

| Pos | Num | Nome | Equipa | Sx | Cat | Inter 1 | Inter 2 | Tempo | Chip | Média | Esc |
|-----|-----|----------------------|------------------------------------------|----|-------------|----------|----------|-------------|-------------|-------|-----|
| 1. | 829 | Ricardo Dias | Grupo Desportivo Castelense | M | M35 Masc | 00:16:26 | 00:27:28 | 0:30:18.140 | 0:30:17.610 | 03:02 | 1 |
| 2. | 266 | Nuno Fernandes | ea rosa oliveira | M | SUB 23 Masc | 00:17:12 | 00:28:59 | 0:31:57.990 | 0:31:57.180 | 03:12 | 1 |
| 3. | 626 | Joao Figueiredo | Figueiredos Runners & Friends | M | Sénior Masc | 00:17:12 | 00:29:09 | 0:32:05.120 | 0:32:04.510 | 03:13 | 1 |
| 4. | 377 | Josue Lira | CAR MARISQUEIRO/ VIGO | M | Sénior Masc | 00:17:11 | 00:29:06 | 0:32:07.250 | 0:32:07.250 | 03:13 | 2 |
| 5. | 742 | Anton Gonzalez | C.D. SAN PAIO A ESTRADA | M | Sénior Masc | 00:17:12 | 00:29:12 | 0:32:15.480 | 0:32:14.340 | 03:13 | 3 |
| 6. | 692 | António Braziela | Oralklass - Amigos do Trail | M | SUB 23 Masc | 00:17:12 | 00:29:12 | 0:32:20.390 | 0:32:19.340 | 03:14 | 2 |
| 7. | 880 | Pedro Rodrigues | Clube Académico de Mogadouro | M | M40 Masc | 00:17:17 | 00:29:19 | 0:32:23.430 | 0:32:22.250 | 03:14 | 1 |
| 8. | 672 | Fernando Grilo | SIRA - SOC INSTRUÇÃO E RECREIO ALDREENSE | M | M40 Masc | 00:17:35 | 00:30:05 | 0:33:12.040 | 0:33:10.700 | 03:19 | 2 |
| 9. | 113 | Miguel Vieira | Movimento de Juventude de Merelim | M | Sénior Masc | 00:17:35 | 00:30:05 | 0:33:16.280 | 0:33:15.320 | 03:20 | 4 |
| 10. | 779 | Valter Pereira | Cyclones | M | M35 Masc | 00:18:07 | 00:30:33 | 0:33:38.290 | 0:33:38.290 | 03:22 | 2 |
| 11. | 713 | Nuno Pereira | Olimpico Vianense Trail | M | M35 Masc | 00:18:14 | 00:30:41 | 0:33:50.060 | 0:33:47.140 | 03:23 | 3 |
| 12. | 695 | Nuno Alves | Oralklass - Amigos do Trail | M | Sénior Masc | 00:18:07 | 00:30:38 | 0:33:51.280 | 0:33:48.990 | 03:23 | 5 |
| 13. | 312 | José Gonzalez | Veteranos de Samil | M | M40 Masc | 00:18:13 | 00:30:57 | 0:34:10.120 | 0:34:08.930 | 03:25 | 3 |
| 14. | 947 | JOEL PEREIRA | Minho e Lima Trail | M | Sénior Masc | 00:18:12 | 00:31:04 | 0:34:16.350 | 0:34:09.970 | 03:26 | 6 |
| 15. | 948 | MARCO BARBOSA | BOAVISTA FC | M | M35 Masc | 00:18:20 | 00:31:05 | 0:34:17.830 | 0:34:15.700 | 03:26 | 4 |
| 16. | 68 | Pedro Barbosa | A.R. Luz e Vida Gondomarense | M | Sénior Masc | 00:18:16 | 00:31:06 | 0:34:18.900 | 0:34:14.350 | 03:26 | 7 |
| 17. | 857 | Rui Magalhães | | M | SUB 23 Masc | 00:18:14 | 00:31:03 | 0:34:19.550 | 0:34:16.600 | 03:26 | 3 |
| 18. | 541 | Filipe Ferreira | Dive into the mountains | M | M35 Masc | 00:18:14 | 00:31:07 | 0:34:20.110 | 0:34:17.860 | 03:26 | 5 |
| 19. | 311 | Marcos Álvarez | | M | Sénior Masc | 00:18:13 | 00:31:05 | 0:34:23.510 | 0:34:23.030 | 03:26 | 8 |
| 20. | 519 | RICARDO NEVES | GD AIRAO CURVIÃ | M | Sénior Masc | 00:18:34 | 00:31:14 | 0:34:24.310 | 0:34:03.470 | 03:26 | 9 |
| 21. | 969 | Bruno Ribeiro | Águias de Alvelos | M | M35 Masc | 00:18:23 | 00:31:08 | 0:34:24.340 | 0:34:23.890 | 03:26 | 6 |
| 22. | 704 | Luís Martins | Oralklass - Amigos do Trail | M | M40 Masc | 00:18:15 | 00:31:18 | 0:34:35.280 | 0:34:34.450 | 03:28 | 4 |
| 23. | 515 | Hélder Costa | Team ElComandante | M | M40 Masc | 00:18:33 | 00:31:23 | 0:34:36.530 | 0:34:35.380 | 03:28 | 5 |
| 24. | 273 | Nuno Felgueiras | Centro de Atletismo de Mazarefes | M | M35 Masc | 00:18:34 | 00:31:24 | 0:34:36.650 | 0:34:31.030 | 03:28 | 7 |
| 25. | 670 | Jorge Rochinha | SIRA - SOC INSTRUÇÃO E RECREIO ALDREENSE | M | M35 Masc | 00:18:18 | 00:31:25 | 0:34:43.110 | 0:34:40.640 | 03:28 | 8 |
| 26. | 657 | Seninho Ribeiro | Oralklass - Amigos do Trail | M | Sénior Masc | 00:18:16 | 00:31:26 | 0:34:44.530 | 0:34:41.990 | 03:28 | 10 |
| 27. | 738 | Renato Correia | GDR Juventude das Ribeiras | M | Sénior Masc | 00:18:43 | 00:31:36 | 0:34:46.670 | 0:34:44.940 | 03:29 | 11 |
| 28. | 44 | franquelim Gonçalves | Cabeceiras Bike Team | M | M35 Masc | 00:18:17 | 00:31:26 | 0:34:50.670 | 0:34:50.150 | 03:29 | 9 |
| 29. | 705 | António Pinto | Oralklass - Amigos do Trail | M | Sénior Masc | 00:18:30 | 00:31:36 | 0:34:52.490 | 0:34:49.790 | 03:29 | 12 |
| 30. | 853 | Alexandre Lezón | S. C. BRAGA | M | SUB 23 Masc | 00:18:15 | 00:31:29 | 0:34:52.720 | 0:34:52.720 | 03:29 | 4 |
| 31. | 521 | JOÃO VILELA | GD AIRAO CURVIÃ | M | M40 Masc | 00:18:36 | 00:31:39 | 0:34:54.780 | 0:34:48.580 | 03:29 | 6 |
| 32. | 700 | João Nogueira | Oralklass - Amigos do Trail | M | M35 Masc | 00:18:21 | 00:31:36 | 0:34:59.340 | 0:34:58.890 | 03:30 | 10 |
| 33. | 810 | Pedro Barros | Cyclones | M | Sénior Masc | 00:18:28 | 00:31:40 | 0:35:00.200 | 0:35:00.110 | 03:30 | 13 |
| 34. | 236 | luis magalhaes | Minho e Lima Trail | M | M40 Masc | 00:18:32 | 00:31:43 | 0:35:10.840 | 0:35:05.760 | 03:31 | 7 |
| 35. | 602 | Avelino Macedo | Vila Verde a Correr | M | M40 Masc | 00:18:24 | 00:31:47 | 0:35:14.870 | 0:35:12.870 | 03:31 | 8 |
| 36. | 274 | Diogo Silva | | M | SUB 23 Masc | 00:18:32 | 00:31:53 | 0:35:16.080 | 0:35:13.830 | 03:32 | 5 |
| 37. | 872 | Jorge Vale | El Comandante Team | M | M50 Masc | 00:18:43 | 00:32:07 | 0:35:35.780 | 0:35:34.150 | 03:34 | 1 |
| 38. | 955 | Tiago Arantes | Amigos da Montanha | M | SUB 23 Masc | 00:18:50 | 00:32:27 | 0:35:48.480 | 0:35:47.630 | 03:35 | 6 |
| 39. | 470 | Nelson Costa | CRISNEL RUNNING | M | M35 Masc | 00:18:53 | 00:32:26 | 0:35:49.440 | 0:35:49.440 | 03:35 | 11 |
| 40. | 717 | Pedro Alves | Grupo Desportivo Castelense | M | Sénior Masc | 00:19:15 | 00:32:41 | 0:36:00.870 | 0:35:58.740 | 03:36 | 14 |
| 41. | 284 | Paulo Pereira | Dragon Club | M | M40 Masc | 00:19:40 | 00:32:46 | 0:36:06.920 | 0:35:22.700 | 03:37 | 9 |
| 42. | 706 | Joao Ribeiro | Oralklass - Amigos do Trail | M | Sénior Masc | 00:19:22 | 00:32:51 | 0:36:09.120 | 0:36:06.620 | 03:37 | 15 |
| 43. | 503 | josé rocha | Sport Comércio Salgueiros | M | M35 Masc | 00:18:50 | 00:32:35 | 0:36:10.310 | 0:36:00.700 | 03:37 | 12 |
| 44. | 189 | Emilio Vilarinho | CAVE Esposende | M | M40 Masc | 00:19:03 | 00:32:45 | 0:36:12.270 | 0:36:07.270 | 03:37 | 10 |

| Pos | Num | Nome | Equipa | Sx | Cat | Inter 1 | Inter 2 | Tempo | Chip | Média | Esc |
|-----|-----|--------------------|--------------------------------------|----|-------------|----------|----------|-------------|-------------|-------|-----|
| 45. | 825 | Baltazar Sousa | BOAVISTA FC | M | M50 Masc | 00:19:13 | 00:32:52 | 0:36:12.380 | 0:36:12.030 | 03:37 | 2 |
| 46. | 332 | Orlando Silva | ADE TRAIL RUNNING | M | M35 Masc | 00:19:21 | 00:32:51 | 0:36:16.640 | 0:36:12.290 | 03:38 | 13 |
| 47. | 877 | Luis Leite | MAIA RUNNERS | M | M40 Masc | 00:19:21 | 00:33:03 | 0:36:27.260 | 0:36:25.250 | 03:39 | 11 |
| 48. | 922 | Carlos Álvarez | S.A.Trega-Tomiño | M | M40 Masc | 00:19:20 | 00:33:06 | 0:36:36.180 | 0:36:34.380 | 03:40 | 12 |
| 49. | 237 | Bruno Rodrigues | Minho e Lima Trail | M | Sénior Masc | 00:19:04 | 00:33:12 | 0:36:50.090 | 0:36:43.110 | 03:41 | 16 |
| 50. | 775 | Nel Carvalho | Adosa - os Santa Apolónia | M | M40 Masc | 00:19:40 | 00:33:30 | 0:36:51.880 | 0:36:47.230 | 03:41 | 13 |
| 51. | 543 | Miguel Lira | Viana Running Team | M | M40 Masc | 00:19:45 | 00:33:35 | 0:36:54.490 | 0:36:50.990 | 03:41 | 14 |
| 52. | 740 | Mário Gonçalves | GDR Juventude das Ribeiras | M | M50 Masc | 00:19:33 | 00:33:31 | 0:36:58.520 | 0:36:56.100 | 03:42 | 3 |
| 53. | 487 | jose silva | AiróRun | M | M40 Masc | 00:19:26 | 00:33:31 | 0:37:02.880 | 0:36:57.620 | 03:42 | 15 |
| 54. | 471 | Joaquim Rodrigues | CRISNEL RUNNING | M | M50 Masc | 00:19:41 | 00:33:39 | 0:37:05.780 | 0:37:04.540 | 03:43 | 4 |
| 55. | 111 | Augusto Lopes | Movimento de Juventude de Merelim | M | M40 Masc | 00:19:45 | 00:33:41 | 0:37:08.790 | 0:36:57.770 | 03:43 | 16 |
| 56. | 115 | João Dias | Movimento de Juventude de Merelim | M | Sénior Masc | 00:19:44 | 00:33:40 | 0:37:09.090 | 0:37:00.650 | 03:43 | 17 |
| 57. | 488 | nuno mota | S. C. BRAGA | M | SUB 23 Masc | 00:19:49 | 00:33:50 | 0:37:14.790 | 0:37:13.580 | 03:43 | 7 |
| 58. | 137 | Rui Cardoso | El Comandante Team | M | M40 Masc | 00:19:50 | 00:33:44 | 0:37:15.060 | 0:37:09.650 | 03:43 | 17 |
