

| Class | Num | Nome | Sx | Idd | Pos Género | T. Bruto | T. Líquido | Equipe |
|-------|------|-------------------|----|-----|---------------|-------------|-------------|-------------------------|
| 1 | 16 | DANIEL PINHEIRO | M | 35 | 1 | 00:29:34.67 | 00:29:29.22 | |
| 2 | 378 | TIAGO NOGUEIRA | M | 35 | 2 | 00:29:59.61 | 00:29:58.61 | AMINHACORRIDA/MYPROTEIN |
| 3 | 94 | PEDRO ALVES | M | 24 | 3 | 00:30:02.94 | 00:30:00.73 | |
| 4 | 3112 | RUI ALVES | M | 36 | 4 | 00:30:06.31 | 00:30:02.33 | SOJ |
| 5 | 477 | NUNO SILVA | M | 36 | 5 | 00:30:20.58 | 00:30:20.25 | CAA BELEM |
| 6 | 406 | AUGUSTO PIRES | M | 46 | 6 | 00:31:26.74 | 00:31:25.72 | CUA BENAVENTENSE |
| 7 | 3006 | LUIS M CRUZ | M | 46 | 7 | 00:32:08.89 | 00:32:07.74 | MONTIJO RUNNERS |
| 8 | 3104 | TIAGO CASTELA | M | 30 | 8 | 00:32:43.81 | 00:32:40.89 | DCI-CCDRP MEALHADA |
| 9 | 3032 | JOÃO SIMÕES | M | 47 | 9 | 00:32:44.74 | 00:32:40.13 | ASICS LISBOA RUN CLUB |
| 10 | 446 | ANTÓNIO VALE | M | 60 | 10 | 00:33:43.62 | 00:33:40.86 | |
| 11 | 3009 | VITOR ANTUNES | M | 44 | 11 | 00:33:45.07 | 00:33:42.00 | SR CAMARNAL |
| 12 | 95 | NORBERTO ALVES | M | 53 | 12 | 00:34:22.14 | 00:34:22.14 | |
| 13 | 125 | RAFAEL SEQUEIRA | M | 22 | 13 | 00:34:28.94 | 00:34:27.49 | JOBRINDE |
| 14 | 3063 | JOSÉ GOUVEIA | M | 49 | 14 | 00:34:31.32 | 00:34:29.27 | |
| 15 | 3075 | NUNO LINO | M | 37 | 15 | 00:34:37.42 | 00:34:36.46 | OS GALGOS |
| 16 | 443 | PAULO S RODRIGUES | M | 50 | 16 | 00:34:41.52 | 00:34:40.89 | |
| 17 | 307 | CÁTIA GALHARDO | F | 30 | 1 | 00:34:51.19 | 00:34:49.08 | OS CARACOIS DO ASFALTO |
| 18 | 305 | PAULO LOPES | M | 49 | 17 | 00:34:51.82 | 00:34:51.28 | |
| 19 | 186 | RICARDO FERREIRA | M | 24 | 18 | 00:35:11.78 | 00:34:58.80 | AO RITMO DAS 200PPM |
| 20 | 232 | TIAGO DUARTE | M | 36 | 19 | 00:35:30.05 | 00:35:27.82 | |
| 21 | 218 | FERNANDO SOUSA | M | 59 | 20 | 00:35:36.76 | 00:35:34.55 | |
| 22 | 3054 | HUGO CARAGO | M | 45 | 21 | 00:35:41.72 | 00:35:39.36 | CR SAPATARIA |
| 23 | 90 | BRUNO GARCIA | M | 40 | 22 | 00:36:05.08 | 00:35:57.06 | |
| 24 | 148 | ADILSON LINO | M | 44 | 23 | 00:36:13.11 | 00:36:08.56 | |
| 25 | 11 | CARLOS FRANÇA | M | 39 | 24 | 00:36:14.97 | 00:36:12.21 | CAD A CORRER |
| 26 | 3058 | TIAGO MARQUES | M | 36 | 25 | 00:36:15.81 | 00:36:12.68 | AA MAFRA |
| 27 | 91 | EDUARDO LUÍS | M | 40 | 26 | 00:36:18.90 | 00:36:09.20 | ATÓMICOS |
| 28 | 98 | CARLOS SEQUEIRA | M | 50 | 27 | 00:36:20.00 | 00:36:17.89 | JOBRINDE |
| 29 | 354 | ANTONIO REBELO | M | 46 | 28 | 00:36:27.92 | 00:36:18.18 | |
| 30 | 173 | JOSÉ BARBOSA | M | 35 | 29 | 00:36:47.97 | 00:36:35.03 | AO RITMO DAS 200PPM |
| 31 | 278 | HUGO M CASELHAS | M | 40 | 30 | 00:36:49.50 | 00:36:48.88 | CA VALE FIGUEIRA |
| 32 | 215 | JOAO BOGALHEIRO | M | 48 | 31 | 00:36:58.64 | 00:36:57.79 | A VALE SILENCIO |
| 33 | 3008 | PEDRO MARIA | M | 44 | 32 | 00:36:59.68 | 00:36:52.94 | SR CAMARNAL |
| 34 | 3076 | MARISA COSTA | F | 38 | 2 | 00:37:02.62 | 00:36:55.01 | GD BARCARENA |
| 35 | 60 | JOÃO GUTERRES | M | 43 | 33 | 00:37:13.72 | 00:37:07.76 | |
| 36 | 339 | JOAO ANTUNES | M | 34 | 34 | 00:37:19.83 | 00:37:18.61 | OS CARACOIS DO ASFALTO |

| | | | | | | | | |
|----|------|--------------------|---|----|----|-------------|-------------|------------------------|
| 37 | 67 | ALEXANDRE SANTOS | M | 46 | 35 | 00:37:20.17 | 00:37:19.57 | |
| 38 | 189 | CEDRIC MONTEIRO | M | 31 | 36 | 00:37:22.00 | 00:37:12.39 | CASEBRE |
| 39 | 3108 | EDUARDO SILVA | M | 54 | 37 | 00:37:23.21 | 00:37:22.61 | |
| 40 | 29 | SÉRGIO FERNANDES | M | 30 | 38 | 00:37:30.32 | 00:37:29.52 | |
| 41 | 250 | SONIA NEVES | F | 42 | 3 | 00:37:31.63 | 00:37:31.23 | CORRER LISBOA |
