

Classificação Geral				
Class	Marca	Dorsal	Nome	Equipa
1	36.07	140	Sérgio Paiva	FFPMUni
2	36.13	282	Joaquim Belchior	CDRRibei
3	36.28	124	Bruno Loureiro	INDIV
4	36.55	56	António Reis	CDRRibei
5	37.03	30	Paulo Cantante	CDRRibei
6	37.31	132	Nuno Silva	FFPMUni
7	37.31	129	Marco Pinto	FFPMUni
8	38.08	100	Orlando Ramos	INDIV
9	38.23	135	Miguel Pinto	FFPMUni
10	38.44	143	Paulo Carvalho	FFPMUni
11	39.19	243	Marco Fatelo	NATENSIN
12	39.25	128	Flávio Santos	FFPMUni
13	39.37	155	Carlos Matias	BRRnRunn
14	39.41	187	André Fernandes	ESTNEGRA
15	39.47	253	Miguel Sobral	A.Korpo
16	39.52	255	Paulo Ferreira	A.Korpo
17	39.59	139	Rui Henriques	FFPMUni
18	40.19	182	José Marcelino	LPastora
19	40.21	51	Afonso Serpins	GDSBSI
20	40.24	261	Paulo Lopes	AFDD
21	40.31	63	David Silva	CDRRibei
22	41.04	249	Emanuel Gomes	A.Korpo
23	41.16	247	Mário Boucinha	NATENSIN
24	41.29	270	Fernando Ferreira	CDRRibei
25	41.30	181	Almiro Feijão	LPastora
26	41.32	237	Artur Vinhais	INDIV
27	41.35	116	Luís Vilar Gomes	KangRunn
28	41.40	166	Paulo Patrício	INDIV
29	42.47	180	Aretino Mota	LPastora
30	42.15	188	Francisco Reis	ESTNEGRA
31	42.16	7	José Batista	GRCDLeia
32	42.21	201	Edson Oliveira	RoqueGym
33	42.27	46	Joaquim Figueiredo	CDRRibei
34	42.28	268	Sofia Monteiro	CDRRibei
35	42.31	80	Ricardo Silva	INDIV
36	42.37	57	António Moita	RDDnRunn

36	42.37	37	António Moura	DRXNFCGm
37	42.41	8	Gonçalo Corceiro	CDRRibei
38	42.56	245	António Moura	NATENSIN
39	43.04	45	Eduardo Manuel Luís	CorteIng
40	43.06	260	João Cruz	AFDD
41	43.08	250	Hugo Freire	A.Korpo
42	43.10	224	Rui Baltazar	RoqueGym
43	43.12	163	Luís Constante	INDIV
44	43.22	81	João Pedro Gonçalves Sousa	INDIV
45	43.28	141	Edgar Trigo	FFPMUni
46	43.30	251	Jorge Santos	A.Korpo
47	43.31	228	Nuno Roque	NCAFB
48	43.33	114	Rúben Rechena	KangRunn
49	43.38	113	Michael Rechena	KangRunn
50	43.39	70	Pedro Fontes	INDIV
51	44.00	272	Francisco Ferreira	UFCI
52	44.03	264	Paulo Galveia	AFDD
53	44.08	239	David Rosa	NATENSIN
54	44.14	115	Luís Alves	KangRunn
55	44.18	73	Pedro Manaças	NATENSIN
56	44.25	263	Raúl Carvalho	AFDD
57	44.35	58	Acácio Diogo	CDRRibei
58	44.44	199	Luís Zuma	RoqueGym
59	44.49	183	Vitorino Anjos	ESTNEGRA
60	44.54	232	Alberto Covas	ESTNEGRA
61	45.00	29	Silvestre António Bilro Demétrio	CDRRibei
62	45.09	126	Carlos Nunes	KangRunn
63	45.17	43	Fernando Agostinho	CorteIng
64	45.28	207	Marco Spencer	RoqueGym
65	45.42	175	Nélson Vieira	BJWHF
66	45.43	174	Pedro Singéis	BJWHF
67	45.50	109	Ricardo Domingos	INDIV
68	45.55	177	Rui Santiago	CDRRibei
69	45.57	26	Inês Henriques Dias Marques	AtleSofa
70	45.59	271	João Paulo Felix da Silva	jpfatlet
71	46.11	169	Pedro Marques	RUNCREW
72	46.30	281	Cawet Daphne	INDIV
73	46.52	179	António Tadeu Costa	INDIV
74	47.22	130	Nuno Santos	CCPMI Ini