| 59. | 361 | António Ribeiro | OADA - Os Amigos da Aventura | M | M35 Masc | 00:19:33 | 00:33:45 | 0:37:18.470 | 0:37:17.740 | 03:44 | 14 |
| 60. | 658 | Paulo Macedo | | M | M40 Masc | 00:19:44 | 00:33:48 | 0:37:23.160 | 0:37:19.430 | 03:44 | 18 |
| 61. | 736 | Diamantino Martins | GDR Juventude das Ribeiras | M | M40 Masc | 00:19:44 | 00:33:53 | 0:37:32.720 | 0:37:11.730 | 03:45 | 19 |
| 62. | 832 | Tiago Lopes | OPraticante.pt | M | SUB 23 Masc | 00:19:43 | 00:34:01 | 0:37:33.510 | 0:37:28.830 | 03:46 | 8 |
| 63. | 874 | MANUEL RIBEIRO | ADA AMARANTE | M | M40 Masc | 00:19:55 | 00:34:05 | 0:37:35.310 | 0:37:28.820 | 03:46 | 20 |
| 64. | 456 | Gil Ferreira | | M | Sénior Masc | 00:19:56 | 00:34:06 | 0:37:38.090 | 0:37:28.940 | 03:46 | 18 |
| 65. | 520 | MANUEL FERREIRA | GD AIRAO CURVIÃ | M | M50 Masc | 00:20:06 | 00:34:07 | 0:37:39.440 | 0:37:19.110 | 03:46 | 5 |
| 66. | 873 | JOSE ROCHA | ADA AMARANTE | M | M40 Masc | 00:19:55 | 00:34:07 | 0:37:44.300 | 0:37:37.710 | 03:46 | 21 |
| 67. | 415 | Paulo Ribeiro | Apúlia a Correr | M | Sénior Masc | 00:20:22 | 00:34:24 | 0:37:57.710 | 0:37:22.920 | 03:48 | 19 |
| 68. | 347 | Carlos Barbosa | | M | M35 Masc | 00:20:06 | 00:34:30 | 0:38:02.320 | 0:38:00.160 | 03:48 | 15 |
| 69. | 240 | Cecilia Mouta | Dumiense Xallenge Runners | F | M35 Fem | 00:20:07 | 00:34:29 | 0:38:02.610 | 0:37:53.510 | 03:48 | 1 |
| 70. | 735 | Adelino Aires | Alexandra Carvalho Team | M | M40 Masc | 00:20:09 | 00:34:30 | 0:38:02.710 | 0:37:46.100 | 03:48 | 22 |
| 71. | 797 | Paulo Leça | Figueiredos Runners & Friends | M | M35 Masc | 00:20:16 | 00:34:30 | 0:38:03.430 | 0:37:57.400 | 03:48 | 16 |
| 72. | 921 | Ariana Verde | S.A.Trega-Tomiño | F | M35 Fem | 00:20:18 | 00:34:35 | 0:38:08.380 | 0:38:06.940 | 03:49 | 2 |
| 73. | 267 | Rui Fernandes | ea rosa oliveira | M | SUB 23 Masc | 00:18:07 | 00:34:38 | 0:38:13.010 | 0:38:12.220 | 03:49 | 9 |
| 74. | 461 | Nuno Iomba | Apúlia a Correr | M | Sénior Masc | 00:20:21 | 00:34:46 | 0:38:16.450 | 0:38:07.600 | 03:50 | 20 |
| 75. | 301 | Marco Pinto | BRAGA RUNNERS | M | Sénior Masc | 00:20:24 | 00:34:39 | 0:38:16.600 | 0:37:54.820 | 03:50 | 21 |
| 76. | 569 | Luís Madureira | | M | M40 Masc | 00:20:24 | 00:34:46 | 0:38:24.220 | 0:38:23.670 | 03:50 | 23 |
| 77. | 645 | Aurélio Rebelo | | M | M35 Masc | 00:20:56 | 00:34:54 | 0:38:24.420 | 0:37:35.240 | 03:50 | 17 |
| 78. | 268 | José Araújo | ea rosa oliveira | M | M60 Masc | 00:20:24 | 00:34:55 | 0:38:33.200 | 0:38:31.140 | 03:51 | 1 |
| 79. | 871 | Eduardo Rodrigues | Viana Running Team | M | M35 Masc | 00:20:24 | 00:35:07 | 0:38:33.370 | 0:38:32.000 | 03:51 | 18 |
| 80. | 197 | Rui Alves | Trail me | M | Sénior Masc | 00:20:39 | 00:35:05 | 0:38:34.040 | 0:38:21.240 | 03:52 | 22 |
| 81. | 854 | Carlos Filipe | FigueiróFit | M | Sénior Masc | 00:20:53 | 00:35:09 | 0:38:36.110 | 0:38:13.950 | 03:52 | 23 |
| 82. | 108 | Pedro Coutinho | Movimento de Juventude de Merelim | M | M35 Masc | 00:20:13 | 00:35:04 | 0:38:37.270 | 0:38:26.110 | 03:52 | 19 |
| 83. | 307 | Vítor Carvalho | Rumo à aventura | M | Sénior Masc | 00:20:11 | 00:34:58 | 0:38:44.250 | 0:38:38.690 | 03:52 | 24 |
| 84. | 184 | Carlos ribeiro | CAVE Esposende | M | M40 Masc | 00:20:41 | 00:35:13 | 0:38:45.910 | 0:38:40.670 | 03:53 | 24 |
| 85. | 38 | Hugo Machado | LION RUNNERS - G. D. Leões da Guarda | M | Sénior Masc | 00:20:39 | 00:35:11 | 0:38:46.590 | 0:38:38.660 | 03:53 | 25 |
| 86. | 843 | Joaquim Mariz | | M | M35 Masc | 00:20:39 | 00:35:14 | 0:38:50.720 | 0:38:47.180 | 03:53 | 20 |
| 87. | 699 | Sérgio Monteiro | Sardonisca Runners | M | M35 Masc | 00:20:24 | 00:35:10 | 0:38:56.050 | 0:38:53.120 | 03:53 | 21 |
| 88. | 889 | António Francisco | | M | M40 Masc | 00:21:05 | 00:35:29 | 0:38:59.430 | 0:38:48.580 | 03:54 | 25 |

| Pos | Num | Nome | Equipa | Sx | Cat | Inter 1 | Inter 2 | Tempo | Chip | Média | Esc |
|------|-----|--------------------|-----------------------------------|----|-------------|----------|----------|-------------|-------------|-------|-----|
| 89. | 179 | João Ribeiro | SLBenfica | M | Sénior Masc | 00:20:10 | 00:35:15 | 0:39:01.310 | 0:39:00.570 | 03:54 | 26 |
| 90. | 522 | AGOSTINHO TEIXEIRA | GD AIRAO CURVIÃ | M | M35 Masc | 00:20:33 | 00:35:27 | 0:39:03.920 | 0:38:43.440 | 03:54 | 22 |
| 91. | 47 | Antonio Ribeiro | Cabeceiras Bike Team | M | M40 Masc | 00:20:36 | 00:35:25 | 0:39:07.150 | 0:39:01.270 | 03:55 | 26 |
| 92. | 53 | Helder Azevedo | AiróRun | M | M40 Masc | 00:20:37 | 00:35:27 | 0:39:08.550 | 0:39:02.960 | 03:55 | 27 |
| 93. | 772 | Filipe Correia | Minho e Lima Trail | M | Sénior Masc | 00:20:55 | 00:35:36 | 0:39:13.910 | 0:39:03.800 | 03:55 | 27 |
| 94. | 499 | Miguel Pilar | Pilar Team | M | M35 Masc | 00:20:29 | 00:35:30 | 0:39:14.020 | 0:39:08.550 | 03:55 | 23 |
| 95. | 513 | Manuel miranda | Acr. Roriz | M | M50 Masc | 00:21:04 | 00:35:43 | 0:39:20.570 | 0:39:10.060 | 03:56 | 6 |
| 96. | 323 | rui couto | ADE TRAIL RUNNING | M | M40 Masc | 00:21:06 | 00:35:46 | 0:39:23.400 | 0:38:53.250 | 03:56 | 28 |
| 97. | 909 | Paula Rios | Viana Running Team | F | M40 Fem | 00:20:36 | 00:35:40 | 0:39:24.420 | 0:39:23.390 | 03:56 | 1 |
| 98. | 826 | FILIPE GRAÇA | BOAVISTA FC | M | M40 Masc | 00:21:13 | 00:35:54 | 0:39:26.480 | 0:39:07.570 | 03:56 | 29 |
| 99. | 786 | Paulo Oliveira | Dragon Club | M | SUB 23 Masc | 00:21:50 | 00:36:04 | 0:39:27.500 | 0:38:43.770 | 03:56 | 10 |
| 100. | 879 | Bruno Rodrigues | Rundiculous | M | M35 Masc | 00:20:34 | 00:35:44 | 0:39:27.970 | 0:39:19.330 | 03:56 | 24 |
| 101. | 154 | Miguel Rego | QUALY - Detergentes | M | M35 Masc | 00:21:11 | 00:36:03 | 0:39:33.560 | 0:39:28.410 | 03:57 | 25 |
| 102. | 51 | Tiago dias | Amigos das Sapatilhas | M | Sénior Masc | 00:20:31 | 00:35:54 | 0:39:35.560 | 0:39:12.790 | 03:58 | 28 |
| 103. | 510 | Joel Roriz | BOAVISTA FC | M | M35 Masc | 00:21:16 | 00:36:05 | 0:39:36.080 | 0:39:16.780 | 03:58 | 26 |
| 104. | 447 | Eugénio Barros | Grupo Juvenil Vila de Punhe | M | M40 Masc | 00:20:56 | 00:36:05 | 0:39:36.650 | 0:39:34.560 | 03:58 | 30 |
| 105. | 328 | Mauro Roxo | ADE TRAIL RUNNING | M | M35 Masc | 00:21:07 | 00:36:04 | 0:39:37.200 | 0:39:26.170 | 03:58 | 27 |
| 106. | 98 | Luís Sá | | M | Sénior Masc | 00:21:05 | 00:35:53 | 0:39:37.460 | 0:39:13.730 | 03:58 | 29 |
| 107. | 412 | Rafael Abreu | Grupo Desportivo Castelense | M | Sénior Masc | 00:20:56 | 00:36:02 | 0:39:38.240 | 0:39:32.710 | 03:58 | 30 |
| 108. | 233 | José Martins | SUCITESA | M | M40 Masc | 00:20:38 | 00:36:02 | 0:39:39.580 | 0:39:37.530 | 03:58 | 31 |
| 109. | 529 | Fernando Silva | CDC Navais | M | M50 Masc | 00:20:46 | 00:35:53 | 0:39:40.480 | 0:39:38.480 | 03:58 | 7 |
| 110. | 493 | Cristiano Pereira | BodyStation | M | M35 Masc | 00:21:05 | 00:36:01 | 0:39:44.040 | 0:39:34.370 | 03:58 | 28 |
| 111. | 214 | Filipe Ferreira | Dumiense Xallenge Runners | M | M40 Masc | 00:21:02 | 00:36:04 | 0:39:44.070 | 0:39:33.800 | 03:58 | 32 |
| 112. | 435 | João silva | Phoenix- EvoRun | M | Sénior Masc | 00:21:18 | 00:36:07 | 0:39:47.100 | 0:39:24.860 | 03:59 | 31 |
| 113. | 372 | Américo Oliveira | escola atletismo rosa oliveira | M | M50 Masc | 00:21:16 | 00:36:07 | 0:39:48.080 | 0:39:44.290 | 03:59 | 8 |
| 114. | 430 | João Sousa | Spin & Run Esposende | M | M40 Masc | 00:21:01 | 00:36:06 | 0:39:48.900 | 0:39:41.890 | 03:59 | 33 |
| 115. | 484 | jose pereira | AiróRun | M | M50 Masc | 00:20:56 | 00:36:03 | 0:39:53.180 | 0:39:48.930 | 03:59 | 9 |
| 116. | 566 | Miguel Andrade | BOAVISTA FC | M | M35 Masc | 00:21:14 | 00:36:12 | 0:39:53.870 | 0:39:42.520 | 03:59 | 29 |
| 117. | 66 | Alexandre Tinoco | | M | M35 Masc | 00:21:18 | 00:36:11 | 0:39:54.140 | 0:39:41.170 | 03:59 | 30 |
| 118. | 107 | Riacrdo Ferreira | Movimento de Juventude de Merelim | M | Sénior Masc | 00:21:05 | 00:36:17 | 0:39:56.660 | 0:39:49.250 | 03:59 | 32 |
| 119. | 357 | Rui Ramalho | | M | M40 Masc | 00:21:01 | 00:36:12 | 0:39:58.570 | 0:39:56.390 | 04:00 | 34 |
| 120. | 952 | Nuno Sousa | ATC | M | M40 Masc | 00:21:26 | 00:36:08 | 0:40:00.010 | 0:39:21.930 | 04:00 | 35 |
| 121. | 946 | Joao Teixeira | EDV-Viana Trail | M | M40 Masc | 00:21:28 | 00:36:10 | 0:40:00.370 | 0:39:22.330 | 04:00 | 36 |
