 274 | 01:11:33 | 01:10:45 | 00:33:14 | 00:07:10 |
| 2820 | 8110 | ANA MARGARIDA JOIA DA SIOL | HPP SAÚDE - HOSPITAL DOS LUSÍADAS | SenioresF | 238 | 01:11:33 | 01:08:51 | 00:41:08 | 00:07:10 |
| 2821 | 8518 | LUISA ALVES | ODEBRECHT / B.P.C. | SenioresF | 239 | 01:11:34 | 01:10:23 | 00:31:51 | 00:07:10 |
| 2822 | 7021 | MARCO BRANCO | CORINTHIA HOTEL LISBON | Seniores | 1263 | 01:11:34 | 01:09:45 | 00:29:44 | 00:07:10 |
| 2823 | 10343 | Pedro Miguel Dias | INDIVIDUAL | Veterano I | 341 | 01:11:34 | 01:06:44 | 00:30:57 | 00:07:10 |
| 2824 | 8044 | João Luís Lourenço | INDIVIDUAL | Seniores | 1264 | 01:11:37 | 01:11:37 | 00:43:41 | 00:07:10 |
| 2825 | 8492 | Nuno Miguel Oliveira | CLUBE COLABORADORES AXA | Juniores | 82 | 01:11:38 | 01:09:36 | 00:28:54 | 00:07:10 |
| 2826 | 8879 | Jorge Miguel Moreira Dionísio | INDIVIDUAL | Juniores | 83 | 01:11:43 | 01:09:41 | 00:32:43 | 00:07:11 |
| 2827 | 10838 | Fernando Pereira Rodrigues | INDIVIDUAL | Veterano V | 166 | 01:11:44 | 01:09:53 | 00:33:11 | 00:07:11 |
| 2828 | 10189 | Mário João R.S. Alemão | INDIVIDUAL | Seniores | 1265 | 01:11:50 | 01:08:48 | 00:34:28 | 00:07:11 |
| 2829 | 8526 | ANTÓNIO ALVES | ODEBRECHT / B.P.C. | Veterano IV | 171 | 01:11:54 | 01:10:45 | 00:33:50 | 00:07:12 |
| 2830 | 10901 | ANA CAROLINA MANHA | EDP | SenioresF | 240 | 01:11:56 | 01:09:52 | 00:32:46 | 00:07:12 |
| 2831 | 9550 | ANTONIETA HENRIQUES MANHA | EDP | SenioresF | 241 | 01:11:56 | 01:09:51 | 00:33:29 | 00:07:12 |
| 2832 | 10679 | Rui Osório | INDIVIDUAL | Seniores | 1266 | 01:11:56 | 01:11:56 | 00:40:40 | 00:07:12 |
| 2833 | 9242 | Bruno Miguel Franco Máximo | INDIVIDUAL | Seniores | 1267 | 01:11:58 | 01:11:40 | 00:31:11 | 00:07:12 |
| 2834 | 8418 | TANIA SANTOS | INDIVIDUAL | SenioresF | 242 | 01:11:58 | 01:10:00 | 00:33:45 | 00:07:12 |
| 2835 | 8420 | TIAGO SIMAO | INDIVIDUAL | Seniores | 1268 | 01:11:58 | 01:10:00 | 00:33:45 | 00:07:12 |
| 2836 | 10646 | Sonia Soares | INDIVIDUAL | SenioresF | 243 | 01:12:02 | 01:11:36 | 00:33:52 | 00:07:13 |
| 2837 | 8514 | paulo capela | Quarteto Fantástico | Veterano I | 342 | 01:12:02 | 01:10:44 | 00:33:34 | 00:07:13 |
| 2838 | 8610 | Sonia Marujo | n.a. | SenioresF | 244 | 01:12:05 | 01:09:28 | 00:34:35 | 00:07:13 |
| 2839 | 9774 | Elisabete de Sá | INDIVIDUAL | SenioresF | 245 | 01:12:07 | 01:08:48 | 00:32:11 | 00:07:13 |
| 2840 | 10068 | ANA SOFIA MATOS | INDIVIDUAL | Veteranas I | 46 | 01:12:08 | 01:12:08 | 00:37:24 | 00:07:13 |
| 2841 | 8229 | CARLOTA PINA | ACOMP. SOFIA PINA | SenioresF | 246 | 01:12:08 | 01:12:08 | 00:37:25 | 00:07:13 |
| 2842 | 8586 | MIGUEL MARQUES | EUROPCAR | Seniores | 1269 | 01:12:10 | 01:11:15 | 00:33:58 | 00:07:13 |
| 2843 | 9491 | Paulo Jorge Ricardo Alves | INDIVIDUAL | Veterano II | 275 | 01:12:15 | 01:07:43 | 00:31:29 | 00:07:14 |
| 2844 | 8552 | Ana Catarina Carriço | INDIVIDUAL | SenioresF | 247 | 01:12:20 | 01:09:00 | 00:31:32 | 00:07:14 |
| 2845 | 8870 | FRANCISCO RAMOS | CENTRAL CERVEJAS | Seniores | 1270 | 01:12:27 | 01:12:27 | 00:45:51 | 00:07:15 |
| 2846 | 8871 | LUIS LOPES | CENTRAL CERVEJAS | Seniores | 1271 | 01:12:27 | 01:12:27 | 00:45:51 | 00:07:15 |
| 2847 | 9589 | André Manuel Lopes Marinho de Queirós | INDIVIDUAL | Seniores | 1272 | 01:12:27 | 01:12:27 | 00:38:47 | 00:07:15 |
| 2848 | 8672 | RICARDO LASCAS | THALES PORTUGAL | Seniores | 1273 | 01:12:31 | 01:09:30 | 00:32:06 | 00:07:16 |
| 2849 | 10658 | ANA MESQUITA | EDP | SenioresF | 248 | 01:12:32 | 01:08:53 | 00:36:05 | 00:07:16 |
| 2850 | 7104 | JOÃO SANTIAGO | NINHO DAS ÁGUIAS | Seniores | 1274 | 01:12:34 | 01:10:42 | 00:34:52 | 00:07:16 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|--|---|---------------|------|----------|----------|----------|----------|
| 2851 | 11005 | Patricia Reis | INDIVIDUAL | SenioresF | 249 | 01:12:37 | 01:10:44 | 00:33:01 | 00:07:16 |
| 2852 | 11006 | Henrique Mouta | INDIVIDUAL | Seniores | 1275 | 01:12:37 | 01:10:44 | 00:33:01 | 00:07:16 |
| 2853 | 7606 | João Coelho | INDIVIDUAL | Seniores | 1276 | 01:12:37 | 01:12:37 | 00:38:39 | 00:07:16 |
| 2854 | 7158 | Bruno Filipe Salvado Aragão Duarte Gonçalves | INDIVIDUAL | Seniores | 1277 | 01:12:38 | 01:12:38 | 00:38:39 | 00:07:16 |
| 2855 | 7608 | Luis Silveiro | INDIVIDUAL | Veterano I | 343 | 01:12:39 | 01:09:20 | 00:33:02 | 00:07:16 |
| 2856 | 10329 | Carlos Manuel Henriques Morais | INDIVIDUAL | Veterano IV | 172 | 01:12:40 | 01:12:37 | 00:33:19 | 00:07:16 |
| 2857 | 7229 | Luis Miguel Silva Maria | INDIVIDUAL | Veterano I | 344 | 01:12:45 | 01:12:45 | 00:45:19 | 00:07:17 |
| 2858 | 9427 | Nuno Miguel Borges Gomes dos Santos | INDIVIDUAL | Seniores | 1278 | 01:12:46 | 01:12:00 | 00:33:17 | 00:07:17 |
| 2859 | 10691 | Fernando Poças | INDIVIDUAL | Veterano I | 345 | 01:12:47 | 01:08:06 | 00:29:46 | 00:07:17 |
| 2860 | 8035 | RICARDO GIL AMARO RODRIGUES CARVALHO | INDIVIDUAL | Seniores | 1279 | 01:12:49 | 01:08:39 | 00:30:28 | 00:07:17 |
| 2861 | 7500 | RUI MIGUEL CARDOSO CAMPOS | INDIVIDUAL | Seniores | 1280 | 01:12:49 | 01:08:37 | 00:30:48 | 00:07:17 |
| 2862 | 10686 | Mário Rui Ferreira Severino | INDIVIDUAL | Seniores | 1281 | 01:12:50 | 01:10:56 | 00:34:27 | 00:07:17 |
| 2863 | 7865 | HERLANDEZ BRAZ | GRUPO DESPORTIVO SANTANDER TOTTA | Veterano III | 200 | 01:12:52 | 01:08:46 | 00:31:52 | 00:07:18 |
| 2864 | 9696 | MAFALDA CARVALHO | AFIS /OVAR | SenioresF | 250 | 01:12:53 | 01:12:19 | 00:34:12 | 00:07:18 |
| 2865 | 9695 | LINA CRUZ | AFIS /OVAR | SenioresF | 251 | 01:12:53 | 01:12:19 | 00:34:16 | 00:07:18 |