74	47.23	130	Nuno Santos	FFPMUni
75	47.53	171	Roberto Ferreira	RUNCREW
76	47.54	25	Eduardo Miguel Cardoso Lopes	AtleSofa
77	48.00	142	Isabel Santos	FFPMUni
78	48.03	42	Filipe Santos	CDRRibei
79	48.11	28	Vitor Nobre	AAA
80	48.13	154	Cátia Santana	CDRRibei
81	48.22	156	Luis Pires	ANE
82	48.25	185	Maria Lopes	ESTNEGRA
83	48.46	242	Carlos Lima	NATENSIN
84	48.47	240	Paulo Brissos	NATENSIN
85	48.49	37	Miguel Xavier	LH-Gin
86	48.50	65	Dino Soares	KangRunn
87	49.02	279	Nuno Robalo	EXFEDERA
88	49.15	159	António Vieira	AlphaRun
89	49.20	108	Carlos Quaresma	INDIV
90	49.21	17	Anabela Barros	ANE
91	49.22	16	Ana Filipa	ANE
92	49.22	15	Americo da Encarnação Vieira dos Santos	ANE
93	49.23	241	Paulo Folgado	NATENSIN
94	49.25	225	António Ribeiro	ÁGUIASUN
95	49.31	227	Fábio Varanda	NCAFB
96	49.42	136	Hugo Rebelo	FFPMUni
97	49.46	190	João Roque	RoqueGym
98	49.47	5	Carlos Pena	Fiches
99	49.49	110	António Galamba	INDIV
100	49.52	72	Mauro Castro	INDIV
101	50.01	150	José Branquinho	FFPMUni
102	50.25	147	Raul Santos	FFPMUni
103	50.26	170	Alcindo Ramalho	RUNCREW
104	50.28	20	Vicente Paixão	Totalgym
105	50.29	111	Daniela Freire	INDIV
106	50.36	52	Tiago Adrião	GDSBSI
107	50.40	47	José Adrião	GDSBSI
108	50.45	256	Pedro Nunes	A.Korpo
109	51.04	22	Luís Nunes	Totalgym
110	51.09	266	Paulo Almeida	AFDD
111	51.18	85	Romão Moita	INDIV
112	52.14	82	Paulo Manacas	NATENSIN

112	52.14	92	Paulo Marques	INDIV
113	52.15	164	Luís Colaço	INDIV
114	52.20	198	Paulo Missas	RoqueGym
115	52.25	274	Carlos Nita	EXFEDERA
116	52.31	59	Sofia Medronheira	CDRRibei
117	52.35	276	Luís Cunha	EXFEDERA
118	52.40	9	Carlos Matos	C.B.Seix
119	52.43	41	Nélson Teixeira	LH-Gin
120	52.44	39	Jorge Almeida	LH-Gin
121	52.46	38	Pedro Oliveira	LH-Gin
122	53.06	19	Vitor Aguilar	Run4Fun
123	53.07	64	Marisa Ramalho	A.MOINHO
124	53.14	33	Hugo Santos	SecurDir
125	53.22	186	Henrique Neves	ESTNEGRA
126	53.24	167	José Vermelhudo	INDIV
127	53.26	189	Nuno Ramos	INDIV
128	53.35	265	Silvia Galveia	AFDD
129	53.36	195	David Santos	RoqueGym
130	53.39	168	João Neves	RUNCREW
131	53.44	160	Nuno Carrilho	AlphaRun
132	53.48	99	Isabel Gonçalves	INDIV
133	54.03	230	Pedro Afonso	NCAFB
134	54.12	229	Mauro Santos	NCAFB
135	54.13	78	Daniela Pinheiro	INDIV
136	54.19	102	Fábio Duarte	INDIV
137	54.22	84	Luís Morais	INDIV
138	54.27	86	Carlos Manuel Oliveira	INDIV
139	54.44	93	Aleksandra Damyanova	INDIV
140	54.45	87	António Antunes	INDIV
141	54.48	89	Rui Dias	INDIV
142	54.48	134	Paula Pereira	FFPMUni
143	54.59	104	Carla Soares	INDIV
144	55.03	11	Vanda Maia	CDRRibei
145	55.04	194	Nuno Branco	RoqueGym
146	55.06	204	Tiago Lopes	RoqueGym
147	55.22	178	Jaime Trabucho	INDIV
148	55.26	101	Cátia Marranita Santos	INDIV
149	55.27	238	Luis Nunes	INDIV
150	55.35	202	Manuel Coutinho	RoqueGym

