

| Lugar | Dorsal | Nome               | Equipa                                  | Tempo        | Diferença    |
|-------|--------|--------------------|-----------------------------------------|--------------|--------------|
| 1     | 119    | André Guimarães    | Acad.São João Da Serra                  | 01:08:35.717 | 00:00:00.000 |
| 2     | 98     | José Tavares       | Caldas De São Jorge Sport Clube         | 01:09:00.767 | 00:00:25.050 |
| 3     | 84     | Cesar Barros       | A.D.Amarante Trail Running              | 01:12:17.770 | 00:03:42.053 |
| 4     | 149    | David Leite        | Bravos E Bravitas Run                   | 01:13:53.273 | 00:05:17.556 |
| 5     | 19     | Francelino Resende | Mozelos                                 | 01:13:56.773 | 00:05:21.056 |
| 6     | 139    | Tiago Magalhães    | Bravos E Bravitas Run                   | 01:14:03.023 | 00:05:27.306 |
| 7     | 251    | Daniel Santos      | Individual                              | 01:14:08.287 | 00:05:32.570 |
| 8     | 47     | João Barbosa       | Sc Espinho - Atletismo / António Leitão | 01:14:46.027 | 00:06:10.310 |
| 9     | 138    | Márcio Melo        | Bravos E Bravitas Run                   | 01:15:17.777 | 00:06:42.060 |
| 10    | 255    | Miguel Marques     | Cm                                      | 01:17:22.280 | 00:08:46.563 |
| 11    | 263    | Fábio Barbosa      | Bravos E Bravitas Run                   | 01:17:37.780 | 00:09:02.063 |
| 12    | 135    | José Sousa         | Acad.São João Da Serra                  | 01:19:15.533 | 00:10:39.816 |
| 13    | 269    | José Carlos        | Trail Running Btt Sanguedo              | 01:19:20.033 | 00:10:44.316 |
| 14    | 50     | Pedro Serrano      | Running Espinho                         | 01:19:53.787 | 00:11:18.070 |
| 15    | 165    | Jorge Soares       | Oscacer                                 | 01:21:27.790 | 00:12:52.073 |
| 16    | 225    | Paulo Grilo        | Arcorun                                 | 01:23:03.793 | 00:14:28.076 |
| 17    | 41     | Ramiro Pinho       | Sc Espinho - Atletismo / António Leitão | 01:23:20.293 | 00:14:44.576 |
| 18    | 131    | Tiago Arruda       | Pão Pepim                               | 01:23:24.540 | 00:14:48.823 |
| 19    | 100    | Manuel Rodrigues   | V N De Gaia                             | 01:23:28.793 | 00:14:53.076 |
| 20    | 202    | Pedro Fonseca      | Running Espinho                         | 01:23:33.293 | 00:14:57.576 |
| 21    | 137    | Nelson Marques     | Acad.São João Da Serra                  | 01:24:00.547 | 00:15:24.830 |
| 22    | 93     | Carlos Couto       | Outlaw Runners                          | 01:24:27.547 | 00:15:51.830 |
| 23    | 265    | Duarte Sá          | Individual                              | 01:25:26.047 | 00:16:50.330 |
| 24    | 125    | Fábio Campos       | Individual                              | 01:25:56.297 | 00:17:20.580 |
| 25    | 51     | Cesar Sousa        | Sc Espinho - Atletismo / António Leitão | 01:26:09.797 | 00:17:34.080 |
| 26    | 250    | Diogo Silva        | Individual                              | 01:27:20.553 | 00:18:44.836 |
| 27    | 168    | Oscar Brandão      | Oscacer                                 | 01:27:28.550 | 00:18:52.833 |
| 28    | 17     | Abilio Santos      | Sc Espinho - Atletismo / António Leitão | 01:27:30.800 | 00:18:55.083 |
| 29    | 103    | Delfim Silva       | Individual                              | 01:28:35.303 | 00:19:59.586 |
| 30    | 134    | Sandra Ferreira    | Tasse Bem                               | 01:28:58.803 | 00:20:23.086 |