| 122. | 196 | Angelo Monteiro | | M | M60 Masc | 00:21:14 | 00:36:11 | 0:40:01.620 | 0:39:57.330 | 04:00 | 2 |
| 123. | 678 | Sebastião Pinto | | M | M40 Masc | 00:21:23 | 00:36:32 | 0:40:04.590 | 0:39:49.750 | 04:01 | 37 |
| 124. | 320 | Nuno Gomes | ADE TRAIL RUNNING | M | M35 Masc | 00:21:30 | 00:36:22 | 0:40:05.070 | 0:39:53.030 | 04:01 | 31 |
| 125. | 932 | João Pereira | GCDR Gemeses | M | SUB 23 Masc | 00:20:26 | 00:36:14 | 0:40:05.110 | 0:40:01.520 | 04:01 | 11 |
| 126. | 490 | José Silva | Ermida Team | M | M40 Masc | 00:21:38 | 00:36:28 | 0:40:05.480 | 0:39:39.640 | 04:01 | 38 |
| 127. | 212 | Jose Rodrigues | Grupodesa Portugal | M | M40 Masc | 00:21:12 | 00:36:17 | 0:40:05.790 | 0:39:55.370 | 04:01 | 39 |
| 128. | 452 | Nuno Parente | | M | Sénior Masc | 00:21:38 | 00:36:32 | 0:40:08.960 | 0:39:43.000 | 04:01 | 33 |
| 129. | 448 | Hélder Coutinho | | M | M35 Masc | 00:21:37 | 00:36:33 | 0:40:09.620 | 0:40:09.620 | 04:01 | 32 |
| 130. | 288 | Pedro Ferreira | | M | Sénior Masc | 00:21:05 | 00:36:21 | 0:40:11.750 | 0:40:07.130 | 04:01 | 34 |
| 131. | 570 | Vitor Lima | | M | Sénior Masc | 00:21:29 | 00:36:37 | 0:40:24.630 | 0:40:16.890 | 04:02 | 35 |
| 132. | 158 | Gonçalo Pinheiro | Olimpico Vianense Trail | M | M40 Masc | 00:21:15 | 00:36:35 | 0:40:26.700 | 0:40:11.790 | 04:02 | 40 |

| Pos | Num | Nome | Equipa | Sx | Cat | Inter 1 | Inter 2 | Tempo | Chip | Média | Esc |
|------|-----|------------------|-----------------------------|----|-------------|----------|----------|-------------|-------------|-------|-----|
| 133. | 586 | Luís Oliveira | | M | Sénior Masc | 00:21:50 | 00:36:50 | 0:40:30.770 | 0:39:52.170 | 04:03 | 36 |
| 134. | 548 | Carlos Magalhães | | M | M50 Masc | 00:21:50 | 00:36:52 | 0:40:32.050 | 0:40:08.020 | 04:03 | 10 |
| 135. | 518 | Rui Araújo | ADCARRIL | M | M40 Masc | 00:21:17 | 00:36:48 | 0:40:37.710 | 0:40:34.020 | 04:04 | 41 |
| 136. | 567 | Rui Pereira | BOAVISTA FC | M | M40 Masc | 00:21:25 | 00:36:54 | 0:40:39.100 | 0:40:26.930 | 04:04 | 42 |
| 137. | 71 | Sergio Torre | | M | M35 Masc | 00:22:13 | 00:36:57 | 0:40:41.100 | 0:40:06.190 | 04:04 | 33 |
| 138. | 862 | Pedro Ferreira | | M | Sénior Masc | 00:21:17 | 00:36:44 | 0:40:49.490 | 0:40:39.940 | 04:05 | 37 |
| 139. | 757 | Octavio Sá | | M | M40 Masc | 00:21:03 | 00:36:48 | 0:40:51.490 | 0:40:45.920 | 04:05 | 43 |
| 140. | 169 | Luis Freitas | AiróRun | M | M40 Masc | 00:22:27 | 00:37:24 | 0:40:58.230 | 0:40:29.890 | 04:06 | 44 |
| 141. | 933 | Diogo Nobre | N/A | M | Sénior Masc | 00:22:02 | 00:37:19 | 0:41:05.400 | 0:40:45.110 | 04:07 | 38 |
| 142. | 67 | Pedro Costa | Hab Carpintaria Team Run | M | Sénior Masc | 00:21:54 | 00:37:18 | 0:41:05.960 | 0:40:42.880 | 04:07 | 39 |
| 143. | 446 | Carlos Martins | Gilmonde running | M | Sénior Masc | 00:21:56 | 00:37:20 | 0:41:08.150 | 0:40:46.690 | 04:07 | 40 |
| 144. | 150 | Francisco Silva | Dumiense Xallenge Runners | M | M35 Masc | 00:21:51 | 00:37:12 | 0:41:08.570 | 0:40:53.720 | 04:07 | 34 |
| 145. | 405 | Nuno Ferreira | | M | M35 Masc | 00:21:40 | 00:37:25 | 0:41:09.590 | 0:40:54.220 | 04:07 | 35 |
| 146. | 80 | Carlos Maia | | M | M40 Masc | 00:21:31 | 00:37:16 | 0:41:09.950 | 0:40:56.700 | 04:07 | 45 |
| 147. | 794 | Nuno Sousa | 100 ESPAÇO TRAIL TEAM | M | M50 Masc | 00:22:04 | 00:37:30 | 0:41:10.100 | 0:40:47.190 | 04:07 | 11 |
| 148. | 32 | Paulo Cerqueira | AMCTrail | M | M40 Masc | 00:22:02 | 00:37:24 | 0:41:11.210 | 0:40:56.890 | 04:07 | 46 |
| 149. | 271 | Sérgio Ramos | EDV-Viana Trail | M | M40 Masc | 00:22:00 | 00:37:23 | 0:41:11.940 | 0:40:48.500 | 04:07 | 47 |
| 150. | 218 | Manuel Caramalho | Grupo Desportivo Castelense | M | M50 Masc | 00:21:34 | 00:37:22 | 0:41:11.990 | 0:41:09.310 | 04:07 | 12 |
| 151. | 549 | Jorge Rocha | | M | M40 Masc | 00:22:32 | 00:37:36 | 0:41:13.640 | 0:40:14.940 | 04:07 | 48 |
| 152. | 604 | Domingos Lopes | Vila Verde a Correr | M | M40 Masc | 00:21:28 | 00:37:23 | 0:41:14.390 | 0:41:12.040 | 04:07 | 49 |
| 153. | 600 | Filipe Alves | Vila Verde a Correr | M | Sénior Masc | 00:21:36 | 00:37:22 | 0:41:14.530 | 0:41:05.510 | 04:07 | 41 |
| 154. | 614 | Manuel Bessa | Trevostore | M | M40 Masc | 00:22:29 | 00:37:38 | 0:41:20.260 | 0:40:37.530 | 04:08 | 50 |
| 155. | 731 | Miguel Carvalho | Viana Running Team | M | SUB 23 Masc | 00:22:06 | 00:37:41 | 0:41:24.300 | 0:41:13.910 | 04:08 | 12 |
| 156. | 329 | Mauro Gonçalves | ADE TRAIL RUNNING | M | M40 Masc | 00:22:10 | 00:37:36 | 0:41:24.980 | 0:40:57.350 | 04:08 | 51 |
| 157. | 221 | Francisco Alves | Cerveira Team Running | M | M40 Masc | 00:22:20 | 00:37:48 | 0:41:25.620 | 0:40:58.250 | 04:08 | 52 |
| 158. | 848 | luciano faria | Grupo Desportivo Castelense | M | Sénior Masc | 00:22:07 | 00:37:45 | 0:41:30.180 | 0:41:25.160 | 04:09 | 42 |
| 159. | 413 | Eunice Sousa | Grupo Desportivo Castelense | F | Sénior Fem | 00:22:07 | 00:37:46 | 0:41:30.270 | 0:41:25.620 | 04:09 | 1 |
| 160. | 310 | igor Lysyi | AiróRun | M | Sénior Masc | 00:22:26 | 00:37:55 | 0:41:34.930 | 0:41:11.540 | 04:10 | 43 |
| 161. | 265 | Anabela Silva | ea rosa oliveira | F | M40 Fem | 00:22:03 | 00:37:35 | 0:41:36.360 | 0:41:28.140 | 04:10 | 2 |
| 162. | 818 | Jonas Faria | Fisioperformance Running | M | Sénior Masc | 00:22:39 | 00:37:51 | 0:41:36.870 | 0:40:48.130 | 04:10 | 44 |
| 163. | 867 | Joaquim Carvalho | Realense futebol clube | M | M50 Masc | 00:21:50 | 00:37:34 | 0:41:37.230 | 0:41:32.740 | 04:10 | 13 |
| 164. | 230 | Ricardo Soares | Irmandade Runners | M | Sénior Masc | 00:21:47 | 00:37:53 | 0:41:38.660 | 0:41:36.410 | 04:10 | 45 |
| 165. | 823 | Joao Bandeira | | M | M40 Masc | 00:22:20 | 00:37:49 | 0:41:39.690 | 0:41:07.950 | 04:10 | 53 |
| 166. | 458 | Camilo Oliveira | Dumiense Xallenge Runners | M | M50 Masc | 00:21:52 | 00:37:45 | 0:41:41.020 | 0:41:27.280 | 04:10 | 14 |
| 167. | 778 | Patrícia Caldas | | F | Sénior Fem | 00:21:56 | 00:37:51 | 0:41:43.810 | 0:41:42.330 | 04:10 | 2 |
| 168. | 384 | Pedro Moreira | | M | Sénior Masc | 00:21:42 | 00:37:34 | 0:41:44.330 | 0:41:15.530 | 04:10 | 46 |
| 169. | 799 | João Laranjeira | | M | Sénior Masc | 00:22:59 | 00:38:16 | 0:41:48.660 | 0:40:58.220 | 04:11 | 47 |
| 170. | 368 | Domingos Vieira | B. V. Caminha | M | M35 Masc | 00:21:56 | 00:37:54 | 0:41:52.280 | 0:41:39.800 | 04:11 | 36 |
| 171. | 434 | José Pereira | Phoenix- EvoRun | M | Sénior Masc | 00:21:42 | 00:37:53 | 0:41:53.340 | 0:41:45.380 | 04:11 | 48 |
| 172. | 83 | Amandio Lopes | Dumiense Xallenge Runners | M | M60 Masc | 00:21:58 | 00:38:02 | 0:41:59.820 | 0:41:52.370 | 04:12 | 3 |
| 173. | 508 | Daniel Cardoso | AiróRun | M | M50 Masc | 00:21:35 | 00:38:01 | 0:42:03.130 | 0:41:57.450 | 04:12 | 15 |
| 174. | 419 | Hugo Rocha | ADCRSME | M | M40 Masc | 00:22:27 | 00:38:18 | 0:42:03.390 | 0:41:48.800 | 04:12 | 54 |
| 175. | 180 | PEDRO RIBEIRO | | M | M40 Masc | 00:21:30 | 00:38:07 | 0:42:04.440 | 0:42:03.150 | 04:13 | 55 |
| 176. | 321 | Nuno Lomba | ADE TRAIL RUNNING | M | M35 Masc | 00:21:29 | 00:37:59 | 0:42:06.210 | 0:42:00.940 | 04:13 | 37 |

| Pos | Num | Nome | Equipa | Sx | Cat | Inter 1 | Inter 2 | Tempo | Chip | Média | Esc |
|------|-----|-------------------|-----------------------------------|----|-------------|----------|----------|-------------|-------------|-------|-----|
| 177. | 390 | Luis Silva | | M | Sénior Masc | 00:22:31 | 00:38:15 | 0:42:07.900 | 0:41:41.530 | 04:13 | 49 |
| 178. | 949 | Silvia Teixeira | BOAVISTA FC | F | M40 Fem | 00:22:18 | 00:38:21 | 0:42:08.150 | 0:42:03.880 | 04:13 | 3 |
| 179. | 925 | JORGE MEIRELES | BRAGUINHAS RUNNERS | M | M50 Masc | 00:22:02 | 00:38:09 | 0:42:08.180 | 0:41:53.190 | 04:13 | 16 |
| 180. | 308 | Pedro Maciel | Dragon Club | M | M35 Masc | 00:23:39 | 00:38:20 | 0:42:08.350 | 0:41:14.370 | 04:13 | 38 |
| 181. | 324 | Vitor Ribeiro | ADE TRAIL RUNNING | M | M35 Masc | 00:22:34 | 00:38:16 | 0:42:09.360 | 0:41:50.020 | 04:13 | 39 |
| 182. | 387 | José Silva | | M | M40 Masc | 00:22:13 | 00:38:18 | 0:42:12.310 | 0:42:05.060 | 04:13 | 56 |
| 183. | 546 | Raquel Andrade | | F | M35 Fem | 00:22:28 | 00:38:23 | 0:42:13.830 | 0:42:02.470 | 04:13 | 3 |
| 184. | 219 | José Manuel | BRAGA RUNNERS | M | M40 Masc | 00:22:26 | 00:38:30 | 0:42:17.250 | 0:42:04.050 | 04:14 | 57 |