| 42 | 115 | SERGIO AMARO | M | 48 | 39 | 00:37:33.22 | 00:37:29.21 | CATA |
| 43 | 282 | JOSE BERNARDO | M | 48 | 40 | 00:37:35.90 | 00:37:30.77 | CCD SINTRENSE |
| 44 | 260 | HÉLDER COTRIM | M | 38 | 41 | 00:37:37.29 | 00:37:36.19 | |
| 45 | 114 | EDGAR GOMES | M | 51 | 42 | 00:37:47.59 | 00:37:34.70 | |
| 46 | 3047 | VITOR FERRÃO | M | 47 | 43 | 00:37:52.71 | 00:37:47.80 | |
| 47 | 468 | JOSE REIS | M | 64 | 44 | 00:37:53.73 | 00:37:48.87 | SC REBOLEIRA DAMAIA |
| 48 | 314 | LUIS CORREIA | M | 42 | 45 | 00:37:59.51 | 00:37:57.76 | |
| 49 | 3001 | LUIS SOUSA | M | 42 | 46 | 00:38:01.96 | 00:37:53.43 | |
| 50 | 409 | RICARDO GONCALVES | M | 36 | 47 | 00:38:08.33 | 00:37:45.91 | |
| 51 | 493 | ÁLVARO R FERREIRA | M | 35 | 48 | 00:38:11.27 | 00:38:11.27 | |
| 52 | 79 | JOAO M P MARTINS | M | 36 | 49 | 00:38:21.75 | 00:38:05.34 | |
| 53 | 121 | PEDRO RAMOS | M | 50 | 50 | 00:38:23.99 | 00:38:07.90 | |
| 54 | 450 | LUIS CHAVES | M | 40 | 51 | 00:38:24.99 | 00:38:18.81 | |
| 55 | 404 | PATRICK ROCHA | M | 31 | 52 | 00:38:25.17 | 00:38:16.01 | NÃO CORRERAS NÃO |
| 56 | 3031 | HELDER MARTINS | M | 50 | 53 | 00:38:27.50 | 00:38:25.01 | CORRER QUELUZ |
| 57 | 336 | JOSÉ CARLOS | M | 55 | 54 | 00:38:31.79 | 00:38:22.97 | NA PAPAGAIOS CASCAIS |
| 58 | 333 | MARIA J MADEIRA | F | 47 | 4 | 00:38:32.64 | 00:38:23.80 | NA PAPAGAIOS CASCAIS |
| 59 | 306 | LEONEL FONTE | M | 30 | 55 | 00:38:33.57 | 00:38:30.39 | OS CARACOIS DO ASFALTO |
| 60 | 227 | GONÇALO DUQUE | M | 19 | 56 | 00:38:35.70 | 00:38:22.27 | AO RITMO DAS 200PPM |
| 61 | 444 | MANUEL P ARAÚJO | M | 56 | 57 | 00:38:42.97 | 00:38:37.62 | |
| 62 | 3071 | ARMÉNIO PONTES | M | 42 | 58 | 00:38:48.80 | 00:38:44.26 | |
| 63 | 209 | MIGUEL VELEZ | M | 54 | 59 | 00:39:08.27 | 00:39:00.93 | CAMARA L CLUBE |
| 64 | 411 | MIGUEL LOUREIRO | M | 41 | 60 | 00:39:11.34 | 00:39:08.44 | CRIMINALISTIC RUNNERS |
| 65 | 254 | JOÃO FERRO | M | 26 | 61 | 00:39:16.02 | 00:39:01.53 | |
| 66 | 3078 | RUI HELENO | M | 42 | 62 | 00:39:24.00 | 00:39:15.82 | |
| 67 | 247 | FILIPA VELOSO | F | 28 | 5 | 00:39:25.49 | 00:39:14.98 | |
| 68 | 266 | PAULO SARROEIRA | M | 46 | 63 | 00:39:27.60 | 00:39:14.66 | |
| 69 | 59 | FRANCISCO SILVEIRA | M | 49 | 64 | 00:39:31.91 | 00:39:27.58 | |
| 70 | 221 | CARLOS COSTA | M | 47 | 65 | 00:39:32.13 | 00:39:31.93 | CLUBE ANACOM |
| 71 | 128 | ÁLVARO GOMES | M | 44 | 66 | 00:39:32.77 | 00:39:27.41 | TERRASFUNDEIRAS |
| 72 | 49 | CARLOS NORONHA | M | 37 | 67 | 00:39:45.17 | 00:39:40.79 | |
| 73 | 453 | NUNO MELO | M | 32 | 68 | 00:39:48.17 | 00:39:48.17 | ESPECIAIS DE CORRIDA |

| | | | | | | | | |
|-----|------|---------------------|---|----|-----|-------------|-------------|------------------------|
| 74 | 394 | MANUEL REGO | M | 46 | 69 | 00:39:49.33 | 00:39:49.33 | |
| 75 | 309 | RICARDO ABRANTES | M | 38 | 70 | 00:39:51.70 | 00:39:47.71 | |
| 76 | 147 | ABÍLIO OLIVEIRA | M | 52 | 71 | 00:39:59.95 | 00:39:55.16 | |
| 77 | 341 | ANA MOTA | F | 28 | 6 | 00:40:02.43 | 00:39:46.09 | |
| 78 | 116 | ANDRE GOMES | M | 24 | 72 | 00:40:05.75 | 00:39:57.72 | |
| 79 | 20 | RICARDO S FERREIRA | M | 32 | 73 | 00:40:12.61 | 00:39:57.49 | PAPAMILHAS RT |
| 80 | 3065 | TIAGO PAULINO | M | 41 | 74 | 00:40:13.85 | 00:40:05.58 | |
| 81 | 310 | ANTÓNIO GALAMBA | M | 38 | 75 | 00:40:18.91 | 00:40:05.83 | LENTOS DO PEDAL |
| 82 | 220 | LUIS SAO PEDRO | M | 33 | 76 | 00:40:23.64 | 00:39:59.01 | AO RITMO DAS 200PPM |
| 83 | 213 | JOSE PEREIRA | M | 48 | 77 | 00:40:26.36 | 00:40:04.30 | MONTANELAS RT |
| 84 | 25 | PEDRO PEREIRA | M | 51 | 78 | 00:40:28.70 | 00:40:08.87 | C MILLENNIUM BCP |
| 85 | 3111 | ANTÓNIO MARTINS | M | 40 | 79 | 00:40:31.35 | 00:40:23.84 | SOJ |