| 31    | 64     | Carlos Familiar    | Individual                              | 01:29:07.557 | 00:20:31.840 |
| 32    | 208    | José Feiteira      | Running Espinho                         | 01:29:07.807 | 00:20:32.090 |
| 33    | 240    | Rafael Gonçalves   | Individual                              | 01:29:32.307 | 00:20:56.590 |
| 34    | 181    | Bruno Matos        | Ferreira De Sá Rugs                     | 01:29:46.557 | 00:21:10.840 |
| 35    | 129    | Paulo Rodrigues    | Espinho                                 | 01:30:21.813 | 00:21:46.096 |
| 36    | 214    | José Gomes         | Running Espinho                         | 01:31:48.810 | 00:23:13.093 |
| 37    | 256    | Mário Alves        | Running Espinho                         | 01:33:05.560 | 00:24:29.843 |
| 38    | 264    | Jorge Dias         | Individual                              | 01:33:32.310 | 00:24:56.593 |
| 39    | 222    | Sofia Dias         | Individual                              | 01:33:56.317 | 00:25:20.600 |
| 40    | 63     | Ramiro Silva       | Caldas De São Jorge Sport Clube         | 01:33:56.563 | 00:25:20.846 |
| 41    | 246    | Manuel Couto       | Individual                              | 01:33:57.063 | 00:25:21.346 |
| 42    | 184    | Juliano Silva      | Ferreira De Sá Rugs                     | 01:34:11.063 | 00:25:35.346 |
| 43    | 199    | Rui Pinto          | Running Espinho                         | 01:34:18.317 | 00:25:42.600 |
| 44    | 207    | Damásio Pereira    | Running Espinho                         | 01:34:19.813 | 00:25:44.096 |

| Lugar | Dorsal | Nome                 | Equipa                                  | Tempo        | Diferença    |
|-------|--------|----------------------|-----------------------------------------|--------------|--------------|
| 45    | 235    | Joao Neves           | Individual                              | 01:34:29.563 | 00:25:53.846 |
| 46    | 177    | Rui Silva            | Sc Espinho - Atletismo / António Leitão | 01:34:40.563 | 00:26:04.846 |
| 47    | 151    | Alcino Gouveia       | Sentir Escariz Running                  | 01:34:47.313 | 00:26:11.596 |
| 48    | 4      | José Nunes           | Individual                              | 01:35:09.067 | 00:26:33.350 |
| 49    | 10     | Sérgio Pereira       | Smp-Produtos Alimentares                | 01:35:24.320 | 00:26:48.603 |
| 50    | 243    | Marta Reis           | Cortegaça                               | 01:36:20.817 | 00:27:45.100 |
| 51    | 89     | Bruno Silva          | Espinho                                 | 01:36:46.070 | 00:28:10.353 |
| 52    | 88     | José Ferreira        | Espinho                                 | 01:36:47.067 | 00:28:11.350 |
| 53    | 170    | Paulo Rocha          | Individual                              | 01:37:05.317 | 00:28:29.600 |
| 54    | 605    | Luis Nogueira        | Individual                              | 01:37:10.570 | 00:28:34.853 |
| 55    | 159    | António Gonçalves    | Vila Nova De Gaia                       | 01:37:12.567 | 00:28:36.850 |
| 56    | 72     | Rogério Silva        | S. Martinho Gândara                     | 01:37:15.820 | 00:28:40.103 |
| 57    | 238    | Bruno Moreira        | Boomerangtt                             | 01:37:19.320 | 00:28:43.603 |
| 58    | 552    | Paulo Oliveira       | Individual                              | 01:37:28.820 | 00:28:53.103 |
| 59    | 12     | Daniel Gomes         | Individual                              | 01:37:41.820 | 00:29:06.103 |
| 60    | 61     | Sandra Canelha       | G.D.Ronda                               | 01:37:56.820 | 00:29:21.103 |