150	55.55	202	Manuel Coutinho	RoqueGym
151	55.49	62	António Samuel	CDRRibei
152	55.59	244	Virgílio Oliveira	NATENSIN
153	56.07	149	Joaquim Fonseca	FFPMUni
154	56.13	219	Maria Amélia Contrim	RoqueGym
155	56.17	148	Mercedes Fonseca	FFPMUni
156	56.30	184	Sérgio Mónica	ESTNEGRA
157	56.35	213	Luís Alves	RoqueGym
158	56.49	273	Orlando Santos	EXFEDERA
159	57.04	18	Pedro Rodrigues	Herbalif
160	57.21	158	Luís Romeiras	AlphaRun
161	57.50	3	Joaquim Marques	F.Selvag
162	57.50	2	Filipa Feiteira	CDRRibei
163	57.51	233	Ricardo Pedro	EXFEDERA
164	57.55	74	José João Gonçalves	INDIV
165	58.08	71	Paula Santos	INDIV
166	58.23	35	Vitor Cunha	SecurDir
167	58.29	205	Bruno Pedro	RoqueGym
168	58.31	40	Rita Contreiras	LH-Gin
169	58.41	196	Aires Cristo	RoqueGym
170	58.47	203	Jeremy Tavares	RoqueGym
171	58.47	103	Paulo Espada	INDIV
172	58.53	14	Marcilene Santos	GetFit
173	58.57	172	Sérgio Rodelo	RUNCREW
174	59.01	252	Joana Paisana	A.Korpo
175	59.07	257	Teresa Paisana	A.Korpo
176	59.08	200	Miguel Ventura	RoqueGym
177	59.15	209	Nuno Calafate	RoqueGym
178	59.35	210	João Assunção	RoqueGym
179	59.36	112	António Caldeira	INDIV
180	59.37	119	Ricardo Sousa	INDIV
181	59.39	49	Carla Silva	GDSBSI
182	59.45	121	Sónia Rijo	NATENSIN
183	59.50	44	Susana Tom	Cortelng
184	1.00.02	24	António Costa	Totalgym
185	1.00.03	133	Tomás Sousa	FFPMUni
186	1.00.04	77	Nuno Alexandre Gonçalves	AlphaRun
187	1.00.52	226	Paula Guerreiro	ÁGUIASUN
188	1.00.56	254	Nuno Paisana	A.Korpo