| 2866 | 8371 | ANA MARIA BENTO | INDIVIDUAL | Veteranas III | 25 | 01:12:56 | 01:11:23 | 00:33:43 | 00:07:18 |
| 2867 | 8194 | ALFREDO NETO | CASA DO BENFICA DE PATAIAS | Veterano I | 346 | 01:12:59 | 01:11:53 | 00:34:15 | 00:07:18 |
| 2868 | 9520 | TIAGO FRANCO PINHEIRO | CAIXA GERAL DE DEPOSITOS CORPORATE CLUB | Veterano II | 276 | 01:13:01 | 01:10:51 | 00:32:09 | 00:07:19 |
| 2869 | 10907 | Inês Parreira Cruz Hermínio | INDIVIDUAL | SenioresF | 252 | 01:13:02 | 01:12:38 | 00:32:58 | 00:07:19 |
| 2870 | 7283 | JOÃO FILIPE DA SILVA BARREIRA | INDIVIDUAL | Seniores | 1282 | 01:13:04 | 01:12:16 | 00:33:21 | 00:07:19 |
| 2871 | 9867 | Henrique Miguel Nunes Ramos | INDIVIDUAL | Seniores | 1283 | 01:13:05 | 01:12:22 | 00:32:16 | 00:07:19 |
| 2872 | 10340 | Amadeu José Labrincha Dias | INDIVIDUAL | Seniores | 1284 | 01:13:05 | 01:09:29 | 00:32:54 | 00:07:19 |
| 2873 | 7403 | Rui Almeida | Mariott Lisboa | Veterano II | 277 | 01:13:07 | 01:11:56 | 00:33:37 | 00:07:19 |
| 2874 | 10680 | Samuel Pereira | INDIVIDUAL | Seniores | 1285 | 01:13:08 | 01:13:08 | 00:40:39 | 00:07:19 |
| 2875 | 10681 | Daniel Filipe Dias Figueiredo | INDIVIDUAL | Seniores | 1286 | 01:13:09 | 01:13:09 | 00:40:40 | 00:07:19 |
| 2876 | 10437 | Albano Duarte da Costa | INDIVIDUAL | Veterano IV | 173 | 01:13:14 | 01:13:14 | | 00:07:20 |
| 2877 | 7746 | João Carlos Santos | INDIVIDUAL | Veterano III | 201 | 01:13:14 | 01:11:02 | 00:29:38 | 00:07:20 |
| 2878 | 10306 | Susana Cristina Coelho de Aguiar | INDIVIDUAL | SenioresF | 253 | 01:13:17 | 01:10:48 | 00:34:27 | 00:07:20 |
| 2879 | 9369 | joao pedro alves espirito santo de carvalho | INDIVIDUAL | Seniores | 1287 | 01:13:24 | 01:11:32 | 00:32:19 | 00:07:21 |
| 2880 | 10540 | Pedro Miguel Sousa Casanova | INDIVIDUAL | Seniores | 1288 | 01:13:27 | 01:11:28 | 00:34:02 | 00:07:21 |
| 2881 | 10523 | Eloisa Filipa Pintassilgo Correia | INDIVIDUAL | SenioresF | 254 | 01:13:28 | 01:11:29 | 00:34:02 | 00:07:21 |
| 2882 | 9601 | Tiago Manuel Galhano | INDIVIDUAL | Seniores | 1289 | 01:13:29 | 01:12:11 | 00:33:53 | 00:07:21 |
| 2883 | 7135 | Catia Mariano | INDIVIDUAL | SenioresF | 255 | 01:13:35 | 01:13:35 | 00:40:25 | 00:07:22 |
| 2884 | 7336 | Nuno Gonçalo Ferreira de Sousa | INDIVIDUAL | Seniores | 1290 | 01:13:37 | 01:13:37 | 00:37:41 | 00:07:22 |
| 2885 | 7048 | MARGARIDA SOARES | INDIVIDUAL | SenioresF | 256 | 01:13:38 | 01:13:24 | 00:34:49 | 00:07:22 |
| 2886 | 7049 | João Raposo | INDIVIDUAL | Seniores | 1291 | 01:13:38 | 01:13:24 | 00:34:48 | 00:07:22 |
| 2887 | 7359 | Paulo Lobo | INDIVIDUAL | Veterano I | 347 | 01:13:40 | 01:10:30 | 00:32:24 | 00:07:22 |
| 2888 | 10223 | Rafael António Ferreira Carnim | INDIVIDUAL | Seniores | 1292 | 01:13:43 | 01:13:43 | 00:43:58 | 00:07:23 |
| 2889 | 10222 | Marcio Silva | INDIVIDUAL | Seniores | 1293 | 01:13:43 | 01:13:43 | 00:43:59 | 00:07:23 |
| 2890 | 9646 | José Alberto Santos Rodrigues | INDIVIDUAL | Seniores | 1294 | 01:13:46 | 01:12:08 | 00:33:54 | 00:07:23 |
| 2891 | 10218 | Alexandre Pereira | Sport Lisboa e Benfica | Seniores | 1295 | 01:13:46 | 01:11:45 | 00:32:21 | 00:07:23 |
| 2892 | 7846 | MARIA GERTRUDES | GRUPO DESPORTIVO SANTANDER TOTTA | Veteranas III | 26 | 01:13:47 | 01:12:16 | 00:33:37 | 00:07:23 |
| 2893 | 7130 | Paulo Pontes | Bluesapphire | Veterano II | 278 | 01:13:52 | 01:13:52 | 00:45:30 | 00:07:24 |
| 2894 | 7354 | Gonçalo Lopes | INDIVIDUAL | Seniores | 1296 | 01:13:53 | 01:10:22 | 00:32:49 | 00:07:24 |
| 2895 | 7495 | SARA L.M. MIRANDA | INDIVIDUAL | SenioresF | 257 | 01:13:54 | 01:12:22 | 00:33:52 | 00:07:24 |
| 2896 | 7365 | LUIS FERNANDO R. F. SILVA VERGUEIRO | INDIVIDUAL | Seniores | 1297 | 01:13:55 | 01:13:00 | 00:33:52 | 00:07:24 |
| 2897 | 9046 | ARMANDO DE SOUSA BOTELHO | INDIVIDUAL | Veterano III | 202 | 01:14:02 | 01:13:33 | 00:33:40 | 00:07:25 |
| 2898 | 10040 | RODRIGO AFONSO REIS | INDIVIDUAL | Seniores | 1298 | 01:14:08 | 01:14:08 | 00:44:30 | 00:07:25 |
| 2899 | 7079 | ANA RITA FERRITO | INDIVIDUAL | SenioresF | 258 | 01:14:08 | 01:11:31 | 00:34:03 | 00:07:25 |
| 2900 | 9794 | MARGARIDA COSTA | INSTITUTO DOS PUPILOS DO EXÉRCITO | SenioresF | 259 | 01:14:10 | 01:11:05 | 00:32:59 | 00:07:25 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|---|-----------------------------------|---------------|------|----------|----------|----------|----------|
| 2901 | 8273 | ANTONIO ALVES | EDP | Veterano III | 203 | 01:14:11 | 01:11:58 | 00:28:26 | 00:07:26 |
| 2902 | 9311 | LUIS ALVES | EDP | Juniores | 84 | 01:14:12 | 01:11:58 | 00:28:26 | 00:07:26 |
| 2903 | 7281 | JOÃO AZEVEDO | CAIXA - BANCO DE INVESTIMENTO, SA | Veterano I | 348 | 01:14:14 | 01:14:14 | 00:38:57 | 00:07:26 |
| 2904 | 9412 | Luis Queirós | INDIVIDUAL | Seniores | 1299 | 01:14:16 | 01:10:37 | 00:32:31 | 00:07:26 |
| 2905 | 10611 | João Pedro da Silva Pereira Joaquim | INDIVIDUAL | Seniores | 1300 | 01:14:16 | 01:11:57 | 00:35:33 | 00:07:26 |
| 2906 | 7727 | LUIS MIGUEL CARDOSO DA FONSECA | INDIVIDUAL | Seniores | 1301 | 01:14:16 | 01:14:16 | 00:35:58 | 00:07:26 |
| 2907 | 9130 | ANTONIO JOSE FERREIRA | INDIVIDUAL | Veterano II | 279 | 01:14:16 | 01:13:15 | 00:34:59 | 00:07:26 |
| 2908 | 10810 | SÉRGIO MIGUEL LOUREIRO NUNO | INDIVIDUAL | Seniores | 1302 | 01:14:21 | 01:14:21 | 00:37:16 | 00:07:27 |
| 2909 | 9635 | Jose Luís Carneiro Ferreira | INDIVIDUAL | Veterano II | 280 | 01:14:26 | 01:10:06 | 00:33:30 | 00:07:27 |
| 2910 | 9860 | DANIEL DAVID L. P. PINTO LOPES | INDIVIDUAL | Seniores | 1303 | 01:14:26 | 01:13:53 | 00:34:18 | 00:07:27 |