| 61    | 59     | Paulo Mota           | G.D.Ronda                               | 01:37:58.317 | 00:29:22.600 |
| 62    | 58     | Celso Silva          | G.D.Ronda                               | 01:37:58.817 | 00:29:23.100 |
| 63    | 252    | Maria Leite          | Bravos E Bravitas Run                   | 01:38:33.070 | 00:29:57.353 |
| 64    | 42     | Bruno Rodrigues      | Individual                              | 01:38:38.323 | 00:30:02.606 |
| 65    | 262    | Elísio Maia          | Individual                              | 01:38:39.320 | 00:30:03.603 |
| 66    | 257    | Cristina Couto       | Running Espinho                         | 01:39:16.073 | 00:30:40.356 |
| 67    | 245    | Paulo Ruivo          | Esmoriz                                 | 01:39:55.577 | 00:31:19.860 |
| 68    | 130    | Adelio Alegria       | Pão Pepim                               | 01:40:03.823 | 00:31:28.106 |
| 69    | 221    | Alexandre Aluai      | Individual                              | 01:40:11.323 | 00:31:35.606 |
| 70    | 253    | Humberto Barros      | Kaninos                                 | 01:40:14.833 | 00:31:39.116 |
| 71    | 543    | Vitor Almeida        | Vila Nova De Gaia                       | 01:40:24.827 | 00:31:49.110 |
| 72    | 266    | Vera Leite           | Bravos E Bravitas Run                   | 01:40:26.573 | 00:31:50.856 |
| 73    | 145    | Jorge Silva          | Bravos E Bravitas Run                   | 01:40:28.077 | 00:31:52.360 |
| 74    | 99     | Sérgio Guimbra       | Individual                              | 01:40:29.607 | 00:31:53.890 |
| 75    | 44     | Tony Matias          | Insígnia Mobiliário                     | 01:40:38.077 | 00:32:02.360 |
| 76    | 192    | Miguel Rampinha      | Rampinha                                | 01:41:02.327 | 00:32:26.610 |
| 77    | 40     | Bernardino Fernandes | Os Guerreiros Da Luz                    | 01:41:14.827 | 00:32:39.110 |
| 78    | 212    | Manuel Abreu         | Running Espinho                         | 01:41:21.077 | 00:32:45.360 |
| 79    | 62     | Luís Guimaraes       | G.D.Ronda                               | 01:41:50.330 | 00:33:14.613 |
| 80    | 13     | Lúcia Soares         | Individual                              | 01:41:53.827 | 00:33:18.110 |
| 81    | 586    | Vitor Ferreira       | Individual                              | 01:42:02.827 | 00:33:27.110 |
| 82    | 70     | Carlos Pinto         | Clube Vodafone                          | 01:42:22.330 | 00:33:46.613 |
| 83    | 259    | Tiago Pereira        | Running Espinho                         | 01:42:59.330 | 00:34:23.613 |
| 84    | 122    | Paulo Vaz            | Vaz E Vaz                               | 01:43:40.833 | 00:35:05.116 |
| 85    | 25     | Francisco Silva      | 20 Ver Correr                           | 01:43:46.080 | 00:35:10.363 |
| 86    | 211    | Marco Pinho          | Running Espinho                         | 01:43:58.580 | 00:35:22.863 |
| 87    | 178    | Lucilia Santos       | Ferreira De Sá Rugs                     | 01:44:46.833 | 00:36:11.116 |
| 88    | 133    | Rui Figueiredo       | Sentir Escariz Running                  | 01:44:49.333 | 00:36:13.616 |

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|-------|--------|--------------------|-------------------------|--------------|--------------|
| 89    | 49     | Pedro Oliveira     | Individual              | 01:44:56.583 | 00:36:20.866 |
| 90    | 241    | Helder Teixeira    | Individual              | 01:44:56.833 | 00:36:21.116 |
| 91    | 215    | António Pereira    | Running Espinho         | 01:46:03.087 | 00:37:27.370 |