| 86 | 71 | LUÍS F RAIMUNDO | M | 37 | 80 | 00:40:32.96 | 00:40:15.98 | |
| 87 | 315 | FERNANDO RODRIGUES | M | 42 | 81 | 00:40:33.95 | 00:40:30.75 | CRIMINALISTIC RUNNERS |
| 88 | 64 | EVELINO MAGALHÃES | M | 43 | 82 | 00:40:35.36 | 00:40:30.05 | NORAUTO PORTUGAL |
| 89 | 405 | FÁBIO DUARTE | M | 26 | 83 | 00:40:39.60 | 00:40:01.26 | |
| 90 | 3094 | PEDRO VENTURA | M | 22 | 84 | 00:40:40.84 | 00:40:37.64 | |
| 91 | 33 | LUIS BAIXINHO | M | 34 | 85 | 00:40:42.81 | 00:40:23.70 | C MILLENNIUM BCP |
| 92 | 123 | CARLOS CRAVEIRA | M | 46 | 86 | 00:40:42.86 | 00:40:35.75 | GRCD LEIÃO |
| 93 | 451 | GENINHA ANDRADE | F | 39 | 7 | 00:40:43.04 | 00:40:41.40 | |
| 94 | 167 | PAULO PAIS | M | 39 | 87 | 00:40:43.54 | 00:40:40.22 | OS CARACOIS DO ASFALTO |
| 95 | 346 | JOÃO BRITES | M | 34 | 88 | 00:40:55.01 | 00:40:32.98 | MONTANELAS RT |
| 96 | 347 | RICARDO LOURENÇO | M | 36 | 89 | 00:40:55.03 | 00:40:32.98 | MONTANELAS RT |
| 97 | 80 | AMERICO RAMOS | M | 59 | 90 | 00:41:01.23 | 00:40:54.93 | |
| 98 | 197 | VITOR TEIXEIRA | M | 50 | 91 | 00:41:02.44 | 00:40:59.68 | CORRER LISBOA |
| 99 | 82 | PAULO LOURO | M | 49 | 92 | 00:41:06.34 | 00:40:55.80 | CAAMOITA |
| 100 | 427 | ANTÓNIO PORTIJO | M | 63 | 93 | 00:41:07.04 | 00:41:01.41 | CASA S DOMINGOS |
| 101 | 187 | CHRISTIANE MONTEIRO | F | 35 | 8 | 00:41:13.40 | 00:41:08.85 | CASEBRE |
| 102 | 374 | LUIS C. PEREIRA | M | 36 | 94 | 00:41:33.20 | 00:41:31.64 | |
| 103 | 370 | ANTÓNIO FERREIRA | M | 65 | 95 | 00:41:35.13 | 00:41:27.80 | |
| 104 | 280 | LUIS FERREIRA | M | 34 | 96 | 00:41:35.48 | 00:41:24.64 | |
| 105 | 31 | RICARDO CAMPOS | M | 42 | 97 | 00:41:36.89 | 00:41:28.44 | D ODIVELAS |
| 106 | 36 | VERA CABRAL | F | 39 | 9 | 00:41:37.98 | 00:41:29.68 | |
| 107 | 61 | VALTER GASPAS | M | 36 | 98 | 00:41:38.47 | 00:41:24.89 | PAPAMILHAS RT |
| 108 | 408 | MIGUEL VIVAS | M | 25 | 99 | 00:41:38.51 | 00:41:13.67 | |
| 109 | 200 | PAULO GONÇALVES | M | 50 | 100 | 00:41:39.39 | 00:41:27.69 | C NOVO BANCO |
| 110 | 375 | GORETI VALENTE | F | 40 | 10 | 00:41:46.45 | 00:41:44.63 | |

| | | | | | | | | |
|-----|------|--------------------|---|----|-----|-------------|-------------|-----------------------|
| 111 | 127 | HENRIQUE PEREIRA | M | 42 | 101 | 00:41:47.18 | 00:41:33.48 | |
| 112 | 136 | JOEL MÓSCA | M | 50 | 102 | 00:41:47.45 | 00:41:33.74 | |
| 113 | 274 | HUGO RAMOS | M | 39 | 103 | 00:41:49.44 | 00:41:26.46 | HUGANITA |
| 114 | 402 | TIAGO MOREIRA | M | 45 | 104 | 00:41:56.32 | 00:41:54.08 | |
| 115 | 140 | CARLOS MARINHO | M | 37 | 105 | 00:41:56.32 | 00:41:47.48 | |
| 116 | 292 | CELINA FRANCISCO | F | 28 | 11 | 00:41:58.73 | 00:41:51.34 | |
| 117 | 96 | CARLOS T GONCALVES | M | 69 | 106 | 00:42:02.09 | 00:41:53.95 | |
| 118 | 284 | SÉRGIO FERREIRA | M | 46 | 107 | 00:42:06.91 | 00:41:43.75 | |
| 119 | 240 | ISIDRO SIMÕES | M | 42 | 108 | 00:42:07.25 | 00:41:53.22 | AO RITMO DAS 200PPM |
| 120 | 3119 | VITOR LOPES | M | 42 | 109 | 00:42:14.32 | 00:42:04.26 | SITese |
| 121 | 319 | HENRIQUE MARTINS | M | 57 | 110 | 00:42:15.34 | 00:41:57.69 | |
| 122 | 3118 | CATARINA SOARES | F | 43 | 12 | 00:42:20.61 | 00:42:10.67 | SITese |
| 123 | 93 | FREDERICO FERREIRA | M | 38 | 111 | 00:42:25.12 | 00:41:50.93 | |
| 124 | 84 | SUSANA SANTOS | F | 33 | 13 | 00:42:29.61 | 00:42:22.44 | |
| 125 | 318 | EDGAR LOBO | M | 36 | 112 | 00:42:35.43 | 00:42:24.26 | |
| 126 | 97 | TIAGO ALVES | M | 27 | 113 | 00:42:40.46 | 00:42:40.18 | |
| 127 | 3062 | RUI SALVADO | M | 46 | 114 | 00:42:46.21 | 00:42:30.69 | |
| 128 | 3059 | JOSÉ ROLÃO | M | 61 | 115 | 00:42:46.33 | 00:42:32.81 | CN PARQUE DAS NAÇÕES |
| 129 | 207 | DANIEL OLIVEIRA | M | 62 | 116 | 00:42:49.35 | 00:42:43.00 | CAMARA L CLUBE |