| 185. | 467 | Paulo Santos | vidraria armando | M | M50 Masc | 00:22:08 | 00:38:14 | 0:42:17.380 | 0:42:09.590 | 04:14 | 17 |
| 186. | 294 | Luís Seabra | Sport Comércio Salgueiros | M | Sénior Masc | 00:22:41 | 00:38:27 | 0:42:18.940 | 0:41:58.100 | 04:14 | 50 |
| 187. | 224 | Rui Torres | | M | SUB 23 Masc | 00:21:22 | 00:38:18 | 0:42:20.450 | 0:42:16.090 | 04:14 | 13 |
| 188. | 708 | Maria Freire | | F | M40 Fem | 00:22:16 | 00:38:17 | 0:42:23.090 | 0:42:20.940 | 04:14 | 4 |
| 189. | 476 | FERNANDO AREZES | GTT Armazém do Caffé | M | M50 Masc | 00:22:06 | 00:38:25 | 0:42:26.550 | 0:42:23.140 | 04:14 | 18 |
| 190. | 908 | Jorge Silva | Viana Running Team | M | M40 Masc | 00:22:08 | 00:38:18 | 0:42:27.710 | 0:42:17.720 | 04:14 | 58 |
| 191. | 392 | Luís Coutinho | Team Workout 48/CAM | M | Sénior Masc | 00:22:42 | 00:38:35 | 0:42:29.280 | 0:42:02.420 | 04:15 | 51 |
| 192. | 620 | André Almeida | Afonso | M | Sénior Masc | 00:23:10 | 00:38:38 | 0:42:30.360 | 0:41:32.710 | 04:15 | 52 |
| 193. | 558 | Rui Eusébio | Academia Fernanda Ribeiro | M | M50 Masc | 00:22:17 | 00:38:34 | 0:42:31.200 | 0:42:16.340 | 04:15 | 19 |
| 194. | 146 | Rui Pena | AASM | M | M40 Masc | 00:22:36 | 00:38:33 | 0:42:32.300 | 0:42:06.760 | 04:15 | 59 |
| 195. | 264 | Rosa Oliveira | ea rosa oliveira | F | M50 Fem | 00:22:16 | 00:38:28 | 0:42:33.060 | 0:42:31.010 | 04:16 | 1 |
| 196. | 375 | Maurício Torrinha | escola atletismo rosa oliveira | M | M50 Masc | 00:22:15 | 00:38:28 | 0:42:33.560 | 0:42:31.460 | 04:16 | 20 |
| 197. | 725 | Jose Barros | Rundiculous | M | Sénior Masc | 00:22:33 | 00:38:42 | 0:42:34.430 | 0:42:25.250 | 04:16 | 53 |
| 198. | 885 | Henrique Carvalho | Rundiculous | M | Sénior Masc | 00:22:33 | 00:38:42 | 0:42:34.530 | 0:42:25.300 | 04:16 | 54 |
| 199. | 715 | casimiro araujo | AiróRun | M | M50 Masc | 00:22:17 | 00:38:33 | 0:42:37.870 | 0:42:27.510 | 04:16 | 21 |
| 200. | 432 | Valdemar Fragoso | Spin & Run Esposende | M | M40 Masc | 00:22:12 | 00:38:39 | 0:42:39.710 | 0:42:31.430 | 04:16 | 60 |
| 201. | 147 | Raul Curva | | M | M40 Masc | 00:22:14 | 00:38:48 | 0:42:41.810 | 0:42:26.400 | 04:16 | 61 |
| 202. | 4 | Carmindo Soares | Movimento de Juventude de Merelim | M | M50 Masc | 00:22:26 | 00:38:40 | 0:42:42.880 | 0:42:13.800 | 04:16 | 22 |
| 203. | 28 | Sergio Sa | | M | Sénior Masc | 00:22:27 | 00:38:42 | 0:42:45.040 | 0:42:32.280 | 04:17 | 55 |
| 204. | 203 | Filipe Monteiro | Bota lá | M | M35 Masc | 00:22:40 | 00:38:48 | 0:42:46.190 | 0:42:14.610 | 04:17 | 40 |
| 205. | 185 | Aurélio Marques | CAVE Esposende | M | M50 Masc | 00:22:35 | 00:38:43 | 0:42:46.930 | 0:42:23.740 | 04:17 | 23 |
| 206. | 603 | Ricardo Fernandes | Vila Verde a Correr | M | M40 Masc | 00:22:24 | 00:38:46 | 0:42:47.670 | 0:42:39.530 | 04:17 | 62 |
| 207. | 930 | Luís Marinha | GCDR Gemeses | M | M40 Masc | 00:23:02 | 00:38:56 | 0:42:54.250 | 0:41:58.820 | 04:17 | 63 |
| 208. | 737 | Jorge Marinho | GDR Juventude das Ribeiras | M | M50 Masc | 00:22:50 | 00:38:56 | 0:42:54.960 | 0:42:32.850 | 04:17 | 24 |
| 209. | 483 | luis mota | AiróRun | M | M40 Masc | 00:22:39 | 00:39:00 | 0:43:00.480 | 0:42:49.490 | 04:18 | 64 |
| 210. | 509 | Tomé Cruz | Grupo Desportivo Castelense | M | SUB 23 Masc | 00:22:08 | 00:38:42 | 0:43:01.050 | 0:42:57.990 | 04:18 | 14 |
| 211. | 716 | Manuel Sampaio | | M | M60 Masc | 00:22:50 | 00:39:04 | 0:43:06.140 | 0:42:48.130 | 04:19 | 4 |
| 212. | 535 | Marta Marques | Sport Comércio Salgueiros | F | Sénior Fem | 00:22:44 | 00:39:03 | 0:43:08.750 | 0:43:04.810 | 04:19 | 3 |
| 213. | 532 | Filipe Rocha | Sport Comércio Salgueiros | M | M35 Masc | 00:22:43 | 00:39:03 | 0:43:09.750 | 0:43:06.570 | 04:19 | 41 |
| 214. | 624 | Leonel Videira | NASCIDOS PARA CORRER | M | Sénior Masc | 00:22:21 | 00:39:05 | 0:43:10.210 | 0:43:04.860 | 04:19 | 56 |
| 215. | 76 | Filipe Machado | | M | M35 Masc | 00:22:18 | 00:39:00 | 0:43:11.250 | 0:43:03.630 | 04:19 | 42 |
| 216. | 344 | Ricardo Sousa | | M | M35 Masc | 00:23:04 | 00:39:14 | 0:43:17.380 | 0:42:43.280 | 04:20 | 43 |
| 217. | 760 | José Silva | | M | M40 Masc | 00:23:16 | 00:39:26 | 0:43:23.790 | 0:42:48.220 | 04:20 | 65 |
| 218. | 171 | Adelio Maranhao | | M | M35 Masc | 00:23:08 | 00:39:34 | 0:43:24.090 | 0:43:17.230 | 04:20 | 44 |
| 219. | 468 | Marcelo Ferreira | NPRINT AG | M | M40 Masc | 00:22:36 | 00:39:20 | 0:43:25.480 | 0:43:11.590 | 04:20 | 66 |
| 220. | 327 | Luis Patrão | ADE TRAIL RUNNING | M | M40 Masc | 00:23:31 | 00:39:27 | 0:43:26.630 | 0:42:52.030 | 04:20 | 67 |

| Pos | Num | Nome | Equipa | Sx | Cat | Inter 1 | Inter 2 | Tempo | Chip | Média | Esc |
|------|-----|---------------------|---------------------------------------------|----|-------------|----------|----------|-------------|-------------|-------|-----|
| 221. | 469 | Francisco Pilar | Team Pilar | M | M35 Masc | 00:22:40 | 00:39:39 | 0:43:26.960 | 0:43:10.520 | 04:20 | 45 |
| 222. | 802 | Vítor Santos | Cinrunning | M | M40 Masc | 00:23:13 | 00:39:37 | 0:43:28.030 | 0:42:29.350 | 04:21 | 68 |
| 223. | 892 | Nuno Silva | JOY4FUN | M | M35 Masc | 00:22:18 | 00:38:59 | 0:43:30.930 | 0:43:26.510 | 04:21 | 46 |
| 224. | 557 | José Borges | Up Runners | M | M50 Masc | 00:23:16 | 00:39:27 | 0:43:31.450 | 0:42:49.270 | 04:21 | 25 |
| 225. | 120 | ALVARO PINTO | CLUBE MILLENNIUM BCP | M | M40 Masc | 00:22:24 | 00:39:24 | 0:43:32.380 | 0:43:22.220 | 04:21 | 69 |
| 226. | 582 | Luís Lima | Trofa Runners | M | M35 Masc | 00:22:34 | 00:39:31 | 0:43:33.340 | 0:43:08.660 | 04:21 | 47 |
| 227. | 890 | Bruno Pinheiro | Trail Team Montaria | M | M35 Masc | 00:23:21 | 00:39:35 | 0:43:33.380 | 0:42:40.170 | 04:21 | 48 |
| 228. | 587 | Florinda Fernandes | CAM / Team Workout 48 | F | M50 Fem | 00:23:06 | 00:39:33 | 0:43:33.820 | 0:43:31.600 | 04:21 | 2 |
| 229. | 385 | Alexandre Costa | | M | M40 Masc | 00:24:34 | 00:39:59 | 0:43:37.810 | 0:42:25.930 | 04:22 | 70 |
| 230. | 313 | JORGE LARANJEIRA | ADCRSME | M | M40 Masc | 00:22:23 | 00:39:29 | 0:43:44.580 | 0:43:41.410 | 04:22 | 71 |
| 231. | 766 | manuel braga | ADE TRAIL RUNNING | M | M50 Masc | 00:23:32 | 00:39:49 | 0:43:48.470 | 0:43:10.570 | 04:23 | 26 |
| 232. | 191 | Catarina Amorim | Grupo Desportivo Castelense | F | M35 Fem | 00:22:36 | 00:39:40 | 0:43:53.840 | 0:43:50.580 | 04:23 | 4 |
| 233. | 646 | Fernando Marques | Boss Runners | M | M40 Masc | 00:23:16 | 00:39:50 | 0:43:54.420 | 0:43:09.660 | 04:23 | 72 |
| 234. | 882 | Carlos Fundo | VCP Atletismo | M | M40 Masc | 00:24:19 | 00:40:08 | 0:43:57.020 | 0:42:50.990 | 04:24 | 73 |
| 235. | 685 | Bruno Coelho | Grupo Desportivo Castelense | M | Sénior Masc | 00:23:05 | 00:40:05 | 0:43:58.020 | 0:43:51.860 | 04:24 | 57 |
| 236. | 36 | Humberto Neves | Clube independentemente atletismo Ilha azul | M | M40 Masc | 00:23:43 | 00:39:57 | 0:43:59.260 | 0:43:03.260 | 04:24 | 74 |
| 237. | 70 | Manuel Jesus | Santiagotur | M | M50 Masc | 00:23:49 | 00:40:05 | 0:44:03.440 | 0:43:19.220 | 04:24 | 27 |
| 238. | 376 | Sérgio Fernandes | escola atletismo rosa oliveira | M | M40 Masc | 00:22:38 | 00:39:50 | 0:44:05.570 | 0:44:02.340 | 04:25 | 75 |
| 239. | 149 | Orlando Ferreira | Salgueiros Running | M | M50 Masc | 00:23:45 | 00:40:02 | 0:44:07.020 | 0:42:58.550 | 04:25 | 28 |
| 240. | 117 | Susana Vieira | | F | M35 Fem | 00:23:25 | 00:40:00 | 0:44:07.190 | 0:43:47.560 | 04:25 | 5 |
| 241. | 118 | Maurice lowes | | M | M50 Masc | 00:23:26 | 00:40:01 | 0:44:07.980 | 0:43:47.790 | 04:25 | 29 |
| 242. | 318 | Filipe miquelino | ADE TRAIL RUNNING | M | M40 Masc | 00:22:54 | 00:40:03 | 0:44:12.380 | 0:43:47.840 | 04:25 | 76 |
| 243. | 358 | ricardo ramalho | | M | M40 Masc | 00:23:09 | 00:40:06 | 0:44:12.560 | 0:44:09.690 | 04:25 | 77 |
| 244. | 119 | Jose Mariz | | M | M50 Masc | 00:23:31 | 00:40:04 | 0:44:13.790 | 0:43:50.980 | 04:25 | 30 |
| 245. | 141 | Vitor Martins | Renasce | M | M35 Masc | 00:24:04 | 00:40:21 | 0:44:14.010 | 0:43:09.740 | 04:25 | 49 |
| 246. | 295 | Gustavo Cacho | | M | M40 Masc | 00:23:48 | 00:40:25 | 0:44:15.470 | 0:43:56.440 | 04:25 | 78 |
| 247. | 204 | Filipe Maia | | M | Sénior Masc | 00:23:35 | 00:40:22 | 0:44:15.820 | 0:43:53.490 | 04:25 | 58 |