| 92    | 123    | José Valente       | Vaz E Vaz               | 01:46:03.847 | 00:37:28.130 |
| 93    | 185    | Nelson Almeida     | Individual              | 01:46:10.837 | 00:37:35.120 |
| 94    | 171    | Eusebio Lopes      | Geração Paramos         | 01:47:12.087 | 00:38:36.370 |
| 95    | 176    | Nelson Miranda     | Individual              | 01:47:46.087 | 00:39:10.370 |
| 96    | 144    | Cátia Alves        | Bravos E Bravitas Run   | 01:47:50.337 | 00:39:14.620 |
| 97    | 150    | Miguel Ferreira    | Bravos E Bravitas Run   | 01:47:57.090 | 00:39:21.373 |
| 98    | 148    | Manuel Gomes       | Bravos E Bravitas Run   | 01:48:30.340 | 00:39:54.623 |
| 99    | 91     | Carlos Maia        | Individual              | 01:48:40.340 | 00:40:04.623 |
| 100   | 39     | José Lopes         | Individual              | 01:49:05.840 | 00:40:30.123 |
| 101   | 228    | Carlos Barroso     | Bio Team Run            | 01:49:48.593 | 00:41:12.876 |
| 102   | 65     | Henrique Silva     | A D Rio Largo C Espinho | 01:49:55.843 | 00:41:20.126 |
| 103   | 210    | Ricardo Ferreira   | Running Espinho         | 01:50:25.847 | 00:41:50.130 |
| 104   | 104    | Augusto Silva      | Clube Rio Largo         | 01:50:44.843 | 00:42:09.126 |
| 105   | 180    | Joel Ribeiro       | Ferreira De Sá Rugs     | 01:50:46.097 | 00:42:10.380 |
| 106   | 111    | Francisco Romariz  | Sempre Nos Trilhos      | 01:50:49.593 | 00:42:13.876 |
| 107   | 182    | Tiago Pinto        | Ferreira De Sá Rugs     | 01:51:00.597 | 00:42:24.880 |
| 108   | 56     | Jorge Vasconcelos  | Equipa A                | 01:51:20.847 | 00:42:45.130 |
| 109   | 20     | David Oliveira     | S. Felix Da Marinha     | 01:51:21.847 | 00:42:46.130 |
| 110   | 132    | Márcio Moreira     | Espinho Trail           | 01:51:23.597 | 00:42:47.880 |
| 111   | 247    | Rosa Rodrigues     | Espinho Trail           | 01:51:24.347 | 00:42:48.630 |
| 112   | 24     | Pedro Sousa        | 20 Ver Correr           | 01:51:37.847 | 00:43:02.130 |
| 113   | 68     | Jorge Guerra       | Os Falta D'Ar           | 01:51:55.350 | 00:43:19.633 |
| 114   | 11     | Fernanda Almeida   | Individual              | 01:51:55.597 | 00:43:19.880 |
| 115   | 183    | José Luis          | Ferreira De Sá Rugs     | 01:51:56.597 | 00:43:20.880 |
| 116   | 113    | Rui Jorge          | Individual              | 01:52:28.597 | 00:43:52.880 |
| 117   | 112    | Alberto Espinheira | Os Guerreiros Da Luz    | 01:52:32.597 | 00:43:56.880 |
| 118   | 239    | Alcindo Silva      | Individual              | 01:52:33.847 | 00:43:58.130 |
| 119   | 67     | Alexandre Ferreira | Gansos                  | 01:52:35.347 | 00:43:59.630 |
| 120   | 126    | Diana Sequeira     | Individual              | 01:52:38.347 | 00:44:02.630 |
| 121   | 121    | Jose Gouveia       | Viseu                   | 01:52:43.597 | 00:44:07.880 |
| 122   | 233    | Miguel Bastos      | Individual              | 01:52:48.597 | 00:44:12.880 |
| 123   | 5      | Helena Oliveira    | Bunheiro Runners        | 01:53:01.347 | 00:44:25.630 |
| 124   | 18     | Joaquim Moreira    | Individual              | 01:53:16.597 | 00:44:40.880 |
| 125   | 105    | Ricardo Nordeste   | Individual              | 01:54:18.100 | 00:45:42.383 |
| 126   | 46     | José Oliveira      | 20 Ver Correr           | 01:54:24.350 | 00:45:48.633 |
| 127   | 22     | Lígia Lopes        | 20 Ver Correr           | 01:54:26.600 | 00:45:50.883 |
| 128   | 163    | Isabel Pinto       | Oscacer                 | 01:55:10.103 | 00:46:34.386 |