188	1.00.30	234	Nuno F. Alcarala	Ar. Roque
189	1.01.02	107	Júlia Calisto	INDIV
190	1.01.34	165	António Jorge	INDIV
191	1.01.34	275	João Nita	EXFEDERA
192	1.01.48	137	Marlene Oliveira	FFPMUni
193	1.02.34	208	Carlos Carocha	RoqueGym
194	1.02.35	248	Carla Bernardino	NATENSIN
195	1.02.42	246	Hugo Marques	NATENSIN
196	1.02.43	34	Marco Araújo	SecurDir
197	1.02.45	92	Sónia Batista	INDIV
198	1.03.10	215	Diogo Libório	RoqueGym
199	1.03.16	220	Pilar Ferreira	RoqueGym
200	1.03.21	48	Margarida Marques	GDSBSI
201	1.03.26	193	Marilia Silva	RoqueGym
202	1.03.51	217	Filipe Neves	RoqueGym
203	1.03.52	31	João Pedro Churro	SecurDir
204	1.04.13	138	Ana Abreu	FFPMUni
205	1.05.09	218	Lisete	RoqueGym
206	1.05.19	212	Susana Costa	RoqueGym
207	1.05.24	216	Anabela Neves	RoqueGym
208	1.05.27	267	Ilídia José	AFDD
209	1.05.28	122	Maria João Rocha	CMMCL
210	1.05.28	123	Carlos Rocha	CMMCL
211	1.05.40	83	Rogério Ribeiro	INDIV
212	1.05.54	211	Helena Água	RoqueGym
213	1.05.54	214	Tobias Rocha	RoqueGym
214	1.06.27	36	Nidia Martins	SecurDir
215	1.06.30	95	Rui Cunha	INDIV
216	1.06.32	75	André Luz	INDIV
217	1.06.36	235	Joana Valério	INDIV
218	1.06.37	236	Félix Teixeira	INDIV
219	1.12.22	234	Sérgio Rosado	INDIV
220	1.13.37	90	Cláudia Dias	INDIV
221	1.14.21	32	Marta Santos	SecurDir
222	1.14.22	223	Sónia Horta	RoqueGym
223	1.21.32	222	Ana Joy	RoqueGym
Classificação por Escalões				
JUNF				

Class	Marca	Dorsal	Nome	Equipa
1	59.01	252	Joana Paisana	A.Korpo
JUNM				
Class	Marca	Dorsal	Nome	Equipa
1	50.36	52	Tiago Adrião	GDSBSI
2	55.06	204	Tiago Lopes	RoqueGym
3	1.03.10	215	Diogo Libório	RoqueGym
SENF				
Class	Marca	Dorsal	Nome	Equipa
1	48.13	154	Cátia Santana	CDRRibei
2	49.22	16	Ana Filipa	ANE
3	53.07	64	Marisa Ramalho	A.MOINHO
4	54.44	93	Aleksandra Damyanova	INDIV
5	55.26	101	Cátia Marranita Santos	INDIV
6	58.31	40	Rita Contreiras	LH-Gin
7	1.05.27	267	Ilídia José	AFDD
8	1.06.36	235	Joana Valério	INDIV
9	1.13.37	90	Cláudia Dias	INDIV
SENM				
Class	Marca	Dorsal	Nome	Equipa
1	36.28	124	Bruno Loureiro	INDIV
2	37.31	129	Marco Pinto	FFPMUni
3	39.25	128	Flávio Santos	FFPMUni
4	39.41	187	André Fernandes	ESTNEGRA
5	40.21	51	Afonso Serpins	GDSBSI
6	42.15	188	Francisco Reis	ESTNEGRA
7	43.22	81	João Pedro Gonçalves Sousa	INDIV
8	43.33	114	Rúben Rechena	KangRunn
9	43.38	113	Michael Rechena	KangRunn
10	44.14	115	Luís Alves	KangRunn
11	44.44	199	Luís Zuma	RoqueGym
12	45.28	207	Marco Spencer	RoqueGym
13	46.11	169	Pedro Marques	RUNCREW
14	47.23	130	Nuno Santos	FFPMUni
15	47.53	171	Roberto Ferreira	RUNCREW
16	48.49	37	Miguel Xavier	LH-Gin
17	49.31	227	Fábio Varanda	NCAFB
18	49.46	190	João Roque	RoqueGym
19	50.26	170	Alcindo Ramalho	RUNCREW
20	52.20	198	Paulo Missas	RoqueGym
21	52.42	41	Nelson Teixeira	LH-Gin