| 2911 | 9323 | RUI MANUEL MARQUES LOPES DA COSTA | INDIVIDUAL | Seniores | 1304 | 01:14:32 | 01:10:59 | 00:30:57 | 00:07:28 |
| 2912 | 8561 | João Pedro Matos Letras | INDIVIDUAL | Seniores | 1305 | 01:14:33 | 01:13:17 | 00:24:53 | 00:07:28 |
| 2913 | 8608 | Andreia Silva | n.a. | SenioresF | 260 | 01:14:34 | 01:11:57 | 00:34:35 | 00:07:28 |
| 2914 | 7569 | JOAO FILIPE MOURAO LOURENCO | CLUBE MILLENNIUM BCP | Juniores | 85 | 01:14:35 | 01:14:35 | 00:44:09 | 00:07:28 |
| 2915 | 10701 | Atsuko Kibe | INDIVIDUAL | SenioresF | 261 | 01:14:35 | 01:14:35 | 00:45:23 | 00:07:28 |
| 2916 | 8842 | Pedro Nuno marrares Figueiredo | INDIVIDUAL | Seniores | 1306 | 01:14:36 | 01:14:36 | 00:46:43 | 00:07:28 |
| 2917 | 10429 | Bruno Morais de Mouzinho Marques | INDIVIDUAL | Seniores | 1307 | 01:14:43 | 01:14:43 | 00:40:51 | 00:07:29 |
| 2918 | 9501 | Rui Barata | Açoreana Clube Banif | Veterano II | 281 | 01:14:47 | 01:11:05 | 00:33:09 | 00:07:29 |
| 2919 | 10293 | Maria Alina Rosa | INDIVIDUAL | SenioresF | 262 | 01:14:47 | 01:13:18 | 00:36:03 | 00:07:29 |
| 2920 | 10292 | Eliana Margarida Simões Rosa | INDIVIDUAL | SenioresF | 263 | 01:14:48 | 01:13:19 | 00:36:04 | 00:07:29 |
| 2921 | 9928 | Andreia Filipa Gomes Porfírio | INDIVIDUAL | SenioresF | 264 | 01:14:48 | 01:13:18 | 00:36:03 | 00:07:29 |
| 2922 | 8563 | antonio manuel ferreira morais | INDIVIDUAL | Veterano II | 282 | 01:14:50 | 01:12:51 | 00:32:29 | 00:07:29 |
| 2923 | 8268 | ANTÓNIO MARQUES | INDIVIDUAL | Veterano V | 167 | 01:14:55 | 01:14:08 | 00:33:41 | 00:07:30 |
| 2924 | 7100 | MARIA FERNANDA DAS NEVES PIRES OLIVEIRA | INDIVIDUAL | Veteranas III | 27 | 01:14:55 | 01:14:29 | 00:35:41 | 00:07:30 |
| 2925 | 9040 | Luis Gradissimo | INDIVIDUAL | Seniores | 1308 | 01:14:56 | 01:09:46 | 00:31:34 | 00:07:30 |
| 2926 | 9044 | Bruno Alexandre Gradissimo Oliveira | INDIVIDUAL | Seniores | 1309 | 01:14:56 | 01:09:54 | 00:31:41 | 00:07:30 |
| 2927 | 9042 | Rodrigo Guerreiro | INDIVIDUAL | Seniores | 1310 | 01:14:57 | 01:09:48 | 00:31:34 | 00:07:30 |
| 2928 | 8681 | HUGO MIGUEL PINHEIRO | THALES PORTUGAL | Seniores | 1311 | 01:14:57 | 01:14:57 | 00:43:54 | 00:07:30 |
| 2929 | 8454 | RUI JOEL RIBEIRO PINTO | INDIVIDUAL | Seniores | 1312 | 01:15:03 | 01:12:52 | 00:32:38 | 00:07:31 |
| 2930 | 10463 | DANIELA ALMEIDA PEREIRA | INDIVIDUAL | SenioresF | 265 | 01:15:05 | 01:15:01 | 00:35:30 | 00:07:31 |
| 2931 | 8152 | Maria Manuela R M Coelho | INDIVIDUAL | Veteranas II | 23 | 01:15:05 | 01:14:18 | 00:33:51 | 00:07:31 |
| 2932 | 10835 | Carlos André de Melo e Mota | INDIVIDUAL | Seniores | 1313 | 01:15:08 | 01:15:08 | 00:48:47 | 00:07:31 |
| 2933 | 7822 | OLAVO JOAQUIM | Multi Mall Management | Seniores | 1314 | 01:15:13 | 01:15:13 | 00:37:06 | 00:07:32 |
| 2934 | 8496 | Nuno Filipe Lufinha Vasconcelos Borges | INDIVIDUAL | Seniores | 1315 | 01:15:14 | 01:15:14 | 00:45:44 | 00:07:32 |
| 2935 | 9229 | Ana Luísa Santos Farinha Fonseca | TEJAVISTA | Seniores | 1316 | 01:15:18 | 01:13:11 | 00:33:43 | 00:07:32 |
| 2936 | 7607 | Inês Coelho | INDIVIDUAL | SenioresF | 266 | 01:15:19 | 01:15:19 | 00:40:05 | 00:07:32 |
| 2937 | 8580 | FILIPA REIS | JORNAL A BOLA | SenioresF | 267 | 01:15:19 | 01:12:58 | 00:33:18 | 00:07:32 |
| 2938 | 8905 | Miguel Campo | INDIVIDUAL | Veterano I | 349 | 01:15:20 | 01:12:17 | 00:33:39 | 00:07:32 |
| 2939 | 9729 | Ana Sofia Canadas Fernandes | INDIVIDUAL | SenioresF | 268 | 01:15:22 | 01:15:08 | 00:33:40 | 00:07:33 |
| 2940 | 9837 | Igor Sendji De Sousa Faria | INDIVIDUAL | Seniores | 1317 | 01:15:23 | 01:13:51 | 00:32:46 | 00:07:33 |
| 2941 | 10834 | Ricardo Branco da Costa | INDIVIDUAL | Seniores | 1318 | 01:15:24 | 01:15:24 | 00:48:47 | 00:07:33 |
| 2942 | 10469 | ANTONIO FREIRE | INDIVIDUAL | Veterano V | 168 | 01:15:30 | 01:10:47 | 00:32:35 | 00:07:33 |
| 2943 | 7197 | PEDRO SEVERINO | EDP | Seniores | 1319 | 01:15:32 | 01:15:32 | 00:45:19 | 00:07:34 |
| 2944 | 7196 | HUGO SEVERINO | INDIVIDUAL | Seniores | 1320 | 01:15:33 | 01:15:33 | 00:45:19 | 00:07:34 |
| 2945 | 7610 | GUILHERME GONÇALVES | CLUBE FERROVIÁRIO DE PORTUGAL | Veterano III | 204 | 01:15:34 | 01:15:34 | 00:21:39 | 00:07:34 |
| 2946 | 7630 | JOANA GONÇALVES | CLUBE FERROVIÁRIO DE PORTUGAL | SenioresF | 269 | 01:15:34 | 01:15:25 | 00:34:38 | 00:07:34 |
| 2947 | 9187 | Patricia Fernandes | Power Rangers | SenioresF | 270 | 01:15:38 | 01:14:30 | 00:34:31 | 00:07:34 |
| 2948 | 10315 | Joao Paulo Mateus Roseiro Duarte | INDIVIDUAL | Veterano III | 205 | 01:15:39 | 01:12:17 | 00:28:47 | 00:07:34 |
| 2949 | 8676 | PEDRO NUNO MATEUS | THALES PORTUGAL | Seniores | 1321 | 01:15:39 | 01:15:39 | 00:43:55 | 00:07:34 |
| 2950 | 8390 | RICARDO MIGUEL PEREIRA DE SOUSA | INDIVIDUAL | Seniores | 1322 | 01:15:40 | 01:15:40 | 00:41:27 | 00:07:34 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|---|--------------------------------|---------------|------|----------|----------|----------|----------|
| 2951 | 7266 | Fernando Ferreira Cardoso | INDIVIDUAL | Veterano V | 169 | 01:15:40 | 01:14:47 | 00:34:43 | 00:07:34 |
| 2952 | 9623 | Iuri Guilherme Marques Ferreira | INDIVIDUAL | Juniores | 86 | 01:15:41 | 01:13:29 | 00:32:18 | 00:07:35 |
| 2953 | 7723 | MAFALDA BRANDÃO | INDIVIDUAL | SenioresF | 271 | 01:15:44 | 01:14:04 | 00:34:12 | 00:07:35 |
| 2954 | 7724 | LÚCIA GUEDES | INDIVIDUAL | Veteranas I | 47 | 01:15:44 | 01:14:05 | 00:34:13 | 00:07:35 |