| 130 | 175 | RICARDO GOMES | M | 33 | 117 | 00:42:54.65 | 00:42:26.90 | AO RITMO DAS 200PPM |
| 131 | 3035 | CARLOS MARTINS | M | 52 | 118 | 00:43:01.35 | 00:42:37.23 | |
| 132 | 489 | IDALÉCIO BARROS | M | 75 | 119 | 00:43:05.02 | 00:43:02.01 | |
| 133 | 159 | TELMO PINTO | M | 32 | 120 | 00:43:05.38 | 00:43:00.18 | |
| 134 | 3131 | NUNO | M | 43 | 121 | 00:43:06.11 | 00:42:36.43 | |
| 135 | 3015 | JÚLIO FERREIRA | M | 63 | 122 | 00:43:07.44 | 00:42:54.68 | CARACOIS SONOLENTOS |
| 136 | 169 | MIGUEL CRUZ | M | 47 | 123 | 00:43:26.42 | 00:42:57.82 | AO RITMO DAS 200PPM |
| 137 | 3110 | LUÍS GONÇALVES | M | 47 | 124 | 00:43:26.80 | 00:43:19.43 | SOJ |
| 138 | 317 | GONÇALO PEREIRA | M | 40 | 125 | 00:43:32.08 | 00:43:23.21 | |
| 139 | 465 | JOÃO COSTA | M | 47 | 126 | 00:43:34.63 | 00:43:29.84 | ADCR PJ |
| 140 | 466 | VIRGILIO OLIVEIRA | M | 57 | 127 | 00:43:35.36 | 00:43:16.71 | ADCR PJ |
| 141 | 51 | PEDRO ANTUNES | M | 42 | 128 | 00:43:37.11 | 00:43:12.63 | OS ANTUNES |
| 142 | 111 | CÁTIA COUVEIRO | F | 32 | 14 | 00:43:43.33 | 00:43:29.17 | |
| 143 | 332 | JOAQUIM VIANA | M | 55 | 129 | 00:43:49.29 | 00:43:33.84 | NA PAPAGAIOS CASCAIS |
| 144 | 3088 | NUNO ALVES | M | 41 | 130 | 00:43:54.82 | 00:43:33.44 | |
| 145 | 37 | LEONEL BRANDÃO | M | 50 | 131 | 00:43:57.54 | 00:43:40.91 | C MILLENNIUM BCP |
| 146 | 448 | RICARDO DIAS | M | 35 | 132 | 00:44:03.45 | 00:43:51.46 | |
| 147 | 313 | SILVIA LIMA | F | 51 | 15 | 00:44:03.83 | 00:43:58.03 | CRIMINALISTIC RUNNERS |

| | | | | | | | | |
|-----|------|--------------------|---|----|-----|-------------|-------------|--------------------------------|
| 148 | 153 | JOÃO PAIVA | M | 53 | 133 | 00:44:10.25 | 00:43:53.39 | |
| 149 | 263 | ADRIANO COTRIM | M | 76 | 134 | 00:44:23.66 | 00:44:22.29 | |
| 150 | 22 | RUI BARROS | M | 49 | 135 | 00:44:26.64 | 00:44:07.46 | |
| 151 | 72 | CARLOS MORAIS | M | 52 | 136 | 00:44:31.95 | 00:44:24.74 | |
| 152 | 417 | NUNO FRAGOSO | M | 42 | 137 | 00:44:53.98 | 00:44:27.39 | LINCES DO PARQUE DA BELA VISTA |
| 153 | 157 | MÁRIO SANTOS | M | 49 | 138 | 00:44:54.25 | 00:44:31.59 | AO RITMO DAS 200PPM |
| 154 | 195 | FILOMENA SANTOS | F | 44 | 16 | 00:44:55.72 | 00:44:50.19 | |
| 155 | 3132 | ALEXANDRA C COSTA | F | 46 | 17 | 00:44:56.96 | 00:44:38.30 | C MILLENNIUM BCP |
| 156 | 391 | RICARDO PINTO | M | 43 | 139 | 00:45:01.23 | 00:44:34.87 | NICOLA BIKE TEAM |
| 157 | 403 | NUNO MOLERO | M | 45 | 140 | 00:45:02.45 | 00:44:57.39 | |
| 158 | 458 | PAULA MACHADO | F | 63 | 18 | 00:45:04.01 | 00:44:53.08 | GRUPO CORRE JAMOR |
| 159 | 3097 | ANDREIA VERÍSSIMO | F | 29 | 19 | 00:45:07.37 | 00:45:03.69 | CORRER LISBOA |
| 160 | 3085 | EDITE PIRES | F | 52 | 20 | 00:45:11.64 | 00:45:09.68 | CUA BENAVENTENSE |
| 161 | 496 | GIL ABOBELEIRA | M | 36 | 141 | 00:45:12.83 | 00:45:04.86 | |
| 162 | 276 | JOSÉ ALVES | M | 55 | 142 | 00:45:20.47 | 00:45:05.26 | |
| 163 | 206 | SERGIO LOPES | M | 40 | 143 | 00:45:21.12 | 00:45:13.60 | CAMARA L CLUBE |
| 164 | 272 | SOFIA FRANÇA | F | 37 | 21 | 00:45:26.47 | 00:45:22.61 | ZIPALHO TEAM |
| 165 | 273 | ANDRÉ NOIVO | M | 34 | 144 | 00:45:26.67 | 00:45:22.60 | ZIPALHO TEAM |
| 166 | 24 | NÚRIA ANTUNES | F | 34 | 22 | 00:45:28.11 | 00:45:27.25 | |
| 167 | 440 | SUSANA LEITÃO | F | 42 | 23 | 00:45:33.49 | 00:45:21.87 | NA PAPAGAIOS CASCAIS |
| 168 | 217 | HUGO SEQUEIRA | M | 40 | 145 | 00:45:35.67 | 00:45:20.83 | |
| 169 | 3129 | TIAGO SANTOS | M | 34 | 146 | 00:45:35.75 | 00:45:33.66 | UGT |
| 170 | 359 | NUNO GALVÃO | M | 54 | 147 | 00:45:36.50 | 00:45:27.95 | SIMECQ |
| 171 | 212 | ALBERTO CANCELINO | M | 41 | 148 | 00:45:36.70 | 00:45:22.04 | |