| 248. | 260 | Manuel Faria | | M | M40 Masc | 00:24:13 | 00:40:28 | 0:44:17.660 | 0:43:49.190 | 04:26 | 79 |
| 249. | 364 | João Mota | Atrás de recordes | M | M35 Masc | 00:22:54 | 00:40:02 | 0:44:18.390 | 0:44:09.160 | 04:26 | 50 |
| 250. | 773 | Candido Cunha | Pilar Team | M | SUB 23 Masc | 00:23:55 | 00:40:21 | 0:44:19.130 | 0:43:58.830 | 04:26 | 15 |
| 251. | 345 | Pedro Gonçalves | Alexandra Carvalho Team | M | M40 Masc | 00:23:33 | 00:40:08 | 0:44:20.760 | 0:43:55.690 | 04:26 | 80 |
| 252. | 722 | André Bandeira | | M | M40 Masc | 00:23:43 | 00:40:18 | 0:44:26.040 | 0:43:56.770 | 04:26 | 81 |
| 253. | 464 | Gabriel Venda | | M | M35 Masc | 00:24:16 | 00:40:27 | 0:44:27.250 | 0:43:16.550 | 04:26 | 51 |
| 254. | 360 | Pedro Lopes | | M | M40 Masc | 00:24:11 | 00:40:30 | 0:44:28.670 | 0:43:17.550 | 04:27 | 82 |
| 255. | 278 | Pedro Rodrigues | Clube Zupper | M | M40 Masc | 00:24:12 | 00:40:30 | 0:44:29.120 | 0:43:17.850 | 04:27 | 83 |
| 256. | 136 | Sérgio Silva | Runforest | M | M40 Masc | 00:23:59 | 00:40:35 | 0:44:30.470 | 0:43:58.460 | 04:27 | 84 |
| 257. | 444 | Jeronimo Silva | DIGK - MEG | M | M40 Masc | 00:23:59 | 00:40:26 | 0:44:31.330 | 0:43:27.450 | 04:27 | 85 |
| 258. | 785 | ANTONIO ALMEIDA | OS ISABELINHAS | M | M40 Masc | 00:24:04 | 00:40:44 | 0:44:35.490 | 0:44:07.650 | 04:28 | 86 |
| 259. | 531 | Jose Dias | Top Top Runners | M | M50 Masc | 00:23:51 | 00:40:35 | 0:44:40.440 | 0:43:51.640 | 04:28 | 31 |
| 260. | 953 | António Capitão | | M | Sénior Masc | 00:23:33 | 00:40:34 | 0:44:40.580 | 0:44:11.680 | 04:28 | 59 |
| 261. | 220 | Sebastião Gonçalves | BRAGA RUNNERS | M | M50 Masc | 00:23:36 | 00:40:36 | 0:44:40.920 | 0:44:16.520 | 04:28 | 32 |
| 262. | 694 | João Costa | Materialia - Materiais de Cosntrução S.A. | M | Sénior Masc | 00:23:37 | 00:40:39 | 0:44:42.050 | 0:44:04.800 | 04:28 | 60 |
| 263. | 386 | Arlindo Costinha | | M | M40 Masc | 00:24:35 | 00:40:47 | 0:44:44.370 | 0:43:32.220 | 04:28 | 87 |
| 264. | 920 | José Vilaça | AiróRun | M | M40 Masc | 00:23:11 | 00:40:26 | 0:44:46.310 | 0:44:39.780 | 04:29 | 88 |

| Pos | Num | Nome | Equipa | Sx | Cat | Inter 1 | Inter 2 | Tempo | Chip | Média | Esc |
|------|-----|----------------------|--------------------------------------|----|-------------|----------|----------|-------------|-------------|-------|-----|
| 265. | 505 | Jorge Campos | | M | M40 Masc | 00:23:28 | 00:40:37 | 0:44:47.150 | 0:44:32.260 | 04:29 | 89 |
| 266. | 811 | Rui Santos | RAMBO | M | M50 Masc | 00:24:33 | 00:40:49 | 0:44:47.340 | 0:44:16.120 | 04:29 | 33 |
| 267. | 784 | Nuno Best | Bestmove Barcelos Team Portugal | M | M40 Masc | 00:23:30 | 00:40:37 | 0:44:47.510 | 0:44:31.380 | 04:29 | 90 |
| 268. | 821 | Rui Matias | Turbulentos | M | M40 Masc | 00:23:49 | 00:40:41 | 0:44:50.030 | 0:44:50.030 | 04:29 | 91 |
| 269. | 21 | Hugo Silva | Olimpico Vianense Trail | M | M35 Masc | 00:23:42 | 00:40:42 | 0:44:51.040 | 0:44:35.050 | 04:29 | 52 |
| 270. | 965 | Fátima Dantas | Grupo Juvenil Vila de Punhe | F | M50 Fem | 00:23:19 | 00:40:36 | 0:44:52.400 | 0:44:42.250 | 04:29 | 3 |
| 271. | 849 | Helena SOUSA | Viana Running Team | F | M40 Fem | 00:23:58 | 00:40:51 | 0:44:54.620 | 0:44:33.600 | 04:29 | 5 |
| 272. | 739 | André Cruz | GDR Juventude das Ribeiras | M | M35 Masc | 00:23:46 | 00:40:45 | 0:44:55.030 | 0:44:29.610 | 04:29 | 53 |
| 273. | 836 | Marlene Puga | OPraticante.pt | F | M35 Fem | 00:23:35 | 00:40:44 | 0:44:55.580 | 0:44:35.540 | 04:29 | 6 |
| 274. | 489 | Severino Ribeiro | Famalicao em Forma | M | M50 Masc | 00:22:52 | 00:40:38 | 0:44:57.290 | 0:44:49.000 | 04:30 | 34 |
| 275. | 414 | Carla Martins | | F | M40 Fem | 00:23:40 | 00:40:50 | 0:44:57.750 | 0:44:47.760 | 04:30 | 6 |
| 276. | 90 | Antônio Gomes | | M | M50 Masc | 00:23:09 | 00:40:39 | 0:44:59.050 | 0:44:51.060 | 04:30 | 35 |
| 277. | 15 | José Delgado | OS ISABELINHAS | M | M40 Masc | 00:24:06 | 00:40:52 | 0:44:59.720 | 0:44:33.230 | 04:30 | 92 |
| 278. | 561 | VANESSA PEREIRA | Olimpico Vianense Trail | F | M35 Fem | 00:24:06 | 00:41:02 | 0:45:00.250 | 0:44:34.010 | 04:30 | 7 |
| 279. | 162 | Pedro Ribeiro | CAVE Esposende | M | M40 Masc | 00:23:37 | 00:40:51 | 0:45:00.890 | 0:44:37.080 | 04:30 | 93 |
| 280. | 291 | Raul Macedo | | M | M50 Masc | 00:24:43 | 00:41:04 | 0:45:02.390 | 0:44:01.490 | 04:30 | 36 |
| 281. | 84 | Tiago Gonçalves | | M | Sénior Masc | 00:23:12 | 00:40:54 | 0:45:05.720 | 0:45:01.830 | 04:31 | 61 |
| 282. | 366 | Olavo Barros | Atrás de recordes | M | Sénior Masc | 00:23:35 | 00:41:02 | 0:45:11.150 | 0:45:03.100 | 04:31 | 62 |
| 283. | 926 | ANTÓNIO VIEIRA | BOAVISTA FC | M | M40 Masc | 00:24:14 | 00:41:06 | 0:45:12.740 | 0:44:54.000 | 04:31 | 94 |
| 284. | 674 | Rui Faria | Bigodes de Tinto | M | M35 Masc | 00:24:28 | 00:41:10 | 0:45:14.140 | 0:44:04.710 | 04:31 | 54 |
| 285. | 669 | Andre Ferreira | Bigodes de Tinto | M | Sénior Masc | 00:24:34 | 00:41:16 | 0:45:14.520 | 0:44:23.850 | 04:31 | 63 |
| 286. | 942 | Vitor Macedo | | M | M40 Masc | 00:23:26 | 00:40:48 | 0:45:16.320 | 0:44:55.800 | 04:32 | 95 |
| 287. | 139 | José Ramalho | .COM - Clube de Orientação do Minho | M | M50 Masc | 00:23:31 | 00:41:00 | 0:45:20.910 | 0:45:01.360 | 04:32 | 37 |
| 288. | 326 | Filipe Gonçalves | ADE TRAIL RUNNING | M | M40 Masc | 00:24:20 | 00:41:24 | 0:45:22.680 | 0:45:02.130 | 04:32 | 96 |
| 289. | 317 | João Ramos | EDV-Viana Trail | M | SUB 23 Masc | 00:23:02 | 00:40:56 | 0:45:23.150 | 0:45:22.330 | 04:32 | 16 |
| 290. | 102 | Pedro Ferreira | Turbulentos | M | M35 Masc | 00:24:02 | 00:41:14 | 0:45:25.300 | 0:44:37.410 | 04:32 | 55 |
| 291. | 255 | João Barbosa | Minho e Lima Trail | M | M40 Masc | 00:23:48 | 00:41:06 | 0:45:25.580 | 0:45:06.890 | 04:32 | 97 |
| 292. | 247 | Fernando Pereira | | M | M50 Masc | 00:23:07 | 00:40:59 | 0:45:25.770 | 0:45:09.040 | 04:32 | 38 |
| 293. | 542 | Joana Alves | Figueiredos Runners & Friends | F | Sénior Fem | 00:24:18 | 00:41:20 | 0:45:26.490 | 0:45:18.090 | 04:32 | 4 |
| 294. | 238 | Daniel Vasconcelos | | M | Sénior Masc | 00:23:17 | 00:41:00 | 0:45:27.010 | 0:45:14.740 | 04:32 | 64 |
| 295. | 507 | David Pilar | Team Pilar | M | M50 Masc | 00:24:03 | 00:41:18 | 0:45:27.770 | 0:45:05.900 | 04:32 | 39 |
| 296. | 613 | José PEREIRA | | M | M40 Masc | 00:24:55 | 00:41:26 | 0:45:28.020 | 0:44:13.030 | 04:33 | 98 |
| 297. | 411 | Pedro Lima | Limas | M | M35 Masc | 00:23:50 | 00:41:08 | 0:45:28.270 | 0:45:10.180 | 04:33 | 56 |
| 298. | 351 | Raquel Costa | BRAGA RUNNERS | F | Sénior Fem | 00:24:18 | 00:41:15 | 0:45:30.450 | 0:44:47.830 | 04:33 | 5 |
| 299. | 673 | Afonso Sá | | M | SUB 23 Masc | 00:23:39 | 00:41:22 | 0:45:38.690 | 0:45:28.560 | 04:34 | 17 |
| 300. | 618 | Emanuel Gomes | Turbulentos | M | M50 Masc | 00:23:53 | 00:41:21 | 0:45:41.310 | 0:45:36.600 | 04:34 | 40 |
| 301. | 918 | Fernando Pessegueiro | | M | M50 Masc | 00:23:34 | 00:41:05 | 0:45:41.840 | 0:45:25.650 | 04:34 | 41 |
| 302. | 897 | Carlos eiras | CDC Navais | M | Sénior Masc | 00:24:43 | 00:41:43 | 0:45:41.940 | 0:43:48.500 | 04:34 | 65 |
| 303. | 225 | Sofia Pimenta | LION RUNNERS - G. D. Leões da Guarda | F | M40 Fem | 00:23:54 | 00:41:22 | 0:45:44.950 | 0:45:38.650 | 04:34 | 7 |
| 304. | 257 | Armindo Gomes | Movimento de Juventude de Merelim | M | M60 Masc | 00:24:30 | 00:41:29 | 0:45:46.550 | 0:45:33.310 | 04:35 | 5 |
| 305. | 524 | ANGELO FERREIRA | GD AIRAO CURVIÃ | M | M40 Masc | 00:24:25 | 00:41:33 | 0:45:48.510 | 0:45:25.570 | 04:35 | 99 |
| 306. | 733 | CARLOS GOMES | Águias de Alvelos | M | M50 Masc | 00:23:45 | 00:41:40 | 0:45:48.630 | 0:45:35.880 | 04:35 | 42 |
| 307. | 634 | Miguel Machado | Dive into the mountains | M | M40 Masc | 00:24:09 | 00:41:44 | 0:45:49.390 | 0:45:40.260 | 04:35 | 100 |
| 308. | 370 | Rúben Eira | | M | Sénior Masc | 00:24:05 | 00:41:30 | 0:45:50.760 | 0:45:25.660 | 04:35 | 66 |

| Pos | Num | Nome | Equipa | Sx | Cat | Inter 1 | Inter 2 | Tempo | Chip | Média | Esc |
|------|-----|-------------------|----------------------------------------------------|----|-------------|----------|----------|-------------|-------------|-------|-----|
| 309. | 285 | Vitor Corredeira | | M | Sénior Masc | 00:24:31 | 00:41:39 | 0:45:53.210 | 0:45:12.840 | 04:35 | 67 |