| 2955 | 9224 | Ivãneo Oliveira | CLUBE DO MESTRE KITANGA | Veterano IV | 174 | 01:15:48 | 01:13:28 | 00:34:20 | 00:07:35 |
| 2956 | 10863 | Anibal Tomé | INDIVIDUAL | Veterano I | 350 | 01:15:49 | 01:15:23 | 00:36:12 | 00:07:35 |
| 2957 | 9559 | CELESTE ROMERO | INDIVIDUAL | SenioresF | 272 | 01:15:51 | 01:13:50 | 00:33:28 | 00:07:36 |
| 2958 | 9682 | ANGELA SOFIA DOS SANTOS LOUÇÃO NUNES | INDIVIDUAL | SenioresF | 273 | 01:16:07 | 01:11:47 | 00:33:10 | 00:07:37 |
| 2959 | 9684 | VALTER MIGUEL DE OLIVEIRA VASQUES NUNES | INDIVIDUAL | Seniores | 1323 | 01:16:09 | 01:11:48 | 00:33:09 | 00:07:37 |
| 2960 | 7477 | VITOR MANUEL ABREU BERREIRA | INDIVIDUAL | Veterano II | 283 | 01:16:10 | 01:16:10 | 00:46:43 | 00:07:37 |
| 2961 | 8133 | Susana Pereira | G.D.C. Lisboa Sheraton Hotel | Veterano I | 351 | 01:16:14 | 01:15:24 | 00:34:51 | 00:07:38 |
| 2962 | 9385 | NUNO MIGUEL CRUZ | INDIVIDUAL | Seniores | 1324 | 01:16:24 | 01:14:20 | 00:32:49 | 00:07:39 |
| 2963 | 7707 | Carlos Alberto Ferreira Rodrigues | INDIVIDUAL | Seniores | 1325 | 01:16:30 | 01:15:03 | 00:35:43 | 00:07:39 |
| 2964 | 7900 | mario pereira | SS CGD | Seniores | 1326 | 01:16:34 | 01:15:05 | 00:34:58 | 00:07:40 |
| 2965 | 10525 | Jacinto Godinho | Godinho | Juniores | 87 | 01:16:39 | 01:16:39 | 00:46:25 | 00:07:40 |
| 2966 | 9359 | João Miguel Ribeiro de Brito | INDIVIDUAL | Seniores | 1327 | 01:16:42 | 01:16:42 | 00:46:01 | 00:07:41 |
| 2967 | 7903 | jose martins | SS CGD | Seniores | 1328 | 01:16:45 | 01:16:45 | 00:45:59 | 00:07:41 |
| 2968 | 10501 | José Augusto Nunes da Silva | INDIVIDUAL | Seniores | 1329 | 01:16:50 | 01:14:26 | 00:34:09 | 00:07:41 |
| 2969 | 7129 | Ana Pontes | Bluesapphire | Veteranas II | 24 | 01:16:51 | 01:16:51 | 00:46:54 | 00:07:42 |
| 2970 | 9629 | Patricia Machado | Condutar | SenioresF | 274 | 01:16:58 | 01:15:19 | 00:35:18 | 00:07:42 |
| 2971 | 9352 | CARINA BENTO | COLABORADOR SLB BENFICA TV | SenioresF | 275 | 01:17:01 | 01:16:51 | 00:38:07 | 00:07:43 |
| 2972 | 7427 | Miguel Silva | INDIVIDUAL | Seniores | 1330 | 01:17:02 | 01:15:59 | 00:37:41 | 00:07:43 |
| 2973 | 9628 | Paulo Machado | Condutar | Veterano II | 284 | 01:17:02 | 01:15:24 | 00:35:27 | 00:07:43 |
| 2974 | 11003 | Ricardo Manuel Alves Gomes | INDIVIDUAL | Seniores | 1331 | 01:17:03 | 01:17:03 | 00:45:16 | 00:07:43 |
| 2975 | 7956 | Naisa Carneiro | Asas nos Pés | SenioresF | 276 | 01:17:04 | 01:15:05 | 00:35:49 | 00:07:43 |
| 2976 | 10610 | Luis Carlos Andrade Martins Soares | INDIVIDUAL | Seniores | 1332 | 01:17:07 | 01:17:07 | 00:42:00 | 00:07:43 |
| 2977 | 9468 | Regina Stela Aveleira Ferreira Serpa | INDIVIDUAL | SenioresF | 277 | 01:17:10 | 01:14:07 | 00:34:32 | 00:07:43 |
| 2978 | 9915 | Charlotte Morton Johnson | INDIVIDUAL | Veteranas III | 28 | 01:17:15 | 01:17:09 | 00:35:35 | 00:07:44 |
| 2979 | 7082 | PAULO SILVA | GUERIN RENTCAR | Seniores | 1333 | 01:17:21 | 01:13:02 | 00:35:27 | 00:07:45 |
| 2980 | 10842 | Paulo Manuel Vidal Anacleto | INDIVIDUAL | Veterano I | 352 | 01:17:26 | 01:17:26 | 00:46:23 | 00:07:45 |
| 2981 | 10524 | Antonio Casas Novas | Godinho | Seniores | 1334 | 01:17:32 | 01:17:32 | 00:46:26 | 00:07:46 |
| 2982 | 10801 | Gonçalo Nuno Pedrinho Paula Ferreira | INDIVIDUAL | Seniores | 1335 | 01:17:33 | 01:16:58 | 00:34:40 | 00:07:46 |
| 2983 | 7717 | Nuno Manuel Monteiro Ferreira | INDIVIDUAL | Seniores | 1336 | 01:17:43 | 01:15:13 | 00:35:57 | 00:07:47 |
| 2984 | 8872 | FATIMA FERREIRA | CENTRAL CERVEJAS | SenioresF | 278 | 01:17:45 | 01:17:45 | 00:46:20 | 00:07:47 |
| 2985 | 10767 | TIAGO MIGUEL BORGES ALVES | INDIVIDUAL | Seniores | 1337 | 01:17:47 | 01:17:47 | 00:48:07 | 00:07:47 |
| 2986 | 7769 | Nuno Ricardo Afonso Silva | INDIVIDUAL | Seniores | 1338 | 01:17:48 | 01:17:48 | 00:47:48 | 00:07:47 |
| 2987 | 10503 | Acacio Pereira | INDIVIDUAL | Veterano III | 206 | 01:17:53 | 01:15:15 | 00:34:48 | 00:07:48 |
| 2988 | 10624 | Ana Rute Sousa | INDIVIDUAL | SenioresF | 279 | 01:18:08 | 01:17:20 | 00:34:54 | 00:07:49 |
| 2989 | 10626 | Mara Lúcia Gonçalves Santos | INDIVIDUAL | SenioresF | 280 | 01:18:08 | 01:17:21 | 00:34:57 | 00:07:49 |
| 2990 | 10563 | Nídia da Conceição Feliciano Esteves | INDIVIDUAL | SenioresF | 281 | 01:18:09 | 01:17:17 | 00:36:51 | 00:07:49 |
| 2991 | 10664 | Ricardo Nogueira | INDIVIDUAL | Seniores | 1339 | 01:18:11 | 01:18:11 | 00:39:50 | 00:07:50 |
| 2992 | 9493 | Isabel Maria Caldeira Silva | INDIVIDUAL | Veteranas I | 48 | 01:18:17 | 01:13:58 | 00:34:34 | 00:07:50 |
| 2993 | 10492 | Manuel Luis Cruz | INDIVIDUAL | Veterano I | 353 | 01:18:18 | 01:18:18 | 00:40:32 | 00:07:50 |
| 2994 | 9308 | Bruno Leandro | INDIVIDUAL | Seniores | 1340 | 01:18:20 | 01:18:20 | 00:47:48 | 00:07:50 |
| 2995 | 10420 | TANIA COSTA | INDIVIDUAL | SenioresF | 282 | 01:18:21 | 01:15:19 | 00:34:28 | 00:07:51 |
| 2996 | 7553 | SARA CRISTINA FERNANDES P SILVA | CLUBE MILLENNIUM BCP | SenioresF | 283 | 01:18:27 | 01:16:03 | 00:37:07 | 00:07:51 |
| 2997 | 7594 | ORLANDA SOFIA OLIVEIRA GRACA MARTINS | CLUBE MILLENNIUM BCP | Veteranas I | 49 | 01:18:27 | 01:16:04 | 00:37:05 | 00:07:51 |
| 2998 | 10444 | Vitor Hugo Martins Forte | INDIVIDUAL | Seniores | 1341 | 01:18:29 | 01:18:29 | 01:00:44 | 00:07:51 |
| 2999 | 10247 | Carlos Miguel Martins Forte | INDIVIDUAL | Seniores | 1342 | 01:18:29 | 01:18:29 | 01:00:44 | 00:07:51 |
| 3000 | 9529 | vera santos | FSG Collonge Bellerive - Suíça | Seniores | 1343 | 01:18:30 | 01:18:21 | 00:37:53 | 00:07:51 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|------------------------------------|--|--------------|------|----------|----------|----------|----------|