21	52.45	41	Nelson Teixeira	LH-Gin
22	52.44	39	Jorge Almeida	LH-Gin
23	53.36	195	David Santos	RoqueGym
24	54.03	230	Pedro Afonso	NCAFB
25	54.12	229	Mauro Santos	NCAFB
26	54.19	102	Fábio Duarte	INDIV
27	57.55	74	José João Gonçalves	INDIV
28	58.29	205	Bruno Pedro	RoqueGym
29	58.41	196	Aires Cristo	RoqueGym
30	58.47	203	Jeremy Tavares	RoqueGym
31	58.47	103	Paulo Espada	INDIV
32	59.15	209	Nuno Calafate	RoqueGym
33	59.35	210	João Assunção	RoqueGym
34	1.02.34	208	Carlos Carocha	RoqueGym
35	1.06.32	75	André Luz	INDIV
36	1.06.37	236	Félix Teixeira	INDIV
37	1.12.22	234	Sérgio Rosado	INDIV

M35

Class	Marca	Dorsal	Nome	Equipa
1	37.31	132	Nuno Silva	FFPMUni
2	39.19	243	Marco Fatelo	NATENSIN
3	39.47	253	Miguel Sobral	A.Korpo
4	40.31	63	David Silva	CDRRibei
5	41.40	166	Paulo Patrício	INDIV
6	42.21	201	Edson Oliveira	RoqueGym
7	42.31	80	Ricardo Silva	INDIV
8	42.41	8	Gonçalo Corceiro	CDRRibei
9	43.04	45	Eduardo Manuel Luís	CorteIng
10	43.10	224	Rui Baltazar	RoqueGym
11	43.39	70	Pedro Fontes	INDIV
12	44.35	58	Acácio Diogo	CDRRibei
13	45.17	43	Fernando Agostinho	CorteIng
14	45.50	109	Ricardo Domingos	INDIV
15	48.03	42	Filipe Santos	CDRRibei
16	48.50	65	Dino Soares	KangRunn
17	49.15	159	António Vieira	AlphaRun
18	49.20	108	Carlos Quaresma	INDIV
19	49.49	110	António Galamba	INDIV
20	50.28	20	Vicente Paixão	Totalgym

21	52.46	38	Pedro Oliveira	LH-Gin
22	53.26	189	Nuno Ramos	INDIV
23	53.44	160	Nuno Carrilho	AlphaRun
24	54.45	87	António Antunes	INDIV
25	54.48	89	Rui Dias	INDIV
26	55.04	194	Nuno Branco	RoqueGym
27	57.04	18	Pedro Rodrigues	Herbalif
28	57.21	158	Luís Romeiras	AlphaRun
29	58.23	35	Vitor Cunha	SecurDir
30	59.08	200	Miguel Ventura	RoqueGym
31	59.37	119	Ricardo Sousa	INDIV
32	1.02.43	34	Marco Araújo	SecurDir
33	1.06.30	95	Rui Cunha	INDIV
M40				
Class	Marca	Dorsal	Nome	Equipa
1	36.55	56	António Reis	CDRRibei
2	38.08	100	Orlando Ramos	INDIV
3	38.23	135	Miguel Pinto	FFPMUni
4	39.37	155	Carlos Matias	BRRnRunn
5	39.52	255	Paulo Ferreira	A.Korpo
6	39.59	139	Rui Henriques	FFPMUni
7	41.04	249	Emanuel Gomes	A.Korpo
8	41.32	237	Artur Vinhais	INDIV
9	42.56	245	António Mouro	NATENSIN
10	43.08	250	Hugo Freire	A.Korpo
11	44.03	264	Paulo Galveia	AFDD
12	44.08	239	David Rosa	NATENSIN
13	44.18	73	Pedro Manaças	NATENSIN
14	45.09	126	Carlos Nunes	KangRunn
15	45.42	175	Nélson Vieira	BJWHF
16	47.54	25	Eduardo Miguel Cardoso Lopes	AtleSofa
17	48.11	28	Vitor Nobre	AAA
18	49.02	279	Nuno Robalo	EXFEDERA
19	49.42	136	Hugo Rebelo	FFPMUni
20	49.52	72	Mauro Castro	INDIV
21	50.45	256	Pedro Nunes	A.Korpo
22	51.04	22	Luís Nunes	Totalgym
23	51.09	266	Paulo Almeida	AFDD
24	52.15	164	Luís Colaco	INDIV