| 310. | 11 | João Couto | Bora Lá! | M | M35 Masc | 00:23:18 | 00:41:27 | 0:45:53.850 | 0:45:45.530 | 04:35 | 57 |
| 311. | 431 | Jorge Serra | Spin & Run Esposende | M | M50 Masc | 00:24:01 | 00:41:45 | 0:45:56.200 | 0:45:50.810 | 04:35 | 43 |
| 312. | 183 | Antonio capitão | CAVE Esposende | M | M40 Masc | 00:24:16 | 00:41:41 | 0:45:56.220 | 0:45:27.740 | 04:35 | 101 |
| 313. | 635 | Diogo Sá | | M | Sénior Masc | 00:23:42 | 00:41:56 | 0:46:04.910 | 0:45:55.850 | 04:37 | 68 |
| 314. | 656 | Marco Coelho | | M | M40 Masc | 00:23:49 | 00:41:37 | 0:46:06.300 | 0:45:50.430 | 04:37 | 102 |
| 315. | 362 | Ana Leão | | F | M50 Fem | 00:24:47 | 00:41:55 | 0:46:07.100 | 0:45:27.580 | 04:37 | 4 |
| 316. | 934 | Nuno Renato | | M | Sénior Masc | 00:23:43 | 00:41:56 | 0:46:07.770 | 0:45:58.320 | 04:37 | 69 |
| 317. | 827 | Albina Sousa | BOAVISTA FC | F | M40 Fem | 00:24:37 | 00:41:49 | 0:46:08.330 | 0:45:53.680 | 04:37 | 8 |
| 318. | 424 | Eduardo Coutada | Spin & Run Esposende | M | M40 Masc | 00:24:07 | 00:41:55 | 0:46:09.980 | 0:46:03.340 | 04:37 | 103 |
| 319. | 172 | Mário Gomes | Rundiculous | M | Sénior Masc | 00:23:51 | 00:41:44 | 0:46:10.600 | 0:46:00.280 | 04:37 | 70 |
| 320. | 163 | Nelson Silva | B. T. M. | M | M35 Masc | 00:24:45 | 00:42:12 | 0:46:11.490 | 0:45:49.750 | 04:37 | 58 |
| 321. | 243 | Rui Torres | desnivel positivo | M | M50 Masc | 00:24:57 | 00:42:15 | 0:46:15.850 | 0:45:47.460 | 04:37 | 44 |
| 322. | 275 | Eduardo Ribeiro | | M | Sénior Masc | 00:24:27 | 00:42:01 | 0:46:15.900 | 0:45:09.970 | 04:37 | 71 |
| 323. | 850 | Jerónimo Leite | | M | M50 Masc | 00:24:37 | 00:41:56 | 0:46:17.870 | 0:45:34.500 | 04:38 | 45 |
| 324. | 245 | Rui Godinho | | M | M50 Masc | 00:24:25 | 00:41:54 | 0:46:18.620 | 0:46:14.810 | 04:38 | 46 |
| 325. | 319 | Pedro Rocha | ADE TRAIL RUNNING | M | M40 Masc | 00:24:14 | 00:41:51 | 0:46:19.960 | 0:45:52.710 | 04:38 | 104 |
| 326. | 208 | Rui Santos | Núcleo Sporting Clube Portugal Vila Nova Famalicão | M | M40 Masc | 00:24:47 | 00:42:03 | 0:46:20.750 | 0:45:10.460 | 04:38 | 105 |
| 327. | 239 | Francisco Vieira | SUCITESA | M | M40 Masc | 00:23:59 | 00:42:02 | 0:46:28.680 | 0:46:26.480 | 04:39 | 106 |
| 328. | 404 | Pedro Boas | 30over30 | M | M35 Masc | 00:24:30 | 00:42:02 | 0:46:29.340 | 0:45:25.200 | 04:39 | 59 |
| 329. | 175 | Luis silva | B. V. Caminha | M | M35 Masc | 00:23:53 | 00:41:58 | 0:46:30.510 | 0:46:17.630 | 04:39 | 60 |
| 330. | 188 | Francisco Marinha | CAVE Esposende | M | M40 Masc | 00:25:35 | 00:42:25 | 0:46:32.430 | 0:45:41.480 | 04:39 | 107 |
| 331. | 741 | Sergio Crista | GDR Juventude das Ribeiras | M | M40 Masc | 00:24:04 | 00:42:04 | 0:46:33.840 | 0:46:11.530 | 04:39 | 108 |
| 332. | 91 | Pedro Catarino | Dragon Club | M | Sénior Masc | 00:25:00 | 00:42:23 | 0:46:33.920 | 0:45:41.470 | 04:39 | 72 |
| 333. | 764 | João Laranjeira | ADE TRAIL RUNNING | M | M35 Masc | 00:24:21 | 00:42:15 | 0:46:34.160 | 0:45:59.680 | 04:40 | 61 |
| 334. | 714 | Rui Vasquinho | RVLV | M | M35 Masc | 00:24:00 | 00:42:09 | 0:46:36.030 | 0:46:15.420 | 04:40 | 62 |
| 335. | 279 | António Sousa | LOUSADA RUNNERS | M | M60 Masc | 00:25:27 | 00:42:31 | 0:46:36.480 | 0:45:42.750 | 04:40 | 6 |
| 336. | 242 | Pedro Oliveira | Cerveira Team Running | M | M35 Masc | 00:24:04 | 00:42:08 | 0:46:36.540 | 0:45:53.370 | 04:40 | 63 |
| 337. | 579 | Pedro Caçote | | M | Sénior Masc | 00:25:34 | 00:42:30 | 0:46:37.820 | 0:45:23.650 | 04:40 | 73 |
| 338. | 800 | Cristiano Salgado | Cinrunning | M | Sénior Masc | 00:24:50 | 00:42:33 | 0:46:41.900 | 0:45:42.240 | 04:40 | 74 |
| 339. | 201 | Daniela Sarmento | LION RUNNERS - G. D. Leões da Guarda | F | M40 Fem | 00:24:31 | 00:42:16 | 0:46:43.760 | 0:46:35.110 | 04:40 | 9 |
| 340. | 967 | Elsa Sá | | F | M50 Fem | 00:24:50 | 00:42:30 | 0:46:46.190 | 0:46:39.360 | 04:41 | 5 |
| 341. | 122 | FIRMINO NOGUEIRA | CLUBE MILLENNIUM BCP | M | M50 Masc | 00:25:04 | 00:42:36 | 0:46:50.940 | 0:46:29.120 | 04:41 | 47 |
| 342. | 644 | Ivo Costa | | M | M35 Masc | 00:25:06 | 00:42:38 | 0:46:51.830 | 0:45:55.010 | 04:41 | 64 |
| 343. | 449 | Maria Barros | Grupo Juvenil Vila de Punhe | F | M40 Fem | 00:24:17 | 00:42:30 | 0:46:54.240 | 0:46:49.760 | 04:41 | 10 |
| 344. | 343 | Artur Bonfim | GTT Armazém do Caffé | M | M40 Masc | 00:25:32 | 00:42:44 | 0:46:55.720 | 0:46:22.740 | 04:41 | 109 |
| 345. | 393 | Daniel Soares | Rundiculous | M | Sénior Masc | 00:24:26 | 00:42:27 | 0:46:55.820 | 0:46:45.650 | 04:41 | 75 |
| 346. | 433 | Bruno Lemos | IAT Imobiliária | M | M35 Masc | 00:24:32 | 00:42:37 | 0:46:56.700 | 0:46:42.580 | 04:41 | 65 |
| 347. | 93 | Elisabete Nunes | Sport Comércio Salgueiros | F | M40 Fem | 00:24:37 | 00:42:34 | 0:46:57.530 | 0:46:20.200 | 04:42 | 11 |
| 348. | 445 | Manu Pinto | GTT Armazém do Caffé | M | M40 Masc | 00:25:32 | 00:42:44 | 0:46:57.900 | 0:46:24.800 | 04:42 | 110 |
| 349. | 304 | Pedro Sousa | | M | M35 Masc | 00:24:45 | 00:42:38 | 0:46:58.380 | 0:46:27.280 | 04:42 | 66 |
| 350. | 18 | Paulo Bastos | Grupo Desportivo Castelense | M | M40 Masc | 00:24:34 | 00:42:34 | 0:46:58.860 | 0:46:30.360 | 04:42 | 111 |
| 351. | 381 | Fernando Pilar | Pilar Team | M | M40 Masc | 00:24:03 | 00:42:36 | 0:47:00.510 | 0:46:38.060 | 04:42 | 112 |
| 352. | 681 | Ricardo costa | Altos e Baixos | M | M40 Masc | 00:26:25 | 00:43:06 | 0:47:02.840 | 0:45:52.910 | 04:42 | 113 |

| Pos | Num | Nome | Equipa | Sx | Cat | Inter 1 | Inter 2 | Tempo | Chip | Média | Esc |
|------|-----|--------------------|-----------------------------------|----|-------------|----------|----------|-------------|-------------|-------|-----|
| 353. | 241 | Luís Lobo | Unidos do cano | M | Sénior Masc | 00:25:29 | 00:42:48 | 0:47:02.990 | 0:46:17.240 | 04:42 | 76 |
| 354. | 565 | Elsa Rocha | BOAVISTA FC | F | M35 Fem | 00:24:37 | 00:42:40 | 0:47:03.160 | 0:46:46.830 | 04:42 | 8 |
| 355. | 19 | Jose Seca | OLIVECONTA | M | M40 Masc | 00:24:31 | 00:42:38 | 0:47:03.810 | 0:46:45.300 | 04:42 | 114 |
| 356. | 502 | Henrique Correia | QUALY - Detergentes | M | Sénior Masc | 00:24:34 | 00:42:39 | 0:47:05.450 | 0:46:37.200 | 04:43 | 77 |
| 357. | 306 | Inácio Vilaça | Amigos das Sapatilhas | M | M40 Masc | 00:24:40 | 00:42:35 | 0:47:13.730 | 0:46:31.950 | 04:43 | 115 |
| 358. | 14 | Filipe Moura | Amigos das Sapatilhas | M | M40 Masc | 00:24:43 | 00:42:40 | 0:47:14.120 | 0:46:32.840 | 04:43 | 116 |
| 359. | 153 | Alexandre Pena | AASM | M | SUB 23 Masc | 00:25:48 | 00:43:12 | 0:47:17.350 | 0:46:52.750 | 04:44 | 18 |
| 360. | 337 | Manuel Pereira | ADE TRAIL RUNNING | M | M35 Masc | 00:25:49 | 00:43:11 | 0:47:18.040 | 0:46:42.250 | 04:44 | 67 |
| 361. | 453 | Rui Terra | | M | Sénior Masc | 00:23:53 | 00:42:36 | 0:47:18.370 | 0:46:57.850 | 04:44 | 78 |
| 362. | 173 | ANTONIO CORUCHO | | M | M50 Masc | 00:25:27 | 00:42:47 | 0:47:20.780 | 0:46:39.430 | 04:44 | 48 |
| 363. | 526 | Rui Regado | | M | M35 Masc | 00:25:09 | 00:43:04 | 0:47:23.010 | 0:46:59.530 | 04:44 | 68 |
| 364. | 819 | Joana Azevedo | | F | Sénior Fem | 00:25:10 | 00:43:05 | 0:47:23.200 | 0:46:57.300 | 04:44 | 6 |
| 365. | 94 | Daniel Pereira | | M | M35 Masc | 00:24:09 | 00:42:52 | 0:47:24.910 | 0:47:16.100 | 04:44 | 69 |
| 366. | 126 | ALBERTO PEREIRA | CLUBE MILLENNIUM BCP | M | M50 Masc | 00:24:38 | 00:43:12 | 0:47:26.080 | 0:47:20.630 | 04:44 | 49 |
| 367. | 315 | Filipa Araújo | | F | Sénior Fem | 00:25:18 | 00:43:30 | 0:47:27.250 | 0:46:41.850 | 04:44 | 7 |
| 368. | 478 | Rui Apresentação | BRAGUINHAS RUNNERS | M | M40 Masc | 00:25:06 | 00:43:09 | 0:47:28.260 | 0:47:08.720 | 04:45 | 117 |
| 369. | 768 | Paulo Nibra | ADE TRAIL RUNNING | M | M35 Masc | 00:25:03 | 00:43:31 | 0:47:33.480 | 0:47:07.150 | 04:46 | 70 |
| 370. | 697 | José Campos | Vitorino | M | M35 Masc | 00:25:56 | 00:43:20 | 0:47:35.270 | 0:46:31.910 | 04:46 | 71 |
| 371. | 545 | Cristina Rodrigues | C&R Caleiras Rafael | F | Sénior Fem | 00:25:28 | 00:43:13 | 0:47:35.610 | 0:46:41.160 | 04:46 | 8 |
| 372. | 391 | Joana Barros | Team Workout 48/CAM | F | Sénior Fem | 00:25:29 | 00:43:13 | 0:47:36.890 | 0:46:40.950 | 04:46 | 9 |
| 373. | 633 | Lino Moreira | All About | M | M60 Masc | 00:24:25 | 00:43:10 | 0:47:40.010 | 0:47:33.880 | 04:46 | 7 |