| 3001 | 7422 | celestino rodrigues oliveira | INDIVIDUAL | Veterano IV | 175 | 01:18:38 | 01:18:38 | 00:42:06 | 00:07:52 |
| 3002 | 8177 | TÂNIA CARDOSO | CASA DO BENFICA MONÇÃO | SenioresF | 284 | 01:18:38 | 01:18:38 | 00:36:02 | 00:07:52 |
| 3003 | 8178 | SOFIA CARDOSO | CASA DO BENFICA MONÇÃO | SenioresF | 285 | 01:18:38 | 01:18:38 | 00:36:02 | 00:07:52 |
| 3004 | 7558 | JOSE MANUEL SANTOS BALINHO DO O | CLUBE MILLENNIUM BCP | Veterano III | 207 | 01:18:39 | 01:16:46 | 00:34:42 | 00:07:52 |
| 3005 | 7819 | Sandra Timoteo | Lesmas do Oeste | SenioresF | 286 | 01:18:39 | 01:17:01 | 00:36:30 | 00:07:52 |
| 3006 | 10677 | Pedro Alexandre Morgado de Almeida | INDIVIDUAL | Seniores | 1344 | 01:18:43 | 01:16:20 | 00:35:09 | 00:07:53 |
| 3007 | 9798 | ANA CABELEIRA | INSTITUTO DOS PUILOS DO EXÉRCITO | SenioresF | 287 | 01:18:45 | 01:15:38 | 00:37:19 | 00:07:53 |
| 3008 | 9334 | Claudia Loureiro | INDIVIDUAL | SenioresF | 288 | 01:18:57 | 01:17:15 | 00:36:15 | 00:07:54 |
| 3009 | 9335 | Teresa Raquel | INDIVIDUAL | Veteranas I | 50 | 01:18:57 | 01:17:16 | 00:36:15 | 00:07:54 |
| 3010 | 8888 | PEDRO MOUTA FERREIRA | IMPÉRIO BONANÇA - FIDELIDADE - MULTICARE | Seniores | 1345 | 01:19:05 | 01:19:05 | 00:40:48 | 00:07:55 |
| 3011 | 10099 | FABIO CONCEIÇÃO | INDIVIDUAL | Seniores | 1346 | 01:19:05 | 01:19:05 | 00:43:52 | 00:07:55 |
| 3012 | 10199 | Raquel Figueiredo | INDIVIDUAL | Juniores | 88 | 01:19:05 | 01:19:05 | 00:43:12 | 00:07:55 |
| 3013 | 10200 | Paulo Figueiredo | INDIVIDUAL | Veterano I | 354 | 01:19:05 | 01:19:05 | 00:43:12 | 00:07:55 |
| 3014 | 8104 | VERA DORIA | HPP SAÚDE - HOSPITAL DOS LUSÍADAS | SenioresF | 289 | 01:19:12 | 01:16:29 | 00:35:53 | 00:07:56 |
| 3015 | 8100 | CÁTIA SOUSA | HPP SAÚDE - HOSPITAL DOS LUSÍADAS | SenioresF | 290 | 01:19:13 | 01:16:30 | 00:35:53 | 00:07:56 |
| 3016 | 8422 | ISABEL FERREIRA | INDIVIDUAL | SenioresF | 291 | 01:19:25 | 01:17:28 | 00:33:53 | 00:07:57 |
| 3017 | 8617 | Catarina Brízida | Rail Runners | SenioresF | 292 | 01:19:27 | 01:14:04 | 00:35:03 | 00:07:57 |
| 3018 | 10278 | Carlos Miguel Rodrigues Fernandes | INDIVIDUAL | Seniores | 1347 | 01:19:27 | 01:19:27 | 00:41:04 | 00:07:57 |
| 3019 | 7649 | Luís Oliveira | ADRC Mata de Benfica | Veterano I | 355 | 01:19:30 | 01:17:57 | 00:35:00 | 00:07:57 |
| 3020 | 7159 | Rita Maria Serra da Silva | INDIVIDUAL | SenioresF | 293 | 01:19:37 | 01:19:37 | 00:41:27 | 00:07:58 |
| 3021 | 7521 | JOÃO LUIS GIL DE PRATT | INDIVIDUAL | Seniores | 1348 | 01:19:39 | 01:19:39 | 00:49:07 | 00:07:58 |
| 3022 | 10078 | GUILHERME ROMAO | INDIVIDUAL | Seniores | 1349 | 01:19:40 | 01:19:40 | 00:41:58 | 00:07:58 |
| 3023 | 8143 | ALEXANDR MIGUEL MENDES CARRAPATOSO | INDIVIDUAL | Juniores | 89 | 01:19:42 | 01:19:42 | 00:43:06 | 00:07:59 |
| 3024 | 7106 | RAUL BATISTA | NINHO DAS ÁGUIAS | Veterano II | 285 | 01:19:43 | 01:17:50 | 00:38:34 | 00:07:59 |
| 3025 | 7105 | JORGE FERNANDO | NINHO DAS ÁGUIAS | Seniores | 1350 | 01:19:43 | 01:17:51 | 00:38:35 | 00:07:59 |
| 3026 | 8501 | VERA COUTO | EDP | SenioresF | 294 | 01:19:44 | 01:19:44 | 00:47:26 | 00:07:59 |
| 3027 | 8821 | Paulo Silva | Marferro | Seniores | 1351 | 01:19:45 | 01:19:30 | 00:38:56 | 00:07:59 |
| 3028 | 8662 | ANA MENDONÇA | JAZZY LIFE CLUB | SenioresF | 295 | 01:19:48 | 01:19:48 | 00:48:27 | 00:07:59 |
| 3029 | 8670 | JOÃO PEDRO MENDONÇA | JAZZY LIFE CLUB | Veterano I | 356 | 01:19:48 | 01:19:48 | 00:48:27 | 00:07:59 |
| 3030 | 8671 | JOÃO DANIEL CAROLINO | JAZZY LIFE CLUB | Seniores | 1352 | 01:19:50 | 01:19:50 | 00:48:27 | 00:07:59 |
| 3031 | 10120 | JOANA PERES MACHADO | INDIVIDUAL | SenioresF | 296 | 01:19:59 | 01:19:59 | 00:42:17 | 00:08:00 |
| 3032 | 7019 | MARCOS ALEXANDRE | CORINTHIA HOTEL LISBON | Veterano I | 357 | 01:20:12 | 01:18:22 | 00:37:50 | 00:08:02 |
| 3033 | 9208 | RUTE MENDES | INDIVIDUAL | Veterano I | 358 | 01:20:12 | 01:18:22 | 00:37:50 | 00:08:02 |
| 3034 | 10152 | ALBERTO RAMOS | | Veterano IV | 176 | 01:20:15 | 01:17:54 | 00:37:23 | 00:08:02 |
| 3035 | 10637 | Ana Maria | Papa Asfalto | SenioresF | 297 | 01:20:15 | 01:17:55 | 00:36:54 | 00:08:02 |
| 3036 | 10344 | joão José pissarra nunes esteves | INDIVIDUAL | Veterano III | 208 | 01:20:17 | 01:20:17 | 00:46:27 | 00:08:02 |
| 3037 | 7340 | João António Barreiros Pires Rolo | INDIVIDUAL | Veterano II | 286 | 01:20:18 | 01:20:18 | 00:46:27 | 00:08:02 |
| 3038 | 8553 | Ana Monteiro | C.A. Amigos Parque da Paz | SenioresF | 298 | 01:20:22 | 01:20:22 | 00:46:50 | 00:08:03 |
| 3039 | 10192 | Bruno Ricardo Colaço Almeida | INDIVIDUAL | Seniores | 1353 | 01:20:22 | 01:20:22 | 00:46:50 | 00:08:03 |
| 3040 | 8704 | SOFIA SOUSA | HONDA | SenioresF | 299 | 01:20:24 | 01:18:22 | 00:37:25 | 00:08:03 |
| 3041 | 8702 | SARA CENTEIO | HONDA | SenioresF | 300 | 01:20:24 | 01:18:22 | 00:37:41 | 00:08:03 |
| 3042 | 7463 | Pedro Fontes | INDIVIDUAL | Seniores | 1354 | 01:20:35 | 01:20:35 | 00:47:47 | 00:08:04 |
| 3043 | 7464 | Marco Soares | INDIVIDUAL | Seniores | 1355 | 01:20:35 | 01:20:35 | 00:47:47 | 00:08:04 |
| 3044 | 9940 | RICARDO JORGE PESSOA | INDIVIDUAL | Seniores | 1356 | 01:20:35 | 01:20:35 | 00:47:47 | 00:08:04 |
| 3045 | 8615 | ana dionisio | multiflow | Veteranas II | 25 | 01:20:37 | 01:19:03 | 00:37:20 | 00:08:04 |
| 3046 | 10117 | RITA DURÃO CLARO NUNES | INDIVIDUAL | SenioresF | 301 | 01:20:40 | 01:18:25 | 00:32:35 | 00:08:04 |