| 172 | 358 | RITA SANTOS | F | 23 | 24 | 00:45:36.94 | 00:45:28.22 | SIMECQ |
| 173 | 363 | RICARDO NOBRE | M | 38 | 149 | 00:45:36.95 | 00:45:28.60 | SIMECQ |
| 174 | 362 | CARLOS SANTOS | M | 58 | 150 | 00:45:36.96 | 00:45:36.96 | SIMECQ |
| 175 | 425 | SANDRA ARRAIAS | F | 36 | 25 | 00:45:39.35 | 00:45:15.10 | OS ARRAIAS |
| 176 | 424 | DIOGO ARRAIAS | M | 64 | 151 | 00:45:39.43 | 00:45:14.44 | OS ARRAIAS |
| 177 | 293 | PAULO ALVES | M | 42 | 152 | 00:45:39.55 | 00:45:39.55 | |
| 178 | 486 | CARLA HENRIQUES | F | 42 | 26 | 00:45:40.96 | 00:45:28.60 | |
| 179 | 3012 | ALVARO FERREIRA | M | 33 | 153 | 00:45:41.94 | 00:45:26.74 | |
| 180 | 350 | FRANCISCO PATINHA | M | 61 | 154 | 00:45:44.48 | 00:45:32.27 | |
| 181 | 296 | FERNANDO OLIVEIRA | M | 84 | 155 | 00:45:49.14 | 00:45:14.59 | TARTARUGAS SOLIDARIAS |
| 182 | 386 | MÁRIO COSTA | M | 34 | 156 | 00:45:49.60 | 00:45:34.70 | PAPAMILHAS RT |
| 183 | 3066 | TOMÁS CORREIA | M | 24 | 157 | 00:45:50.68 | 00:45:33.08 | |
| 184 | 131 | CATARINA RODRIGUES | F | 38 | 27 | 00:45:55.09 | 00:45:47.81 | GRCD LEIÃO |

| | | | | | | | | |
|-----|------|---------------------|---|----|-----|-------------|-------------|-----------------------|
| 185 | 126 | CECILIA SANTIAGO | F | 38 | 28 | 00:45:55.43 | 00:45:47.75 | GRCD LEIÃO |
| 186 | 124 | AVELINO SOARES | M | 51 | 158 | 00:45:55.64 | 00:45:47.81 | GRCD LEIÃO |
| 187 | 3026 | VITOR COLELA | M | 46 | 159 | 00:46:00.15 | 00:45:34.17 | |
| 188 | 439 | JOSE FREITAS | M | 56 | 160 | 00:46:00.19 | 00:45:48.65 | ASAS DE ALMADA |
| 189 | 3069 | FRANCISCO FERNANDES | M | 38 | 161 | 00:46:01.04 | 00:45:29.44 | |
| 190 | 74 | PAULO JERÓNIMO | M | 55 | 162 | 00:46:01.15 | 00:45:48.92 | |
| 191 | 321 | JOAQUIM BARROCAS | M | 65 | 163 | 00:46:08.62 | 00:45:48.66 | NA PAPAGAIOS CASCAIS |
| 192 | 3087 | CLÁUDIA MENDONÇA | F | 40 | 29 | 00:46:11.25 | 00:46:07.19 | |
| 193 | 380 | CARLOS LOPES | M | 45 | 164 | 00:46:19.25 | 00:46:09.33 | |
| 194 | 322 | ANDRÉ F FONSECA | M | 32 | 165 | 00:46:20.36 | 00:46:00.18 | |
| 195 | 327 | VANESSA LEITE | F | 28 | 30 | 00:46:20.40 | 00:46:00.20 | |
| 196 | 112 | JOAQUIM GUERRA | M | 55 | 166 | 00:46:21.81 | 00:46:03.52 | |
| 197 | 248 | NELSON A CORREIA | M | 38 | 167 | 00:46:27.06 | 00:46:05.57 | BEST FRIENDS 4EVER |
| 198 | 145 | JOSÉ BAIXINHO | M | 60 | 168 | 00:46:28.05 | 00:46:03.96 | SANTIAGO FC |
| 199 | 141 | RUI DIAS | M | 50 | 169 | 00:46:30.18 | 00:43:16.07 | |
| 200 | 368 | ANA PAULA NUNES | F | 46 | 31 | 00:46:31.66 | 00:46:24.49 | SIMECQ |
| 201 | 198 | RITA CERTÃ | F | 42 | 32 | 00:46:40.34 | 00:46:09.07 | TARTARUGAS SOLIDARIAS |
| 202 | 3103 | ELISABETE ÁGUAS | F | 52 | 33 | 00:46:41.56 | 00:46:25.78 | CCD O ALVITEJO |
| 203 | 475 | CARLOS LOUREIRO | M | 44 | 170 | 00:46:44.71 | 00:46:21.17 | OS CATITAS |
| 204 | 12 | NUNO S SILVA | M | 42 | 171 | 00:46:47.35 | 00:46:27.69 | |
| 205 | 99 | PAULO ALMEIDA | M | 49 | 172 | 00:46:49.65 | 00:46:30.66 | |
| 206 | 188 | PAULO MARTINS | M | 49 | 173 | 00:46:56.87 | 00:46:32.52 | CASEBRE |
| 207 | 47 | INÉS BERNARDO | F | 36 | 34 | 00:46:57.01 | 00:46:41.56 | C MILLENNIUM BCP |
| 208 | 3025 | CARINA SACCHI | F | 32 | 35 | 00:46:59.26 | 00:46:33.14 | |
| 209 | 3051 | CARLOS MENDES | M | 41 | 174 | 00:47:14.65 | 00:47:01.49 | |
| 210 | 201 | LILIANA HENRIQUES | F | 31 | 36 | 00:47:19.13 | 00:47:01.34 | |
| 211 | 357 | CELESTE ALMEIDA | F | 48 | 37 | 00:47:24.60 | 00:47:17.43 | SIMECQ |
| 212 | 3024 | JOAO LAZARO | M | 34 | 175 | 00:47:24.97 | 00:46:57.44 | |
| 213 | 492 | NUNO DIAS | M | 34 | 176 | 00:47:26.20 | 00:46:58.33 | |
| 214 | 223 | ANTÓNIO PEREIRA | M | 42 | 177 | 00:47:27.65 | 00:46:58.65 | AO RITMO DAS 200PPM |