| 129   | 80     | Susana Fernandes   | Individual              | 01:55:10.353 | 00:46:34.636 |
| 130   | 166    | Paulo Maia         | Oscacer                 | 01:55:16.607 | 00:46:40.890 |
| 131   | 86     | Rafael Sousa       | Individual              | 01:55:41.853 | 00:47:06.136 |
| 132   | 87     | Alexandre Sargento | Individual              | 01:55:46.607 | 00:47:10.890 |

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|-------|--------|-----------------|-----------------------------------------------------------|--------------|--------------|
| 133   | 66     | Rui Machado     | Gansos122                                                 | 01:55:46.863 | 00:47:11.146 |
| 134   | 201    | Carlos Silva    | Running Espinho                                           | 01:55:49.110 | 00:47:13.393 |
| 135   | 77     | Emília Ferreira | Running Espinho                                           | 01:56:04.853 | 00:47:29.136 |
| 136   | 142    | Dorinda Gomes   | Bravos E Bravitas Run                                     | 01:56:53.103 | 00:48:17.386 |
| 137   | 254    | Manuel Ruivo    | Individual                                                | 01:56:57.603 | 00:48:21.886 |
| 138   | 607    | Luis Vieira     | Cm                                                        | 01:57:10.607 | 00:48:34.890 |
| 139   | 53     | Alice Santos    | Núcleo De Montanha De Espinho                             | 01:57:23.857 | 00:48:48.140 |
| 140   | 140    | Sónia Queirós   | Bravos E Bravitas Run                                     | 01:57:48.103 | 00:49:12.386 |
| 141   | 227    | Pedro Valente   | Running Espinho                                           | 01:57:57.107 | 00:49:21.390 |
| 142   | 191    | Susana Moreira  | Comdor Runners                                            | 01:57:59.353 | 00:49:23.636 |
| 143   | 260    | Paulo Correia   | Paulo Correia Reabilitação Integrada                      | 01:58:03.357 | 00:49:27.640 |
| 144   | 169    | Olga Brandão    | Oscacer                                                   | 01:58:19.357 | 00:49:43.640 |
| 145   | 48     | Sofia Martins   | Running Espinho                                           | 01:58:44.360 | 00:50:08.643 |
| 146   | 124    | Jorge Oliveira  | Azeitonas                                                 | 01:59:12.607 | 00:50:36.890 |
| 147   | 14     | Ana Freire      | Bunheiro Runners                                          | 02:01:02.113 | 00:52:26.396 |
| 148   | 69     | Bernardo Santos | Clube Vodafone                                            | 02:01:02.363 | 00:52:26.646 |
| 149   | 226    | Helder Freitas  | Individual                                                | 02:01:12.613 | 00:52:36.896 |
| 150   | 268    | Dulce Correia   | Trail Running Btt Sanguedo                                | 02:01:43.863 | 00:53:08.146 |
| 151   | 216    | Helder Pinto    | Helder Pinto                                              | 02:01:48.860 | 00:53:13.143 |
| 152   | 154    | Carla Teixeira  | Individual                                                | 02:02:09.363 | 00:53:33.646 |
| 153   | 108    | Carlos Elias    | Os Guerreiros Da Luz                                      | 02:02:10.613 | 00:53:34.896 |
| 154   | 229    | Helder Santos   | Hora Do Lobo Trail / Clube Futebol De Perosinho Atletismo | 02:02:39.880 | 00:54:04.163 |
| 155   | 38     | Marlene Santos  | Amigos                                                    | 02:02:40.363 | 00:54:04.646 |
| 156   | 54     | Jorge Simoes    | Renato Alhais                                             | 02:02:58.117 | 00:54:22.400 |