| 3047 | 8626 | José Luís Gonçalves | Rail Runners | Veterano I | 359 | 01:20:40 | 01:15:16 | 00:35:02 | 00:08:04 |
| 3048 | 8630 | Maria Do Rosário Prizal | Rail Runners | SenioresF | 302 | 01:20:40 | 01:15:17 | 00:35:03 | 00:08:04 |
| 3049 | 10270 | EDUARDO JORGE MENDONÇA ABRANTES | INDIVIDUAL | Veterano I | 360 | 01:20:45 | 01:20:45 | 00:43:14 | 00:08:05 |
| 3050 | 7414 | CARLOS A. FERREIRA N. VALENTE | INDIVIDUAL | Veterano III | 209 | 01:20:55 | 01:19:05 | 00:33:41 | 00:08:06 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|---|---|---------------|------|----------|----------|----------|----------|
| 3051 | 9026 | JOÃO PEDRO DA SILVA MEDRONHO | INDIVIDUAL | Seniores | 1357 | 01:21:05 | 01:21:05 | 00:48:11 | 00:08:07 |
| 3052 | 9820 | TELMA SOFIA RODRIGUES DOS SANTOS SILVA | INDIVIDUAL | SenioresF | 303 | 01:21:05 | 01:21:05 | 00:48:11 | 00:08:07 |
| 3053 | 9838 | Lúisa Maria Brito Tancredo | INDIVIDUAL | SenioresF | 304 | 01:21:26 | 01:19:53 | 00:36:53 | 00:08:09 |
| 3054 | 8894 | ANDRE EDUARDO PEREIRA A. MONTEIRO | INDIVIDUAL | Seniores | 1358 | 01:21:30 | 01:19:03 | 00:36:23 | 00:08:09 |
| 3055 | 8802 | CARLOS JORGE BAPTISTA | INSTITUTO DOS PUPILOS DO EXÉRCITO | Veterano II | 287 | 01:21:36 | 01:21:36 | 00:44:07 | 00:08:10 |
| 3056 | 10976 | João Lopes | INDIVIDUAL | Veterano I | 361 | 01:21:45 | 01:21:45 | 00:45:02 | 00:08:11 |
| 3057 | 10236 | maria cidalia dias ribeiro | INDIVIDUAL | Veteranas II | 26 | 01:21:53 | 01:20:32 | 00:37:35 | 00:08:12 |
| 3058 | 10401 | David Pina | INDIVIDUAL | Seniores | 1359 | 01:21:57 | 01:20:29 | 00:38:42 | 00:08:12 |
| 3059 | 10372 | André Filipe Correia Santana da Fonseca | INDIVIDUAL | Juniores | 90 | 01:22:00 | 01:21:16 | 00:38:17 | 00:08:12 |
| 3060 | 10331 | marcelo silveira do patrocinio | INDIVIDUAL | Veterano I | 362 | 01:22:01 | 01:22:01 | 00:50:04 | 00:08:13 |
| 3061 | 7541 | PIEADA CONCEIÇÃO DA SILVA SANTOS | INDIVIDUAL | Veteranas III | 29 | 01:22:05 | 01:22:05 | 00:43:04 | 00:08:13 |
| 3062 | 9495 | Lino Alexandre Andrade Martins dos Ramos | INDIVIDUAL | Veterano I | 363 | 01:22:11 | 01:21:11 | 00:35:37 | 00:08:14 |
| 3063 | 8812 | orlando alves santos | INDIVIDUAL | Veterano I | 364 | 01:22:11 | 01:21:11 | 00:35:36 | 00:08:14 |
| 3064 | 8601 | CARINA LADEIRA | EUROPCAR | SenioresF | 305 | 01:22:16 | 01:22:16 | 00:54:46 | 00:08:14 |
| 3065 | 7233 | TERESA SOFIA SANTOS | PT | Veteranas I | 51 | 01:22:26 | 01:21:17 | 00:37:41 | 00:08:15 |
| 3066 | 8248 | Inês Sofia Fernandes Baptista | INDIVIDUAL | SenioresF | 306 | 01:22:28 | 01:22:17 | 00:38:34 | 00:08:15 |
| 3067 | 10126 | JOÃO ANTÓNIO MAGRO | INDIVIDUAL | Seniores | 1360 | 01:22:34 | 01:22:34 | 00:47:29 | 00:08:16 |
| 3068 | 10070 | ANTONIO CARDOSO | INDIVIDUAL | Seniores | 1361 | 01:22:35 | 01:22:35 | 00:47:30 | 00:08:16 |
| 3069 | 10279 | Joana Saldanha Lopes Lourenço Cardoso | INDIVIDUAL | SenioresF | 307 | 01:22:39 | 01:22:39 | 00:47:30 | 00:08:16 |
| 3070 | 7492 | Eduardo Alberto Farinha Pereira | INDIVIDUAL | Veterano III | 210 | 01:22:40 | 01:20:52 | 00:35:44 | 00:08:16 |
| 3071 | 9769 | NUNO FERREIRAS | INDIVIDUAL | Veterano I | 365 | 01:22:53 | 01:22:53 | 00:46:10 | 00:08:18 |
| 3072 | 7496 | IVO REIS MOREIRA | INDIVIDUAL | Seniores | 1362 | 01:23:02 | 01:23:02 | 00:44:44 | 00:08:19 |
| 3073 | 7730 | Joana Gândara do Nascimento | INDIVIDUAL | SenioresF | 308 | 01:23:14 | 01:21:33 | 00:38:27 | 00:08:20 |
| 3074 | 7731 | David Emanuel Gandara do Nascimento | INDIVIDUAL | Seniores | 1363 | 01:23:14 | 01:21:33 | 00:38:27 | 00:08:20 |
| 3075 | 9961 | ANTONIO NABAIS | INDIVIDUAL | Veterano I | 366 | 01:23:19 | 01:21:05 | 00:38:05 | 00:08:20 |
| 3076 | 9037 | Cláudia Rato | INDIVIDUAL | SenioresF | 309 | 01:23:30 | 01:18:30 | 00:37:08 | 00:08:21 |
| 3077 | 7333 | Joaquim Rodrigues Fonseca | INDIVIDUAL | Veterano IV | 177 | 01:23:37 | 01:23:37 | 00:42:43 | 00:08:22 |
| 3078 | 7439 | Margarida Pardal | Carapaus de Corrida | Veteranas I | 52 | 01:23:55 | 01:23:55 | 00:42:08 | 00:08:24 |
| 3079 | 7792 | Catarina Fogaça Menezes Falção | INDIVIDUAL | Seniores | 1364 | 01:24:02 | 01:24:02 | 00:50:16 | 00:08:25 |
| 3080 | 7791 | Mario | INDIVIDUAL | Seniores | 1365 | 01:24:03 | 01:24:03 | 00:50:16 | 00:08:25 |
| 3081 | 7343 | Paulo Rodrigues | Globlec, Comércio de Materiais Eléctricos, Lda. | Seniores | 1366 | 01:24:04 | 01:22:15 | 00:38:41 | 00:08:25 |
| 3082 | 7522 | MIGUEL RODRIGUES | INDIVIDUAL | Seniores | 1367 | 01:24:14 | 01:20:37 | 00:38:57 | 00:08:26 |
| 3083 | 8568 | JOSE MARIA BARREIROS FARIA DANTAS SAMPAIO | INDIVIDUAL | Juniores | 91 | 01:24:31 | 01:24:31 | 00:51:47 | 00:08:28 |
| 3084 | 10400 | Patrícia Alexandra Fernandes Bernardo | INDIVIDUAL | SenioresF | 310 | 01:24:33 | 01:23:04 | 00:38:42 | 00:08:28 |
| 3085 | 8696 | ANA RITA SANTOS OLIVEIRA | HONDA | SenioresF | 311 | 01:24:43 | 01:22:41 | 00:37:41 | 00:08:29 |
| 3086 | 8701 | VERA FREITAS | HONDA | SenioresF | 312 | 01:24:43 | 01:22:42 | 00:37:41 | 00:08:29 |
| 3087 | 10811 | Eduardo José Gil Pestana | INDIVIDUAL | Seniores | 1368 | 01:24:51 | 01:24:51 | 00:51:00 | 00:08:30 |
| 3088 | 8479 | Miguel Oliveira | Panteras | Veterano I | 367 | 01:24:55 | 01:24:55 | 00:45:25 | 00:08:30 |
| 3089 | 9115 | Ana Luisa Melo Carreiro | INDIVIDUAL | SenioresF | 313 | 01:25:01 | 01:23:59 | 00:36:03 | 00:08:31 |
| 3090 | 9690 | ANA CRISTINA HENRIQUES FERREIRA LIMA | INDIVIDUAL | Veteranas I | 53 | 01:25:14 | 01:24:55 | 00:39:34 | 00:08:32 |
| 3091 | 7428 | FILIPA JORGE | INDIVIDUAL | SenioresF | 314 | 01:25:30 | 01:24:11 | 00:41:00 | 00:08:33 |