| 215 | 211 | CRISTINA M FILIPE | F | 51 | 38 | 00:47:27.91 | 00:47:05.63 | AO RITMO DAS 200PPM |
| 216 | 495 | NUNO BATISTA | M | 44 | 178 | 00:47:39.31 | 00:47:10.91 | |
| 217 | 118 | FRANCISCA ALVES | F | 48 | 39 | 00:47:45.85 | 00:47:32.08 | |
| 218 | 3068 | CARLOS DIAS | M | 61 | 179 | 00:48:09.13 | 00:47:52.94 | |
| 219 | 3060 | ANDRÉ ROLÃO | M | 35 | 180 | 00:48:09.55 | 00:47:57.06 | |
| 220 | 483 | JORGE FRADIQUE | M | 58 | 181 | 00:48:16.23 | 00:48:04.29 | ASAS DE ALMADA |
| 221 | 3070 | LUIS REIS | M | 61 | 182 | 00:48:20.08 | 00:48:09.19 | SS MONTEPIO |

| | | | | | | | | |
|-----|------|----------------------|---|----|-----|-------------|-------------|-----------------------|
| 222 | 3033 | AIDAN KELLY | M | 23 | 183 | 00:48:21.24 | 00:47:50.29 | |
| 223 | 291 | JOSÉ CATITA | M | 59 | 184 | 00:48:22.01 | 00:48:02.05 | |
| 224 | 426 | ROBERTO FREITAS | M | 42 | 185 | 00:48:25.12 | 00:48:14.15 | |
| 225 | 78 | HENRIQUE VILHENA | M | 61 | 186 | 00:48:35.31 | 00:48:07.05 | |
| 226 | 3098 | ANDRÉ PONTES | M | 32 | 187 | 00:48:36.88 | 00:48:33.58 | CORRER LISBOA |
| 227 | 41 | JORGE ASCENÇÃO | M | 43 | 188 | 00:48:36.90 | 00:48:24.05 | |
| 228 | 208 | PAULA LEITAO | F | 44 | 40 | 00:48:37.34 | 00:48:28.92 | CAMARA L CLUBE |
| 229 | 68 | ANA MOURA | F | 41 | 41 | 00:48:53.50 | 00:48:36.69 | TREINOS DO AÇO |
| 230 | 3124 | CARLOS JESUS | M | 54 | 189 | 00:48:54.12 | 00:48:25.73 | |
| 231 | 69 | SÉRGIO FIGUEIREDO | M | 39 | 190 | 00:48:54.15 | 00:48:37.61 | TREINOS DO AÇO |
| 232 | 255 | MÁRIO BOIEIRO | M | 45 | 191 | 00:48:55.33 | 00:48:26.18 | |
| 233 | 412 | MICHAEL SOARES | M | 31 | 192 | 00:48:56.91 | 00:48:44.35 | NO TEAM |
| 234 | 324 | LUIA MALAGUEIRO | F | 51 | 42 | 00:49:00.45 | 00:48:27.70 | |
| 235 | 330 | HELENA ROSA | F | 52 | 43 | 00:49:01.26 | 00:48:51.25 | NA PAPAGAIOS CASCAIS |
| 236 | 3037 | BRUNO ABRANTES | M | 41 | 193 | 00:49:08.28 | 00:48:43.63 | FALCOES SELVAGENS |
| 237 | 3102 | VÍTOR RODRIGUES | M | 50 | 194 | 00:49:19.50 | 00:49:04.06 | CCD O ALVITEJO |
| 238 | 433 | ANA SANTOS | F | 22 | 44 | 00:49:21.72 | 00:49:12.59 | |
| 239 | 63 | CARLA REIS | F | 36 | 45 | 00:49:22.59 | 00:48:59.02 | |
| 240 | 3116 | PEDRO MANUEL RIBEIRO | M | 43 | 195 | 00:49:25.50 | 00:49:19.30 | SOJ |
| 241 | 331 | MANUELA GUERREIRO | F | 50 | 46 | 00:49:25.69 | 00:49:15.15 | NA PAPAGAIOS CASCAIS |
| 242 | 328 | LEONOR ANTUNES | F | 49 | 47 | 00:49:26.11 | 00:49:15.99 | NA PAPAGAIOS CASCAIS |
| 243 | 442 | JOÃO DIEGUES | M | 46 | 196 | 00:49:50.13 | 00:49:28.03 | |
| 244 | 407 | DÁRIO LOPES | M | 35 | 197 | 00:50:04.72 | 00:49:40.80 | |
| 245 | 3113 | MIGUEL MOLEIRO | M | 34 | 198 | 00:50:05.27 | 00:49:58.21 | SOJ |
| 246 | 399 | MARCO PAULO MENDES | M | 44 | 199 | 00:50:05.88 | 00:50:02.40 | |
| 247 | 342 | ELSA BRUXELAS | F | 58 | 48 | 00:50:07.04 | 00:49:34.56 | TARTARUGAS SOLIDARIAS |
| 248 | 3115 | JOÃO LUZ | M | 34 | 200 | 00:50:08.40 | 00:50:02.16 | SOJ |
| 249 | 415 | LUÍZ RIBEIRO ROSA | M | 64 | 201 | 00:50:10.51 | 00:49:51.24 | CAA BELEM |
| 250 | 334 | NELAIDA MARQUEZ | F | 46 | 49 | 00:50:29.47 | 00:50:19.68 | NA PAPAGAIOS CASCAIS |
| 251 | 105 | PEDRO FILIPE | M | 38 | 202 | 00:50:44.42 | 00:50:44.42 | |
| 252 | 379 | PEDRO MACHADO | M | 35 | 203 | 00:50:47.89 | 00:50:26.10 | MONTANELAS RT |
| 253 | 3080 | ANGELO FLOR | M | 61 | 204 | 00:50:48.74 | 00:50:34.92 | |
| 254 | 3079 | JOAO LOBO | M | 18 | 205 | 00:50:48.83 | 00:50:34.96 | |
| 255 | 373 | ANABELA MEIA-VIA | F | 49 | 50 | 00:50:49.94 | 00:50:44.58 | CAMARA L CLUBE |
| 256 | 92 | JOSE FERNANDES | M | 34 | 206 | 00:50:59.90 | 00:50:21.62 | QUINTANILHA RUNNING |
| 257 | 108 | ANTÓNIO FERNANDES | M | 41 | 207 | 00:51:01.04 | 00:50:24.28 | QUINTANILHA RUNNING |