| 157   | 128    | Sílvia Ferreira | Espinho                                                   | 02:03:19.373 | 00:54:43.656 |
| 158   | 136    | Rui Costa       | Acd.São João Da Serra                                     | 02:03:44.867 | 00:55:09.150 |
| 159   | 602    | M Bastos        | Individual                                                | 02:03:48.867 | 00:55:13.150 |
| 160   | 35     | João Silva      | 20 Ver Correr                                             | 02:04:51.367 | 00:56:15.650 |
| 161   | 234    | Vicente Pinto   | Individual                                                | 02:05:19.617 | 00:56:43.900 |
| 162   | 271    | Ricardo Maia    | Cm                                                        | 02:05:20.370 | 00:56:44.653 |
| 163   | 127    | Paula Cruz      | Espinho Trail                                             | 02:05:26.367 | 00:56:50.650 |
| 164   | 164    | Ricardo Resende | Oscacer                                                   | 02:05:45.367 | 00:57:09.650 |
| 165   | 236    | Carina Mateus   | Vila Do Conde                                             | 02:06:39.387 | 00:58:03.670 |
| 166   | 237    | Paulo Aldeias   | Vila Do Conde                                             | 02:06:39.623 | 00:58:03.906 |
| 167   | 81     | Paulo Fortunato | Grupo Desportivo Santander Totta                          | 02:06:53.373 | 00:58:17.656 |
| 168   | 186    | Ana Castro      | Santa Maria De Lamas                                      | 02:06:53.870 | 00:58:18.153 |
| 169   | 57     | Renato Gomes    | Renato Alhais                                             | 02:07:07.373 | 00:58:31.656 |
| 170   | 223    | Nelson Adrego   | Individual                                                | 02:08:04.623 | 00:59:28.906 |
| 171   | 232    | Hugo Granja     | Individual                                                | 02:08:08.130 | 00:59:32.413 |
| 172   | 224    | Vera Abreu      | Individual                                                | 02:08:09.127 | 00:59:33.410 |
| 173   | 158    | André Miranda   | Bravos E Bravitas Run                                     | 02:08:14.247 | 00:59:38.530 |
| 174   | 209    | Sara Baptista   | Running Espinho                                           | 02:08:19.380 | 00:59:43.663 |
| 175   | 8      | Tiago Silva     | Individual                                                | 02:08:21.873 | 00:59:46.156 |
| 176   | 120    | Anabela Cardoso | Espinho                                                   | 02:09:13.627 | 01:00:37.910 |

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|-------|--------|--------------------|-----------------------------|--------------|--------------|
| 177   | 244    | Rui Gomes          | Running Espinho             | 02:09:43.377 | 01:01:07.660 |
| 178   | 110    | Jorge Santos       | Sempre Nos Trilhos          | 02:10:07.643 | 01:01:31.926 |
| 179   | 106    | José Freitas       | Rollingaventura             | 02:10:11.130 | 01:01:35.413 |
| 180   | 36     | Carlos Teixeira    | Team - Quadrantemotor       | 02:10:45.640 | 01:02:09.923 |
| 181   | 37     | Vitor Gomes        | Team - Quadrantemotor       | 02:10:46.380 | 01:02:10.663 |
| 182   | 3      | Sandra Ferreira    | Individual                  | 02:11:36.880 | 01:03:01.163 |
| 183   | 231    | Patricia Valente   | Progresso Academy           | 02:11:40.133 | 01:03:04.416 |
| 184   | 52     | Joaquim Martins    | Espinho                     | 02:11:55.630 | 01:03:19.913 |
| 185   | 204    | Hélder Costa       | Running Espinho             | 02:12:33.640 | 01:03:57.923 |