| 3092 | 9844 | Joao Paulo Bandeira Neta | INDIVIDUAL | Seniores | 1369 | 01:25:35 | 01:25:35 | 00:49:57 | 00:08:34 |
| 3093 | 7052 | Carla Raposo | INDIVIDUAL | Veteranas I | 54 | 01:25:50 | 01:25:50 | 00:48:37 | 00:08:35 |
| 3094 | 7728 | JORGE RICARDO CHAMBEL DA FONSECA | INDIVIDUAL | Veterano III | 211 | 01:25:58 | 01:25:58 | 00:46:20 | 00:08:36 |
| 3095 | 7134 | Paulo Luz | INDIVIDUAL | Seniores | 1370 | 01:26:07 | 01:26:07 | 00:43:03 | 00:08:37 |
| 3096 | 9093 | JOAO ANTONIO PAIS DE LIMA | INDIVIDUAL | Seniores | 1371 | 01:26:21 | 01:26:21 | 00:48:07 | 00:08:39 |
| 3097 | 8619 | Paulo Marçal | Rail Runners | Seniores | 1372 | 01:26:34 | 01:23:28 | 00:39:46 | 00:08:40 |
| 3098 | 8625 | Graça Silva | Rail Runners | SenioresF | 315 | 01:26:46 | 01:23:41 | 00:39:46 | 00:08:41 |
| 3099 | 8768 | João Carlos Miranda Alves de Almeida | INDIVIDUAL | Seniores | 1373 | 01:27:22 | 01:27:22 | 00:48:59 | 00:08:45 |
| 3100 | 8975 | Nuno Miguel Letras Ferreira | INDIVIDUAL | Seniores | 1374 | 01:27:22 | 01:27:22 | 00:48:59 | 00:08:45 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|--|--|---------------|------|----------|----------|----------|----------|
| 3101 | 7688 | Cláudio Martins | GD Banco BPI | Seniores | 1375 | 01:27:40 | 01:27:40 | 00:53:53 | 00:08:46 |
| 3102 | 7683 | Rui Vasco Lopes Anacleto | GD Banco BPI | Veterano I | 368 | 01:27:40 | 01:27:40 | 00:53:53 | 00:08:46 |
| 3103 | 10341 | Sara Raquel Coelho Serra | INDIVIDUAL | Veteranas III | 30 | 01:27:44 | 01:27:44 | 00:49:17 | 00:08:47 |
| 3104 | 9916 | LUCINDA LOPES HENRIQUES | INDIVIDUAL | Veteranas III | 31 | 01:27:55 | 01:27:50 | 00:42:08 | 00:08:48 |
| 3105 | 7565 | FILIPA ISABEL SANTOS N LOURENCO | CLUBE MILLENNIUM BCP | SenioresF | 316 | 01:28:01 | 01:26:16 | 00:38:37 | 00:08:49 |
| 3106 | 8276 | Nuno Miguel Simões Lopes | INDIVIDUAL | Seniores | 1376 | 01:28:08 | 01:28:08 | 00:49:59 | 00:08:49 |
| 3107 | 9421 | Luis Carvalho | Açoreana Clube Banif | Seniores | 1377 | 01:28:13 | 01:24:13 | 00:39:07 | 00:08:50 |
| 3108 | 7322 | João Tiago Silvestre Jorge | Montes Saloios | Seniores | 1378 | 01:28:19 | 01:24:18 | 00:34:07 | 00:08:50 |
| 3109 | 8694 | FERNANDO SILVA | HONDA | Seniores | 1379 | 01:29:10 | 01:27:06 | 00:43:09 | 00:08:55 |
| 3110 | 8693 | PAULA MARGARIDO | HONDA | SenioresF | 317 | 01:29:10 | 01:27:06 | 00:43:09 | 00:08:55 |
| 3111 | 10207 | Ângela Coelho | INDIVIDUAL | SenioresF | 318 | 01:29:16 | 01:27:50 | 00:42:01 | 00:08:56 |
| 3112 | 7426 | TORCATO JORGE | INDIVIDUAL | Veterano IV | 178 | 01:29:16 | 01:27:57 | 00:40:59 | 00:08:56 |
| 3113 | 7249 | Gualdino Freire | CCDT Metro LX | Veterano V | 170 | 01:29:25 | 01:27:46 | 00:40:48 | 00:08:57 |
| 3114 | 7479 | Barros Costa | CCDT Metro LX | Veterano IV | 179 | 01:29:25 | 01:27:50 | 00:40:54 | 00:08:57 |
| 3115 | 8123 | MARIA CARMO P. V. SANTOS RODRIGUES | IMPÉRIO BONANÇA - FIDELIDADE - MULTICARE | Veteranas III | 32 | 01:29:36 | 01:29:17 | 00:41:14 | 00:08:58 |
| 3116 | 8567 | JOÃO MARIA BARREIROS FARIA DANTAS SAMPAIO | INDIVIDUAL | Juniores | 92 | 01:29:44 | 01:29:44 | 00:51:54 | 00:08:59 |
| 3117 | 8569 | JOSE ALFREDO DA SILVA DANTAS COELHO SAMPAIO | INDIVIDUAL | Veterano I | 369 | 01:29:44 | 01:29:44 | 00:51:54 | 00:08:59 |
| 3118 | 10809 | RICARDO CORREIA BARBOSA | INDIVIDUAL | Seniores | 1380 | 01:30:09 | 01:30:09 | 00:46:51 | 00:09:01 |
| 3119 | 8134 | Joana Manuel | G.D.C. Lisboa Sheraton Hotel | Seniores | 1381 | 01:30:13 | 01:29:05 | 00:42:02 | 00:09:02 |
| 3120 | 8141 | Vitor Manuel Oliveira de Sá Ferreira Cardoso | INDIVIDUAL | Seniores | 1382 | 01:30:13 | 01:29:05 | 00:41:46 | 00:09:02 |
| 3121 | 10291 | Jaime Florêncio Ramos Évora | INDIVIDUAL | Seniores | 1383 | 01:30:21 | 01:30:21 | 00:51:59 | 00:09:03 |
| 3122 | 8897 | João Miguel Vicente Rocha | INDIVIDUAL | Seniores | 1384 | 01:30:21 | 01:26:01 | 00:41:50 | 00:09:03 |
| 3123 | 9882 | Rui Jorge Duarte Romba | INDIVIDUAL | Seniores | 1385 | 01:30:21 | 01:30:21 | 00:51:59 | 00:09:03 |
| 3124 | 10304 | José Pedro Gomes Tiago | GalgaMuros | Seniores | 1386 | 01:30:44 | 01:30:44 | 00:55:19 | 00:09:05 |
| 3125 | 7685 | António Manuel Sanches | GD Banco BPI | Veterano IV | 180 | 01:31:54 | 01:31:54 | 00:54:02 | 00:09:12 |
| 3126 | 7684 | Nuno Gonçalo Silva | GD Banco BPI | Seniores | 1387 | 01:31:55 | 01:31:55 | 00:54:02 | 00:09:12 |
| 3127 | 8519 | FERNANDA MEIA-VIA | ODEBRECHT / B.P.C. | Veteranas III | 33 | 01:31:55 | 01:31:43 | 00:43:04 | 00:09:12 |
| 3128 | 8520 | VERA SILVA | ODEBRECHT / B.P.C. | Veteranas III | 34 | 01:31:55 | 01:31:43 | 00:43:05 | 00:09:12 |
| 3129 | 7332 | Ana Isabel Alves da Fonseca Sousa | INDIVIDUAL | SenioresF | 319 | 01:31:56 | 01:31:56 | 00:46:14 | 00:09:12 |
| 3130 | 9962 | ADERITO SALGUEIRO NABAIS | INDIVIDUAL | Seniores | 1388 | 01:31:56 | 01:29:43 | 00:39:26 | 00:09:12 |
| 3131 | 7334 | Joana Rita Alves da Fonseca Vilela | INDIVIDUAL | SenioresF | 320 | 01:31:58 | 01:31:58 | 00:46:15 | 00:09:12 |
| 3132 | 8410 | JOSÉ NOVAIS | AMAZÓNIA HOTÉIS | Seniores | 1389 | 01:32:49 | 01:32:49 | 00:55:03 | 00:09:17 |
| 3133 | 8412 | PEDRO FREITAS | AMAZÓNIA HOTÉIS | Seniores | 1390 | 01:32:49 | 01:32:49 | 00:55:01 | 00:09:17 |
| 3134 | 10735 | Elisa Canário | INDIVIDUAL | SenioresF | 321 | 01:32:54 | 01:30:35 | 00:45:06 | 00:09:18 |
| 3135 | 9593 | Leonor batista Silva Correia | INDIVIDUAL | SenioresF | 322 | 01:32:55 | 01:30:54 | 00:45:25 | 00:09:18 |
| 3136 | 9594 | Cláudia Isabel Ramalho da Silva | INDIVIDUAL | Seniores | 1391 | 01:32:55 | 01:30:54 | 00:45:24 | 00:09:18 |