| 258 | 165 | OLIVIA LUCAS | F | 52 | 51 | 00:51:03.36 | 00:50:46.32 | |

| | | | | | | | | |
|-----|------|---------------------|---|----|-----|-------------|-------------|-----------------------|
| 259 | 3011 | FERNANDO FRAGATEIRO | M | 57 | 208 | 00:51:04.62 | 00:50:37.86 | GDCAPS |
| 260 | 464 | OLIVEIRA RODRIGUES | M | 42 | 209 | 00:51:08.60 | 00:50:48.62 | |
| 261 | 155 | NATACHA MOUCO | F | 24 | 52 | 00:51:19.47 | 00:50:44.69 | PANDAS GORDOS |
| 262 | 156 | JOÃO CAMPOS | M | 25 | 210 | 00:51:19.76 | 00:50:45.05 | PANDAS GORDOS |
| 263 | 337 | LÉNIA CARLOS | F | 38 | 53 | 00:51:23.18 | 00:51:13.69 | NA PAPAGAIOS CASCAIS |
| 264 | 3034 | MARGARIDA MORAIS | F | 23 | 54 | 00:51:33.22 | 00:51:03.64 | |
| 265 | 62 | NUNO SERRANO | M | 37 | 211 | 00:51:36.65 | 00:51:22.77 | |
| 266 | 488 | NICOLAU FURTADO | M | 53 | 212 | 00:51:41.39 | 00:51:25.65 | |
| 267 | 388 | ANTÓNIO PINHO | M | 65 | 213 | 00:52:02.37 | 00:51:55.59 | |
| 268 | 449 | LORENZO ORLANDO | M | 27 | 214 | 00:52:10.29 | 00:51:54.57 | |
| 269 | 270 | MANUEL N BAPTISTA | M | 53 | 215 | 00:52:17.97 | 00:52:01.32 | |
| 270 | 295 | SÓNIA ENVIA | F | 41 | 55 | 00:52:18.55 | 00:52:12.06 | CORRER LISBOA |
| 271 | 107 | MÁRCIA GASPAR | F | 41 | 56 | 00:52:19.62 | 00:52:12.36 | |
| 272 | 176 | CARLA ATILHO | F | 43 | 57 | 00:52:29.54 | 00:52:00.48 | AO RITMO DAS 200PPM |
| 273 | 229 | MARGARIDA MONTEIRO | F | 31 | 58 | 00:52:30.62 | 00:52:03.78 | AO RITMO DAS 200PPM |
| 274 | 246 | VANDA OLIVEIRA | F | 48 | 59 | 00:53:10.59 | 00:52:38.09 | |
| 275 | 312 | ANTONIO HORTA | M | 61 | 216 | 00:53:10.96 | 00:52:38.67 | |
| 276 | 422 | MARINA PADINHA | F | 47 | 60 | 00:53:18.90 | 00:52:46.98 | |
| 277 | 199 | LUÍS CABAÇA | M | 40 | 217 | 00:53:19.15 | 00:52:47.33 | TARTARUGAS SOLIDARIAS |
| 278 | 56 | ESMERALDA RAMALHO | F | 46 | 61 | 00:53:27.61 | 00:53:02.13 | |
| 279 | 298 | JOÃO EFE | M | 30 | 218 | 00:53:33.27 | 00:51:21.22 | AO RITMO DAS 200PPM |
| 280 | 430 | ELSA M RODRIGUES | F | 42 | 62 | 00:54:06.39 | 00:53:35.04 | ETERNOS APAIXONADOS |
| 281 | 431 | RUI ALEXANDRE | M | 49 | 219 | 00:54:06.51 | 00:53:36.42 | ETERNOS APAIXONADOS |
| 282 | 42 | NUNO FRADE | M | 36 | 220 | 00:54:11.35 | 00:53:59.36 | NO TEAM |
| 283 | 459 | RUTE LORETI | F | 49 | 63 | 00:54:17.33 | 00:53:48.27 | |
| 284 | 437 | JOSÉ RIBEIRO | M | 73 | 221 | 00:54:17.80 | 00:54:01.50 | GD SANTANDER TOTTA |
| 285 | 320 | ARMÉNIO SILVA | M | 80 | 222 | 00:54:18.27 | 00:53:59.84 | NA PAPAGAIOS CASCAIS |
| 286 | 413 | GILBERTO GONÇALVES | M | 69 | 223 | 00:54:19.10 | 00:53:59.70 | CAA BELEM |
| 287 | 329 | JOÃO DURÃO | M | 66 | 224 | 00:54:19.40 | 00:54:01.58 | NA PAPAGAIOS CASCAIS |
| 288 | 177 | MÁRIO ATILHO | M | 46 | 225 | 00:54:25.29 | 00:53:59.98 | AO RITMO DAS 200PPM |
| 289 | 454 | JOÃO RIBEIRO | M | 34 | 226 | 00:54:32.18 | 00:54:13.20 | ESPECIAIS DE CORRIDA |
| 290 | 205 | CARLOS FERREIRA | M | 53 | 227 | 00:54:35.49 | 00:54:14.06 | CAMARA L CLUBE |
| 291 | 50 | SOFIA ANTUNES | F | 38 | 64 | 00:54:36.85 | 00:54:08.64 | OS ANTUNES |
| 292 | 251 | CATIA MARIANO | F | 37 | 65 | 00:54:40.03 | 00:54:20.81 | |
| 293 | 89 | CÉLIA SIMÕES | F | 42 | 66 | 00:54:56.08 | 00:54:20.82 | TUDOEU.COM |
| 294 | 166 | VITOR LUCAS | M | 54 | 228 | 00:55:00.25 | 00:54:38.93 | |
| 295 | 40 | SOFIA CRUZ | F | 18 | 67 | 00:55:05.49 | 00:55:02.96 | OS GALGOS |

| | | | | | | | | |
|-----|------|-------------------|---|----|-----|-------------|-------------|-----------------------|
| 296 | 432 | TELMA M GUEDES | F | 28 | 68 | 00:55:12.75 | 00:54:58.10 | |
| 297 | 45 | SÓNIA CORREIA | F | 41 | 69 | 00:55:12.96 | 00:54:58.31 | VARITINTAS |