24	52.15	104	Luis Coraço	INDIV
25	53.14	33	Hugo Santos	SecurDir
26	55.27	238	Luis Nunes	INDIV
27	56.35	213	Luís Alves	RoqueGym
28	57.50	3	Joaquim Marques	F.Selvag
29	57.51	233	Ricardo Pedro	EXFEDERA
30	1.00.03	133	Tomás Sousa	FFPMUni
31	1.01.34	275	João Nita	EXFEDERA
32	1.02.42	246	Hugo Marques	NATENSIN
33	1.03.52	31	João Pedro Churro	SecurDir
M45				
Class	Marca	Dorsal	Nome	Equipa
1	36.07	140	Sérgio Paiva	FFPMUni
2	37.03	30	Paulo Cantante	CDRRibei
3	38.44	143	Paulo Carvalho	FFPMUni
4	40.24	261	Paulo Lopes	AFDD
5	41.16	247	Mário Boucinha	NATENSIN
6	41.35	116	Luís Vilar Gomes	KangRunn
7	43.28	141	Edgar Trigo	FFPMUni
8	43.30	251	Jorge Santos	A.Korpo
9	43.31	228	Nuno Roque	NCAFB
10	44.25	263	Raúl Carvalho	AFDD
11	45.43	174	Pedro Singéis	BJWHF
12	45.59	271	João Paulo Felix da Silva	jpgfatlet
13	48.46	242	Carlos Lima	NATENSIN
14	49.23	241	Paulo Folgado	NATENSIN
15	49.47	5	Carlos Pena	Fiches
16	50.40	47	José Adrião	GDSBSI
17	52.14	82	Paulo Manaças	NATENSIN
18	52.25	274	Carlos Nita	EXFEDERA
19	56.30	184	Sérgio Mónica	ESTNEGRA
20	56.49	273	Orlando Santos	EXFEDERA
21	58.57	172	Sérgio Rodelo	RUNCREW
22	1.00.56	254	Nuno Paisana	A.Korpo
23	1.03.51	217	Filipe Neves	RoqueGym
24	1.05.28	123	Carlos Rocha	CMMCL
25	1.05.40	83	Rogério Ribeiro	INDIV
M50				
Class	Marca	Dorsal	Nome	Equipa
1	36.13	282	Joaquim Belchior	CDRRibei

2	42.16	7	José Batista	GRCDLeia
3	43.12	163	Luís Constante	INDIV
4	44.49	183	Vitorino Anjos	ESTNEGRA
5	45.00	29	Silvestre António Bilro Demétrio	CDRRibei
6	45.55	177	Rui Santiago	CDRRibei
7	48.22	156	Luís Pires	ANE
8	48.47	240	Paulo Brissos	NATENSIN
9	52.35	276	Luís Cunha	EXFEDERA
10	53.39	168	João Neves	RUNCREW
11	54.22	84	Luís Morais	INDIV
12	55.22	178	Jaime Trabucho	INDIV
13	1.05.54	214	Tobias Rocha	RoqueGym
M55				
Class	Marca	Dorsal	Nome	Equipa
1	40.19	182	José Marcelino	LPastora
2	41.30	181	Almiro Feijão	LPastora
3	42.47	180	Aretino Mota	LPastora
4	42.37	57	António Moita	BRRnRunn
5	43.06	260	João Cruz	AFDD
6	44.54	232	Alberto Covas	ESTNEGRA
7	46.52	179	António Tadeu Costa	INDIV
8	51.18	85	Romão Moita	INDIV
9	52.40	9	Carlos Matos	C.B.Seix
10	53.24	167	José Vermelhudo	INDIV
11	54.27	86	Carlos Manuel Oliveira	INDIV
12	55.59	244	Virgílio Oliviera	NATENSIN
13	59.36	112	António Caldeira	INDIV
14	1.00.04	77	Nuno Alexandre Gonçalves	AlphaRun
M60				
Class	Marca	Dorsal	Nome	Equipa
1	41.29	270	Fernando Ferreira	CDRRibei
2	42.27	46	Joaquim Figueiredo	CDRRibei
3	44.00	272	Francisco Ferreira	UFCI
4	49.22	15	Americo da Encarnação Vieira dos Santos	ANE
5	49.25	225	António Ribeiro	ÁGUIASUN
6	50.01	150	José Branquinho	FFPMUni
7	50.25	147	Raul Santos	FFPMUni
8	53.06	19	Vitor Aguilar	Run4Fun
9	53.22	186	Henrique Neves	ESTNEGRA
10	55.35	202	Manuel Coutinho	RoqueGym