| 186   | 203    | Elisabete Costa    | Running Espinho             | 02:12:35.383 | 01:03:59.666 |
| 187   | 194    | Ana Oliveira       | Running Espinho             | 02:13:15.883 | 01:04:40.166 |
| 188   | 21     | Luís Pereira       | Individual                  | 02:13:16.633 | 01:04:40.916 |
| 189   | 6      | Clara Oliveira     | Individual                  | 02:13:47.133 | 01:05:11.416 |
| 190   | 115    | Ana Silva          | Santa Maria Da Feira        | 02:13:47.137 | 01:05:11.420 |
| 191   | 116    | Carla Almeida      | Individual                  | 02:13:49.387 | 01:05:13.670 |
| 192   | 157    | Ana Tavares        | Espinho Trail               | 02:15:02.640 | 01:06:26.923 |
| 193   | 188    | Tony Barbosa       | Espinho Trail               | 02:15:06.890 | 01:06:31.173 |
| 194   | 187    | Carla Pereira      | Espinho Trail               | 02:15:07.137 | 01:06:31.420 |
| 195   | 195    | Paulo Ladeira      | Running Espinho             | 02:15:28.390 | 01:06:52.673 |
| 196   | 82     | Fernando Castro    | Individual                  | 02:15:28.640 | 01:06:52.923 |
| 197   | 9      | Joaquim Melo       | Os Guerreiros Da Luz        | 02:15:53.640 | 01:07:17.923 |
| 198   | 102    | Alexander Oliveira | Pincel                      | 02:16:18.887 | 01:07:43.170 |
| 199   | 107    | Paulo Gomes        | Os Guerreiros Da Luz        | 02:16:50.640 | 01:08:14.923 |
| 200   | 141    | Sónia Tavares      | Bravos E Bravitas Run       | 02:18:56.640 | 01:10:20.923 |
| 201   | 261    | Anabela Barata     | Running Espinho             | 02:20:05.150 | 01:11:29.433 |
| 202   | 114    | Tony Silva         | Individual                  | 02:20:06.397 | 01:11:30.680 |
| 203   | 101    | Rosina Couto       | Arcozelo, Vila Nova De Gaia | 02:20:48.693 | 01:12:12.976 |
| 204   | 79     | Samanta Maia       | Clube Atletismo De Lamas    | 02:22:16.653 | 01:13:40.936 |
| 205   | 73     | Marlene Ferreira   | Clube Atletismo De Lamas    | 02:22:19.153 | 01:13:43.436 |
| 206   | 71     | Teresa Tavares     | Clube Atletismo De Lamas    | 02:22:19.653 | 01:13:43.936 |
| 207   | 161    | Cristina Duarte    | Espinho Trail               | 02:23:00.397 | 01:14:24.680 |
| 208   | 156    | Ana Duarte         | Individual                  | 02:23:01.150 | 01:14:25.433 |
| 209   | 97     | Maria Suaré        | Suaré                       | 02:23:25.150 | 01:14:49.433 |
| 210   | 90     | Catarina Alves     | Individual                  | 02:23:25.650 | 01:14:49.933 |
| 211   | 147    | Carla Machado      | Bravos E Bravitas Run       | 02:23:27.650 | 01:14:51.933 |
| 212   | 32     | Valdemar Sobral    | 20 Ver Correr               | 02:26:04.907 | 01:17:29.190 |
| 213   | 31     | Fernanda Vieira    | 20 Ver Correr               | 02:26:06.657 | 01:17:30.940 |
| 214   | 29     | Abílio Costa       | 20 Ver Correr               | 02:27:18.907 | 01:18:43.190 |
| 215   | 30     | Fátima Costa       | 20 Ver Correr               | 02:27:20.157 | 01:18:44.440 |
| 216   | 504    | Nuno Nunes         | Mpcs                        | 02:28:29.407 | 01:19:53.690 |
| 217   | 174    | Margarida Mateus   | Cansados                    | 02:29:08.410 | 01:20:32.693 |
| 218   | 175    | Clara Gonçalves    | Cansados                    | 02:29:10.410 | 01:20:34.693 |
| 219   | 173    | Zeferino Bastos    | Cansados                    | 02:29:11.163 | 01:20:35.446 |
| 220   | 172    | Isabel Silva       | Cansados                    | 02:29:12.167 | 01:20:36.450 |

| Lugar | Dorsal | Nome               | Equipa                     | Tempo        | Diferença    |
|-------|--------|--------------------|----------------------------|--------------|--------------|