| 298 | 3084 | BEATRIZ PIRES | F | 19 | 70 | 00:55:22.69 | 00:55:20.62 | CUA BENAVENTENSE |
| 299 | 3056 | WILSON MARQUES | M | 46 | 229 | 00:55:32.09 | 00:55:07.46 | CPÓ RUNNER'S |
| 300 | 3016 | MARIA FOLQUES | F | 48 | 71 | 00:55:40.66 | 00:55:20.15 | C MILLENNIUM BCP |
| 301 | 87 | FILIPE GONÇALVES | M | 41 | 230 | 00:56:02.16 | 00:56:02.16 | TUDOEU.COM |
| 302 | 463 | ANTÓNIO COSTA | M | 57 | 231 | 00:56:28.40 | 00:55:59.12 | AVENTUREIROS |
| 303 | 3022 | MARIANA DUARTE | F | 25 | 72 | 00:57:03.19 | 00:56:31.90 | |
| 304 | 3101 | HENRIQUE RUAS | M | 77 | 232 | 00:57:33.42 | 00:57:17.00 | CCD O ALVITEJO |
| 305 | 3036 | EZEQUIEL ABRANTES | M | 65 | 233 | 00:57:34.19 | 00:57:09.91 | FALCOES SELVAGENS |
| 306 | 452 | PEDRO CRUZ | M | 30 | 234 | 00:57:35.10 | 00:57:25.28 | |
| 307 | 382 | IQRA HAMID | F | 22 | 73 | 00:57:35.93 | 00:55:57.70 | |
| 308 | 455 | RITA MELO | F | 21 | 74 | 00:57:47.58 | 00:57:29.41 | ESPECIAIS DE CORRIDA |
| 309 | 3021 | CAROLINA MARQUES | F | 24 | 75 | 00:57:57.89 | 00:57:27.96 | |
| 310 | 353 | JOAO GOMES | M | 67 | 235 | 00:58:13.17 | 00:57:55.32 | JG SEGUROS MEDIADORES |
| 311 | 3017 | MANUEL RAPOSO | M | 70 | 236 | 00:58:17.71 | 00:58:09.85 | AA LEBRES DO SADO |
| 312 | 259 | VERA BEXIGA | F | 38 | 76 | 00:58:39.08 | 00:58:15.36 | |
| 313 | 269 | MARTA FILIPE | F | 38 | 77 | 00:59:12.92 | 00:58:50.27 | |
| 314 | 180 | EDUARDO LOPES | M | 49 | 237 | 00:59:25.40 | 00:59:14.47 | ASAS DE ALMADA |
| 315 | 484 | MANUEL ALMEIDA | M | 24 | 238 | 00:59:31.62 | 00:59:03.67 | |
| 316 | 441 | ANDRÉ CARVALHO | M | 37 | 239 | 00:59:39.55 | 00:59:27.77 | SOAK |
| 317 | 174 | ROMÃO VALENTE | M | 55 | 240 | 01:00:09.78 | 00:59:46.74 | |
| 318 | 3093 | NUNO MARTINS | M | 37 | 241 | 01:00:15.21 | 00:59:43.98 | |
| 319 | 3092 | ANA MARTINS | F | 39 | 78 | 01:00:15.27 | 00:59:44.44 | |
| 320 | 3100 | AMERICO COSTA | M | 60 | 242 | 01:00:39.17 | 01:00:09.66 | |
| 321 | 178 | SÍLVIA BARRADAS | F | 30 | 79 | 01:01:00.81 | 01:00:35.82 | AO RITMO DAS 200PPM |
| 322 | 476 | MARIA J MADEIRA | F | 43 | 80 | 01:01:18.94 | 01:00:53.91 | OS CATITAS |
| 323 | 193 | ALFREDO J NOTÁRIO | M | 48 | 243 | 01:01:27.82 | 01:01:00.83 | |
| 324 | 170 | CARLA SOBREDA | F | 48 | 81 | 01:01:29.01 | 01:01:04.56 | AO RITMO DAS 200PPM |
| 325 | 191 | ANA L NOTÁRIO | F | 48 | 82 | 01:01:29.84 | 01:01:05.55 | |
| 326 | 3050 | MIGUEL SENRA PITA | M | 38 | 244 | 01:01:42.03 | 01:01:20.55 | SENRA PITA |
| 327 | 3049 | RITA SENRA PITA | F | 30 | 83 | 01:01:42.40 | 01:01:21.47 | SENRA PITA |
| 328 | 285 | ANA RITA TEIXEIRA | F | 24 | 84 | 01:02:16.98 | 01:01:51.41 | |
| 329 | 30 | ANTONIO MOURA | M | 61 | 245 | 01:03:48.41 | 01:03:26.17 | CORRER LISBOA |
| 330 | 192 | GI RIBEIRO | F | 50 | 85 | 01:04:18.62 | 01:03:51.39 | AO RITMO DAS 200PPM |
| 331 | 179 | CARLA S ATILHO | F | 41 | 86 | 01:04:19.46 | 01:03:52.63 | AO RITMO DAS 200PPM |
| 332 | 414 | ALBERTO S CANO | M | 64 | 246 | 01:07:20.18 | 01:06:57.82 | CAA BELEM |

| | | | | | | | | |
|-----|------|---------------------|---|----|-----|-------------|-------------|---------------------|
| 333 | 3057 | BEATRIZ ESTEVÃO | F | 24 | 87 | 01:09:11.58 | 01:08:44.15 | |
| 334 | 325 | ELISABETE PORTELADA | F | 42 | 88 | 01:15:49.96 | 01:15:17.57 | |
| 335 | 447 | PAULO ROCHA | M | 43 | 247 | 01:20:27.44 | 01:20:27.44 | |
| 336 | 256 | ANDRE AGOSTINHO | M | 35 | 248 | 01:22:18.97 | 01:21:52.82 | TARTARUGAS DA LINHA |
| 337 | 257 | CARLA ALVES | F | 38 | 89 | 01:22:19.78 | 01:21:52.59 | TARTARUGAS DA LINHA |
| 338 | 376 | JORGE SANTOS | M | 44 | 249 | 01:22:26.42 | 01:21:53.15 | |
| 339 | 377 | MARIA JOSÉ | F | 43 | 90 | 01:22:27.59 | 01:21:54.20 | |

Total de registros: 339