| 374. | 302 | Sérgio Mota | Cafrio | M | M40 Masc | 00:24:31 | 00:43:11 | 0:47:45.410 | 0:47:29.370 | 04:47 | 118 |
| 375. | 516 | JOÃO LOPES | Sociedade Recreio Capanense | M | M60 Masc | 00:25:26 | 00:43:14 | 0:47:46.920 | 0:47:03.260 | 04:47 | 8 |
| 376. | 875 | JOSE AZEVEDO | ADA AMARANTE | M | M50 Masc | 00:25:02 | 00:43:17 | 0:47:47.060 | 0:47:38.020 | 04:47 | 50 |
| 377. | 213 | Luis Vaz | Phoenix- EvoRun | M | M35 Masc | 00:24:49 | 00:43:13 | 0:47:48.740 | 0:47:35.370 | 04:47 | 72 |
| 378. | 662 | Rui Sampaio | Boss Runners | M | M35 Masc | 00:25:17 | 00:43:25 | 0:47:49.280 | 0:47:03.140 | 04:47 | 73 |
| 379. | 734 | Ricardo Rego | Alexandra Carvalho Team | M | M35 Masc | 00:25:04 | 00:43:36 | 0:47:49.820 | 0:47:31.620 | 04:47 | 74 |
| 380. | 106 | Isabel Alves | Movimento de Juventude de Merelim | F | M40 Fem | 00:25:17 | 00:43:34 | 0:47:50.920 | 0:47:00.360 | 04:47 | 12 |
| 381. | 97 | Andreia Rocha | Dragon Club | F | M35 Fem | 00:25:15 | 00:43:26 | 0:47:51.760 | 0:47:03.310 | 04:47 | 9 |
| 382. | 653 | João Virgílio | B. V. FÃO | M | SUB 23 Masc | 00:25:36 | 00:43:35 | 0:47:54.380 | 0:47:25.230 | 04:47 | 19 |
| 383. | 652 | Rui Santos | B. V. FÃO | M | Sénior Masc | 00:25:37 | 00:43:35 | 0:47:56.070 | 0:47:27.460 | 04:47 | 79 |
| 384. | 595 | Pedro Vilela | | M | SUB 23 Masc | 00:24:53 | 00:43:35 | 0:47:56.470 | 0:47:31.890 | 04:47 | 20 |
| 385. | 73 | Leandro Silva | | M | Sénior Masc | 00:25:10 | 00:43:21 | 0:47:56.810 | 0:47:27.780 | 04:47 | 80 |
| 386. | 438 | Sofia Fontes | Phoenix- EvoRun | F | Sénior Fem | 00:24:53 | 00:43:30 | 0:47:59.750 | 0:47:36.670 | 04:48 | 10 |
| 387. | 382 | João Linhares | | M | M40 Masc | 00:25:54 | 00:43:36 | 0:48:00.040 | 0:46:42.020 | 04:48 | 119 |
| 388. | 707 | José santos | Oralklass - Amigos do Trail | M | M40 Masc | 00:25:26 | 00:43:37 | 0:48:01.110 | 0:47:21.130 | 04:48 | 120 |
| 389. | 568 | Paulo Cardoso | BOAVISTA FC | M | M50 Masc | 00:25:36 | 00:43:34 | 0:48:01.300 | 0:47:18.890 | 04:48 | 51 |
| 390. | 940 | Hugo Oterelo | Correr por Monção | M | M40 Masc | 00:25:27 | 00:43:32 | 0:48:02.330 | 0:47:17.240 | 04:48 | 121 |
| 391. | 423 | Sameiro Fraguinha | Spin & Run Esposende | F | M40 Fem | 00:25:00 | 00:43:31 | 0:48:03.080 | 0:47:56.740 | 04:48 | 13 |
| 392. | 31 | adelaide madureira | | F | M60 Fem | 00:25:55 | 00:43:48 | 0:48:06.780 | 0:47:15.610 | 04:49 | 1 |
| 393. | 804 | Wellington Alves | | M | Sénior Masc | 00:25:07 | 00:43:32 | 0:48:06.820 | 0:47:48.930 | 04:49 | 81 |
| 394. | 140 | Bruno Loureiro | Renasce | M | Sénior Masc | 00:25:23 | 00:43:41 | 0:48:09.190 | 0:47:03.520 | 04:49 | 82 |
| 395. | 374 | Daniel Fernandes | | M | Sénior Masc | 00:24:41 | 00:43:34 | 0:48:11.250 | 0:48:00.650 | 04:49 | 83 |
| 396. | 78 | Nuno Lopes | CMC - Carapaus | M | M40 Masc | 00:25:01 | 00:43:40 | 0:48:12.760 | 0:47:58.840 | 04:49 | 122 |

| Pos | Num | Nome | Equipa | Sx | Cat | Inter 1 | Inter 2 | Tempo | Chip | Média | Esc |
|------|-----|-------------------|----------------------------------------------------|----|-------------|----------|----------|-------------|-------------|-------|-----|
| 397. | 176 | Pedro Vasconcelos | B. V. Caminha | M | Sénior Masc | 00:24:30 | 00:43:38 | 0:48:12.810 | 0:48:01.690 | 04:49 | 84 |
| 398. | 683 | Joaquim Marques | Salgueiros Running | M | M50 Masc | 00:25:34 | 00:43:53 | 0:48:16.860 | 0:48:11.770 | 04:50 | 52 |
| 399. | 609 | Adelino Vilaça | Lobo solitário | M | M40 Masc | 00:24:57 | 00:43:58 | 0:48:25.640 | 0:48:11.860 | 04:50 | 123 |
| 400. | 900 | Luís Ferraz | IAT Imobiliária | M | M40 Masc | 00:25:39 | 00:43:52 | 0:48:29.510 | 0:47:17.720 | 04:51 | 124 |
| 401. | 863 | Nuno Silva | | M | Sénior Masc | 00:25:45 | 00:43:56 | 0:48:36.700 | 0:47:57.030 | 04:52 | 85 |
| 402. | 192 | Maria Pinto | Braga | F | M35 Fem | 00:25:28 | 00:44:05 | 0:48:38.200 | 0:48:28.710 | 04:52 | 10 |
| 403. | 373 | anabela lopes | Top Top Runners | F | M40 Fem | 00:25:27 | 00:44:06 | 0:48:38.680 | 0:48:28.610 | 04:52 | 14 |
| 404. | 480 | Carlos Neiva | | M | M50 Masc | 00:25:17 | 00:44:03 | 0:48:39.490 | 0:48:07.920 | 04:52 | 53 |
| 405. | 418 | Hugo Patrão | ADCRSME | M | M35 Masc | 00:25:47 | 00:44:26 | 0:48:40.180 | 0:47:30.270 | 04:52 | 75 |
| 406. | 253 | jose silva | | M | M50 Masc | 00:25:55 | 00:44:03 | 0:48:41.190 | 0:48:14.410 | 04:52 | 54 |
| 407. | 615 | Miguel Meira | Raiperes | M | Sénior Masc | 00:27:01 | 00:44:34 | 0:48:42.270 | 0:47:38.780 | 04:52 | 86 |
| 408. | 610 | Alexandre Vilaça | CAAC | M | SUB 23 Masc | 00:23:51 | 00:43:35 | 0:48:42.950 | 0:48:27.530 | 04:52 | 21 |
| 409. | 686 | Sandra Amorim | | F | M40 Fem | 00:25:24 | 00:44:07 | 0:48:44.580 | 0:48:31.400 | 04:52 | 15 |
| 410. | 286 | Inês Penetra | | F | SUB 23 Fem | 00:25:35 | 00:44:16 | 0:48:44.950 | 0:48:39.410 | 04:52 | 1 |
| 411. | 858 | Sandra Igreja | | F | M40 Fem | 00:25:19 | 00:44:12 | 0:48:45.450 | 0:48:29.510 | 04:53 | 16 |
| 412. | 611 | Pedro Silva | ZENIT AUTOMÓVEIS | M | Sénior Masc | 00:25:03 | 00:44:01 | 0:48:45.910 | 0:48:33.330 | 04:53 | 87 |
| 413. | 758 | Gilberto Fonseca | | M | M40 Masc | 00:25:46 | 00:44:21 | 0:48:46.650 | 0:48:22.950 | 04:53 | 125 |
| 414. | 459 | Ricardo Guimaraes | | M | M35 Masc | 00:26:33 | 00:44:25 | 0:48:47.840 | 0:47:41.180 | 04:53 | 76 |
| 415. | 215 | Isabel Cunha | Cerveira Team Running | F | M40 Fem | 00:25:35 | 00:44:13 | 0:48:48.740 | 0:48:10.560 | 04:53 | 17 |
| 416. | 638 | Paulo Vilarinho | gaia-running | M | M40 Masc | 00:26:08 | 00:44:23 | 0:48:52.990 | 0:48:16.170 | 04:53 | 126 |
| 417. | 899 | João Ribeiro | Rio Neiva - Associação defesa Ambiente | M | M50 Masc | 00:25:30 | 00:44:17 | 0:48:55.430 | 0:48:37.250 | 04:53 | 55 |
| 418. | 632 | Alberto Torres | Braga a Correr | M | M50 Masc | 00:26:50 | 00:44:28 | 0:48:57.330 | 0:47:59.970 | 04:54 | 56 |
| 419. | 759 | Manuel Faria | | M | M50 Masc | 00:25:36 | 00:44:26 | 0:48:58.090 | 0:48:35.700 | 04:54 | 57 |
| 420. | 454 | Álvaro costa | Altos e Baixos | M | M50 Masc | 00:26:43 | 00:44:21 | 0:48:58.530 | 0:48:06.330 | 04:54 | 58 |
| 421. | 916 | António Faria | ADE TRAIL RUNNING | M | M50 Masc | 00:26:08 | 00:44:34 | 0:49:01.110 | 0:48:35.600 | 04:54 | 59 |
| 422. | 696 | António Correia | | M | M50 Masc | 00:28:14 | 00:44:52 | 0:49:02.790 | 0:48:02.450 | 04:54 | 60 |
| 423. | 636 | André Silva | Núcleo Sporting Clube Portugal Vila Nova Famalicão | M | M35 Masc | 00:26:08 | 00:44:38 | 0:49:04.960 | 0:47:54.560 | 04:55 | 77 |
| 424. | 429 | Maria Campos | Spin & Run Esposende | F | M50 Fem | 00:25:39 | 00:44:29 | 0:49:06.250 | 0:48:59.970 | 04:55 | 6 |
| 425. | 465 | Reinaldo Miranda | Equipa Maravilha | M | M50 Masc | 00:25:55 | 00:44:44 | 0:49:11.710 | 0:48:49.460 | 04:55 | 61 |
| 426. | 831 | Carlos Morais | OPraticante.pt | M | M40 Masc | 00:27:10 | 00:45:15 | 0:49:17.050 | 0:48:02.700 | 04:56 | 127 |
| 427. | 680 | João Couto | Vespa Runners | M | M40 Masc | 00:27:03 | 00:44:42 | 0:49:18.400 | 0:48:14.200 | 04:56 | 128 |
| 428. | 677 | Simão Couto | Vespa Runners | M | M40 Masc | 00:27:02 | 00:44:40 | 0:49:18.510 | 0:48:14.830 | 04:56 | 129 |
| 429. | 648 | Leonardo Machado | Boss Runners | M | Sénior Masc | 00:25:18 | 00:44:26 | 0:49:18.920 | 0:48:34.180 | 04:56 | 88 |
| 430. | 898 | José Pereira | Rio Neiva - Associação defesa Ambiente | M | M40 Masc | 00:24:37 | 00:45:08 | 0:49:19.460 | 0:49:04.410 | 04:56 | 130 |
| 431. | 408 | Andreia Parente | | F | M35 Fem | 00:25:31 | 00:44:38 | 0:49:20.160 | 0:49:03.700 | 04:56 | 11 |
| 432. | 691 | Joaquim Patrão | | M | M60 Masc | 00:25:41 | 00:44:40 | 0:49:21.130 | 0:49:09.360 | 04:56 | 9 |
| 433. | 642 | Gracinda Marques | Academia Fernanda Ribeiro | F | M50 Fem | 00:25:35 | 00:44:34 | 0:49:21.900 | 0:49:07.660 | 04:56 | 7 |
| 434. | 426 | Mónica Ferreira | Spin & Run Esposende | F | M40 Fem | 00:25:58 | 00:44:45 | 0:49:25.900 | 0:49:19.870 | 04:56 | 18 |
| 435. | 774 | HUGO silva | Núcleo Sporting Clube Portugal Vila Nova Famalicão | M | M40 Masc | 00:26:31 | 00:45:07 | 0:49:27.300 | 0:48:16.170 | 04:56 | 131 |
| 436. | 177 | Jorge Silva | Resistentes | M | Sénior Masc | 00:25:44 | 00:44:46 | 0:49:28.510 | 0:48:52.320 | 04:57 | 89 |