| 221   | 230    | Maria Leal         | Espinho                    | 02:30:49.413 | 01:22:13.696 |
| 222   | 206    | Sandra Martins     | Running Espinho            | 02:31:47.920 | 01:23:12.203 |
| 223   | 162    | Patrícia Ferreira  | Oscacer                    | 02:31:48.167 | 01:23:12.450 |
| 224   | 213    | Nuno Moreira       | Running Espinho            | 02:31:48.417 | 01:23:12.700 |
| 225   | 205    | Marcos Carvalho    | Running Espinho            | 02:31:52.167 | 01:23:16.450 |
| 226   | 258    | Silvia Costa       | Running Espinho            | 02:31:52.173 | 01:23:16.456 |
| 227   | 190    | André Pinto        | Individual                 | 02:32:29.917 | 01:23:54.200 |
| 228   | 189    | Elisabete Carvalho | Individual                 | 02:32:30.167 | 01:23:54.450 |
| 229   | 152    | Silvia Arnelas     | Preguiça Runners           | 02:32:33.917 | 01:23:58.200 |
| 230   | 153    | Helder Rvm         | Preguiça Runners           | 02:32:36.920 | 01:24:01.203 |
| 231   | 92     | Joaquim Rodrigues  | Individual                 | 02:33:44.923 | 01:25:09.206 |
| 232   | 146    | Carlos Maia        | Individual                 | 02:33:49.673 | 01:25:13.956 |
| 233   | 118    | Nuno Marques       | #Nuno#Maria                | 02:34:02.670 | 01:25:26.953 |
| 234   | 117    | Maria Ribeiro      | #Nuno#Maria                | 02:34:03.923 | 01:25:28.206 |
| 235   | 43     | Alcina Moura       | Arcorun                    | 02:34:14.173 | 01:25:38.456 |
| 236   | 96     | Regina Melo        | Arcorun                    | 02:34:17.170 | 01:25:41.453 |
| 237   | 83     | Ricardo Braga      | Rechonchudos Trail Runners | 02:37:52.427 | 01:29:16.710 |
| 238   | 219    | Ines Coutinho      | Jpc                        | 02:39:23.177 | 01:30:47.460 |
| 239   | 220    | Sofia Coutinho     | Jpc                        | 02:39:26.177 | 01:30:50.460 |
| 240   | 218    | José Coutinho      | Jpc                        | 02:39:28.427 | 01:30:52.710 |
| 241   | 200    | Diana Oliveira     | Running Espinho            | 02:43:31.187 | 01:34:55.470 |
| 242   | 76     | Fernando Ferreira  | A Hora Do Lobo             | 02:45:42.437 | 01:37:06.720 |
| 243   | 193    | Ana Ribeiro        | Running Espinho            | 02:47:17.940 | 01:38:42.223 |
| 244   | 196    | Cátia Maia         | Running Espinho            | 02:47:26.693 | 01:38:50.976 |
| 245   | 33     | Andrea Conceição   | 20 Ver Correr              | 02:53:49.453 | 01:45:13.736 |
| 246   | 23     | Gilda Cunha        | 20 Ver Correr              | 02:55:02.703 | 01:46:26.986 |
| 247   | 27     | Joselina Oliveira  | 20 Ver Correr              | 02:55:03.457 | 01:46:27.740 |
| 248   | 28     | Ana Sousa          | 20 Ver Correr              | 02:55:07.960 | 01:46:32.243 |
| 249   | 26     | Gerardo Lopes      | 20 Ver Correr              | 02:59:50.713 | 01:51:14.996 |
| 250   | 95     | Zita Coelho        | Individual                 | 03:01:28.467 | 01:52:52.750 |
| 251   | 94     | Lúcia Mota         | Individual                 | 03:01:31.970 | 01:52:56.253 |
| 252   | 75     | Nívea Teixeira     | Individual                 | 03:02:58.717 | 01:54:23.000 |
| 253   | 74     | Rui Pinto          | Individual                 | 03:03:04.220 | 01:54:28.503 |
| 254   | 198    | Patricia Couto     | Running Espinho            | 03:20:20.503 | 02:11:44.786 |
| 255   | 197    | Liliana Costa      | Running Espinho            | 03:20:22.250 | 02:11:46.533 |
| 256   | 267    | Marisa Nunes       | Individual                 | 03:25:51.767 | 02:17:16.050 |