| 3137 | 9595 | Ana Beatriz Mateo | INDIVIDUAL | SenioresF | 323 | 01:32:56 | 01:30:55 | 00:45:25 | 00:09:18 |
| 3138 | 8480 | Mónica Dias | Panteras | SenioresF | 324 | 01:33:28 | 01:33:28 | 00:50:19 | 00:09:21 |
| 3139 | 8413 | EDGAR BORJA | AMAZÓNIA HOTÉIS | Seniores | 1392 | 01:33:42 | 01:33:42 | 00:55:03 | 00:09:23 |
| 3140 | 8411 | CRISTINA NOVAIS | AMAZÓNIA HOTÉIS | SenioresF | 325 | 01:33:43 | 01:33:43 | 00:55:03 | 00:09:23 |
| 3141 | 9989 | Joana Rodrigues | GalgaMuros | SenioresF | 326 | 01:34:19 | 01:34:19 | 00:53:02 | 00:09:26 |
| 3142 | 8396 | Frederico Fatela | Lagoa da Pedra & Arredores Running Team | Seniores | 1393 | 01:34:23 | 01:32:27 | 00:43:33 | 00:09:27 |
| 3143 | 8395 | Filipe Fatela | Lagoa da Pedra & Arredores Running Team | Seniores | 1394 | 01:34:23 | 01:32:27 | 00:43:34 | 00:09:27 |
| 3144 | 8658 | MÓNICA MENDONÇA | JAZZY LIFE CLUB | Veteranas I | 55 | 01:34:42 | 01:34:42 | 00:54:22 | 00:09:29 |
| 3145 | 10886 | Maria Emilia Baltazar | INDIVIDUAL | Veteranas III | 35 | 01:35:07 | 01:31:59 | 00:43:27 | 00:09:31 |
| 3146 | 10613 | FERNANDO MANUEL LUCIO SALGADO | INDIVIDUAL | Veterano III | 212 | 01:35:34 | 01:34:08 | 00:39:31 | 00:09:34 |
| 3147 | 9499 | Maria Antonieta Simões Pires | INDIVIDUAL | Veteranas III | 36 | 01:36:23 | 01:36:03 | 00:44:02 | 00:09:39 |
| 3148 | 9722 | Antonio da Silva Marques | INDIVIDUAL | Veterano V | 171 | 01:36:23 | 01:36:03 | 00:44:02 | 00:09:39 |
| 3149 | 10432 | José Miguel Fortunato Verdasca | INDIVIDUAL | Seniores | 1395 | 01:37:06 | 01:37:06 | 01:01:35 | 00:09:43 |
| 3150 | 7571 | JOAO PAULO RODRIGUES LOURENCO | CLUBE MILLENNIUM BCP | Veterano I | 370 | 01:37:53 | 01:37:53 | 00:56:40 | 00:09:48 |

| Pto | Dorsal | Nome | Team | Categoria | Esc | Tempo | TChip | T5K | Ritmo |
|------|--------|---------------------------------------|--|---------------|------|----------|----------|----------|----------|
| 3151 | 7547 | AMAVEL SANTOS LOURENCO | CLUBE MILLENNIUM BCP | Veterano V | 172 | 01:37:53 | 01:37:53 | 00:56:40 | 00:09:48 |
| 3152 | 8317 | INGRID GOUVEIA | SAGRES/UNILOGOS S.A | SenioresF | 327 | 01:37:58 | 01:37:38 | 00:46:32 | 00:09:48 |
| 3153 | 8313 | PAULA LAS CASAS | SAGRES/UNILOGOS S.A | Veteranas I | 56 | 01:37:58 | 01:37:38 | 00:46:31 | 00:09:48 |
| 3154 | 9392 | Marcos Paulo Pestana Pires | INDIVIDUAL | Seniores | 1396 | 01:38:12 | 01:35:57 | 00:40:59 | 00:09:50 |
| 3155 | 10952 | Fernanda Baltazar | INDIVIDUAL | Veteranas III | 37 | 01:38:13 | 01:35:16 | 00:43:40 | 00:09:50 |
| 3156 | 9394 | CARLA SOFIA PEREIRA ANDRÉ PEDRO | INDIVIDUAL | SenioresF | 328 | 01:38:14 | 01:36:01 | 00:41:01 | 00:09:50 |
| 3157 | 7641 | Benvinda Kátia Batista | ADRC Mata de Benfica | Seniores | 1397 | 01:38:22 | 01:36:54 | 00:47:47 | 00:09:51 |
| 3158 | 8423 | ANDRE MOREIRAS | INDIVIDUAL | Seniores | 1398 | 01:39:33 | 01:39:33 | 01:00:11 | 00:09:58 |
| 3159 | 8424 | GISLENE FARIA | INDIVIDUAL | SenioresF | 329 | 01:39:33 | 01:39:33 | 01:00:12 | 00:09:58 |
| 3160 | 9581 | Paula Alexandra Sousa Lopes Macedo | INDIVIDUAL | SenioresF | 330 | 01:39:44 | 01:39:44 | 00:58:13 | 00:09:59 |
| 3161 | 8982 | Mónica Patrícia Coelho Macedo Miranda | INDIVIDUAL | SenioresF | 331 | 01:39:46 | 01:39:46 | 00:58:11 | 00:09:59 |
| 3162 | 8844 | LÚCIA ANDRÉ CLAUDINO MARQUES | INDIVIDUAL | SenioresF | 332 | 01:42:12 | 01:42:12 | 00:56:15 | 00:10:14 |
| 3163 | 8845 | ANA ILDA BARBOSA DE SOUSA | INDIVIDUAL | SenioresF | 333 | 01:42:13 | 01:42:13 | 00:56:15 | 00:10:14 |
| 3164 | 8840 | JORGE MANUEL RESENDE MARQUES | INDIVIDUAL | Veterano IV | 181 | 01:45:42 | 01:41:57 | 00:50:52 | 00:10:35 |
| 3165 | 8839 | ELSA MARIA FONTES BORGES | INDIVIDUAL | Veteranas III | 38 | 01:45:44 | 01:45:44 | | 00:10:35 |
| 3166 | 10558 | Carina Sofia Dias Luis | INDIVIDUAL | SenioresF | 335 | 01:45:57 | 01:45:06 | 00:52:09 | 00:10:36 |
| 3167 | 10559 | Cátia Sofia Dias Rodrigues | INDIVIDUAL | SenioresF | 334 | 01:45:57 | 01:45:06 | 00:52:10 | 00:10:36 |
| 3168 | 10562 | Tiago Miguel Franco Neves | INDIVIDUAL | Seniores | 1399 | 01:46:08 | 01:45:13 | 00:52:13 | 00:10:37 |
| 3169 | 10734 | PEDRO LUIS F. CUNHA | INDIVIDUAL | Veterano V | 173 | 01:47:00 | 01:47:00 | 00:56:43 | 00:10:42 |
| 3170 | 7675 | Marta Moreira | CCD Tranquilidade | SenioresF | 336 | 01:49:07 | 01:49:07 | 01:01:06 | 00:10:55 |
| 3171 | 7674 | Maria Vilhena | CCD Tranquilidade | SenioresF | 337 | 01:49:07 | 01:49:07 | 01:01:06 | 00:10:55 |
| 3172 | 9228 | Vanda Maria Guedes de Brito | TEJAVISTA | Seniores | 1400 | 01:51:14 | 01:49:06 | 00:55:13 | 00:11:08 |
| 3173 | 10436 | Vitor Paulo Cunha Silva Azevedo | INDIVIDUAL | Veterano I | 371 | 01:51:30 | 01:51:30 | 01:05:15 | 00:11:09 |
| 3174 | 9981 | Rita Leonor da Mata Eleutério | INDIVIDUAL | SenioresF | 338 | 01:51:30 | 01:51:30 | 01:05:15 | 00:11:09 |
| 3175 | 7799 | Ana Rita Vila | Grupo de Apoio a Samuel Barata | SenioresF | 339 | 01:51:49 | 01:51:49 | 00:59:40 | 00:11:11 |
| 3176 | 7214 | THIAGO MARTIN ROSA | ACOMP. MARISA MANANA | Seniores | 1402 | 01:51:49 | 01:48:31 | 00:55:10 | 00:11:11 |
| 3177 | 7801 | Andreia Bizarro | Grupo de Apoio a Samuel Barata | SenioresF | 340 | 01:51:49 | 01:51:49 | 00:59:40 | 00:11:11 |
| 3178 | 7212 | LUÍS MIGUEL LOPES BRAZ | COLABORADOR SLB MUSEU | Seniores | 1401 | 01:51:49 | 01:48:31 | 00:55:10 | 00:11:11 |
| 3179 | 7213 | MARISA SOFIA DOS SANTOS MANANA | COLABORADOR SLB CENTRO DE DOCUMENTAÇÃO | SenioresF | 341 | 01:51:49 | 01:48:31 | 00:55:10 | 00:11:11 |