10	55.55	202	Manuel Coutinho	RoqueGym
11	55.49	62	António Samuel	CDRRibei
12	56.07	149	Joaquim Fonseca	FFPMUni
13	1.00.02	24	António Costa	Totalgym
14	1.01.34	165	António Jorge	INDIV
F35				
Class	Marca	Dorsal	Nome	Equipa
1	42.28	268	Sofia Monteiro	CDRRibei
2	45.57	26	Inês Henriques Dias Marques	AtleSofa
3	46.30	281	Cawet Daphne	INDIV
4	50.29	111	Daniela Freire	INDIV
5	52.31	59	Sofia Medronheira	CDRRibei
6	53.35	265	Silvia Galveia	AFDD
7	53.48	99	Isabel Gonçalves	INDIV
8	54.13	78	Daniela Pinheiro	INDIV
9	54.48	134	Paula Pereira	FFPMUni
10	54.59	104	Carla Soares	INDIV
11	55.03	11	Vanda Maia	CDRRibei
12	57.50	2	Filipa Feiteira	CDRRibei
13	58.53	14	Marcilene Santos	GetFit
14	59.07	257	Teresa Paisana	A.Korpo
15	59.39	49	Carla Silva	GDSBSI
16	59.45	121	Sónia Rijo	NATENSIN
17	1.01.48	137	Marlene Oliveira	FFPMUni
18	1.02.35	248	Carla Bernardino	NATENSIN
19	1.02.45	92	Sónia Batista	INDIV
20	1.03.21	48	Margarida Marques	GDSBSI
21	1.03.26	193	Marília Silva	RoqueGym
22	1.04.13	138	Ana Abreu	FFPMUni
23	1.05.19	212	Susana Costa	RoqueGym
24	1.05.24	216	Anabela Neves	RoqueGym
25	1.14.21	32	Marta Santos	SecurDir
F45				
Class	Marca	Dorsal	Nome	Equipa
1	48.00	142	Isabel Santos	FFPMUni
2	48.25	185	Maria Lopes	ESTNEGRA
3	49.21	17	Anabela Barros	ANE
4	56.13	219	Maria Amélia Contrim	RoqueGym
5	56.17	148	Mercedes Fonseca	FFPMUni
6	58.08	71	Paula Santos	INDIV

7	59.50	44	Susana Tom	CorteIng
8	1.00.52	226	Paula Guerreiro	ÁGUIASUN
9	1.01.02	107	Júlia Calisto	INDIV
10	1.03.16	220	Pilar Ferreira	RoqueGym
11	1.05.09	218	Lisete	RoqueGym
12	1.05.28	122	Maria João Rocha	CMMCL
13	1.05.54	211	Helena Água	RoqueGym
14	1.06.27	36	Nidia Martins	SecurDir
15	1.14.22	223	Sónia Horta	RoqueGym
16	1.21.32	222	Ana Joy	RoqueGym