| 437. | 938 | António Rodrigues | | M | M40 Masc | 00:25:42 | 00:44:40 | 0:49:28.530 | 0:48:46.330 | 04:57 | 132 |
| 438. | 338 | AIRES PATRÃO | ADE TRAIL RUNNING | M | M40 Masc | 00:26:12 | 00:45:11 | 0:49:28.830 | 0:48:55.210 | 04:57 | 133 |
| 439. | 913 | Nuno Pacheco | | M | M40 Masc | 00:26:17 | 00:44:57 | 0:49:29.160 | 0:48:47.420 | 04:57 | 134 |
| 440. | 209 | Franclim Monteiro | Espo24 | M | M40 Masc | 00:26:40 | 00:44:48 | 0:49:29.790 | 0:48:28.300 | 04:57 | 135 |

| Pos | Num | Nome | Equipa | Sx | Cat | Inter 1 | Inter 2 | Tempo | Chip | Média | Esc |
|------|-----|---------------------|----------------------|----|-------------|----------|----------|-------------|-------------|-------|-----|
| 441. | 881 | Manuel Peixoto | | M | M50 Masc | 00:26:57 | 00:45:27 | 0:49:30.940 | 0:48:36.510 | 04:57 | 62 |
| 442. | 605 | Francisco Gonçalves | Vila Verde a Correr | M | M40 Masc | 00:25:32 | 00:44:46 | 0:49:31.040 | 0:49:22.440 | 04:57 | 136 |
| 443. | 425 | Maria Brás | Spin & Run Esposende | F | M40 Fem | 00:25:36 | 00:44:48 | 0:49:31.580 | 0:49:25.490 | 04:57 | 19 |
| 444. | 473 | António Marques | Dragon Club | M | M40 Masc | 00:26:28 | 00:44:49 | 0:49:34.880 | 0:48:20.350 | 04:58 | 137 |
| 445. | 451 | ANTONIO LONGRAS | | M | M50 Masc | 00:26:58 | 00:45:17 | 0:49:36.420 | 0:48:59.740 | 04:58 | 63 |
| 446. | 780 | Tiago Cruz | | M | M35 Masc | 00:26:17 | 00:45:00 | 0:49:37.600 | 0:48:41.930 | 04:58 | 78 |
| 447. | 485 | deolinda faria | AiróRun | F | M50 Fem | 00:26:02 | 00:45:06 | 0:49:44.880 | 0:49:26.760 | 04:58 | 8 |
| 448. | 847 | JOAQUIM VILASBOAS | Santiagotur | M | M40 Masc | 00:26:39 | 00:45:26 | 0:49:47.090 | 0:49:02.860 | 04:59 | 138 |
| 449. | 63 | Pedro Rodrigues | Santiagotur | M | M40 Masc | 00:26:39 | 00:45:26 | 0:49:47.190 | 0:49:22.910 | 04:59 | 139 |
| 450. | 861 | Tiago Carvalho | | M | M35 Masc | 00:25:57 | 00:44:58 | 0:49:48.150 | 0:48:28.310 | 04:59 | 79 |
| 451. | 234 | Rui Pinto | | M | M50 Masc | 00:26:56 | 00:45:27 | 0:49:49.080 | 0:48:55.650 | 04:59 | 64 |
| 452. | 599 | Rui Soares | | M | M50 Masc | 00:25:56 | 00:45:07 | 0:49:50.960 | 0:49:09.720 | 04:59 | 65 |
| 453. | 623 | FILIPE CASTRO | Amantes da corrida | M | M40 Masc | 00:25:56 | 00:45:04 | 0:49:51.490 | 0:49:11.190 | 04:59 | 140 |
| 454. | 439 | Raquel Pereira | | F | Sénior Fem | 00:25:50 | 00:45:13 | 0:49:51.760 | 0:49:37.840 | 04:59 | 11 |
| 455. | 816 | Cesar Araujo | | M | SUB 23 Masc | 00:26:05 | 00:45:30 | 0:49:52.200 | 0:49:29.800 | 04:59 | 22 |
| 456. | 9 | RUI FARIA | Colégio do Ave | M | M40 Masc | 00:26:32 | 00:45:16 | 0:49:53.100 | 0:48:55.410 | 04:59 | 141 |
| 457. | 13 | Lia Esteves | Colégio do Ave | F | M35 Fem | 00:27:15 | 00:45:37 | 0:49:53.590 | 0:48:55.330 | 04:59 | 12 |
| 458. | 403 | António Leal | AlfacesDD | M | M40 Masc | 00:26:45 | 00:45:20 | 0:49:55.370 | 0:49:00.560 | 04:59 | 142 |
| 459. | 422 | Ramiro Batista | Spin & Run Esposende | M | M50 Masc | 00:25:52 | 00:45:17 | 0:49:58.510 | 0:49:50.880 | 05:00 | 66 |
| 460. | 711 | Pedro Rocha | Esposende bike team | M | M40 Masc | 00:25:44 | 00:45:24 | 0:49:59.570 | 0:49:51.190 | 05:00 | 143 |
| 461. | 679 | Renato Fernandes | Vespa Runners | M | M35 Masc | 00:27:03 | 00:45:27 | 0:50:00.330 | 0:48:54.890 | 05:00 | 80 |
| 462. | 55 | Júlio Carvalho | | M | Sénior Masc | 00:28:24 | 00:46:02 | 0:50:00.480 | 0:48:47.640 | 05:00 | 90 |
| 463. | 971 | João Soares | | M | SUB 23 Masc | 00:28:24 | 00:46:01 | 0:50:00.770 | 0:48:46.670 | 05:00 | 23 |
| 464. | 684 | Hélder Marques | | M | Sénior Masc | 00:26:14 | 00:45:10 | 0:50:01.390 | 0:49:02.930 | 05:00 | 91 |
| 465. | 641 | António Sousa | gaia-running | M | M50 Masc | 00:25:54 | 00:45:18 | 0:50:01.570 | 0:49:22.080 | 05:00 | 67 |
| 466. | 869 | Augusto Magalhães | Os Caracóis | M | M50 Masc | 00:26:47 | 00:45:24 | 0:50:01.990 | 0:49:23.970 | 05:00 | 68 |
| 467. | 844 | Francisco Pereira | | M | M40 Masc | 00:27:35 | 00:45:47 | 0:50:02.270 | 0:49:14.060 | 05:00 | 144 |
| 468. | 842 | Rafael Silva | | M | SUB 23 Masc | 00:26:25 | 00:45:28 | 0:50:05.460 | 0:49:45.860 | 05:01 | 24 |
| 469. | 771 | Andreia Azevedo | | F | SUB 23 Fem | 00:25:36 | 00:45:16 | 0:50:05.780 | 0:50:00.140 | 05:01 | 2 |
| 470. | 457 | Ricardo Costa | | M | M35 Masc | 00:26:28 | 00:45:28 | 0:50:06.500 | 0:49:45.500 | 05:01 | 81 |
| 471. | 309 | Cândido Santos | | M | M35 Masc | 00:25:33 | 00:45:15 | 0:50:07.840 | 0:49:58.770 | 05:01 | 82 |
| 472. | 730 | Cyrille Santos | | M | Sénior Masc | 00:26:28 | 00:45:31 | 0:50:09.590 | 0:49:49.460 | 05:01 | 92 |
| 473. | 593 | Pedro Morgado | | M | Sénior Masc | 00:25:48 | 00:45:20 | 0:50:10.620 | 0:49:33.570 | 05:01 | 93 |
| 474. | 95 | Maria Machado | | F | Sénior Fem | 00:26:05 | 00:45:26 | 0:50:17.410 | 0:50:01.580 | 05:02 | 12 |
| 475. | 99 | Ricardo Coimbra | Os Estarolas | M | M35 Masc | 00:28:12 | 00:46:15 | 0:50:22.990 | 0:49:06.590 | 05:02 | 83 |
| 476. | 127 | TERESA RAMOS | CLUBE MILLENNIUM BCP | F | M60 Fem | 00:25:49 | 00:45:18 | 0:50:25.770 | 0:50:11.130 | 05:02 | 2 |
| 477. | 125 | ANTONIO RAMOS | CLUBE MILLENNIUM BCP | M | M60 Masc | 00:25:42 | 00:45:23 | 0:50:25.980 | 0:50:05.170 | 05:02 | 10 |
| 478. | 839 | HÉLDER MAGALHAES | | M | M35 Masc | 00:26:04 | 00:45:23 | 0:50:26.590 | 0:49:28.340 | 05:02 | 84 |
| 479. | 959 | Luís Rodrigues | | M | M40 Masc | 00:26:39 | 00:45:38 | 0:50:27.000 | 0:49:32.420 | 05:02 | 145 |
| 480. | 350 | Pedro Matos | BRAGA RUNNERS | M | M35 Masc | 00:26:21 | 00:45:42 | 0:50:27.760 | 0:49:44.500 | 05:02 | 85 |
| 481. | 96 | Hélder Catarino | Dragon Club | M | M35 Masc | 00:26:37 | 00:46:11 | 0:50:39.600 | 0:49:48.620 | 05:04 | 86 |
| 482. | 671 | João Ferreira | Boss Runners | M | Sénior Masc | 00:26:26 | 00:46:02 | 0:50:40.390 | 0:49:55.380 | 05:04 | 94 |
| 483. | 92 | Pedro Dinis | Colégio do Ave | M | M40 Masc | 00:27:15 | 00:45:59 | 0:50:43.150 | 0:49:43.040 | 05:04 | 146 |
| 484. | 397 | Pedro Teixeira | Cabeceiras Bike Team | M | Sénior Masc | 00:26:06 | 00:45:56 | 0:50:44.670 | 0:50:25.820 | 05:04 | 95 |

| Pos | Num | Nome | Equipa | Sx | Cat | Inter 1 | Inter 2 | Tempo | Chip | Média | Esc |
|------|-----|--------------------|----------------------------------------------------|----|-------------|----------|----------|-------------|-------------|-------|-----|
| 485. | 666 | Luis Machado | Boss Runners | M | M35 Masc | 00:26:26 | 00:46:06 | 0:50:45.380 | 0:49:59.700 | 05:05 | 87 |
| 486. | 789 | Richard Touret | | M | M40 Masc | 00:28:06 | 00:46:17 | 0:50:46.510 | 0:49:28.000 | 05:05 | 147 |
| 487. | 820 | Vítor Silva | | M | M35 Masc | 00:27:57 | 00:46:21 | 0:50:48.360 | 0:49:54.270 | 05:05 | 88 |
| 488. | 477 | Neuza Caridade | BOAVISTA TRAIL | F | M35 Fem | 00:26:34 | 00:46:18 | 0:50:53.520 | 0:50:20.160 | 05:05 | 13 |
| 489. | 865 | CARLOS CARVALHO | | M | Sénior Masc | 00:27:12 | 00:46:15 | 0:50:54.430 | 0:50:09.040 | 05:05 | 96 |
| 490. | 954 | Francisco Xavier | | M | Sénior Masc | 00:27:14 | 00:46:15 | 0:50:54.800 | 0:50:07.240 | 05:05 | 97 |
| 491. | 112 | Guilherme Martins | Movimento de Juventude de Merelim | M | M40 Masc | 00:26:07 | 00:46:04 | 0:50:55.400 | 0:50:13.940 | 05:05 | 148 |
| 492. | 314 | José Fernandes | ADCRSME | M | M40 Masc | 00:27:41 | 00:46:35 | 0:50:56.090 | 0:49:39.600 | 05:05 | 149 |
| 493. | 281 | Sara Machado | Figueiredos Runners & Friends | F | Sénior Fem | 00:26:29 | 00:46:06 | 0:50:56.490 | 0:50:44.630 | 05:05 | 13 |
| 494. | 765 | Luís cunha | ADE TRAIL RUNNING | M | Sénior Masc | 00:26:35 | 00:46:19 | 0:50:56.710 | 0:50:28.180 | 05:05 | 98 |
| 495. | 767 | Marco Pereira | ADE TRAIL RUNNING | M | M40 Masc | 00:26:35 | 00:46:17 | 0:50:57.560 | 0:50:31.380 | 05:06 | 150 |
| 496. | 655 | Vítor Fernandes | | M | M40 Masc | 00:27:04 | 00:46:27 | 0:50:59.050 | 0:50:06.410 | 05:06 | 151 |
| 497. | 682 | Pedro Martins | | M | M40 Masc | 00:27:32 | 00:46:40 | 0:51:05.020 | 0:49:48.010 | 05:07 | 152 |
| 498. | 964 | Rafaela Faria | Grupo Juvenil Vila de Punhe | F | Sénior Fem | 00:26:21 | 00:46:22 | 0:51:06.980 | 0:50:45.710 | 05:07 | 14 |
| 499. | 148 | DOMINGOS MACHADO | Dumiense Xallenge Runners | M | M60 Masc | 00:26:29 | 00:46:29 | 0:51:07.120 | 0:50:41.350 | 05:07 | 11 |
| 500. | 409 | José Matos | | M | M50 Masc | 00:26:34 | 00:46:23 | 0:51:07.710 | 0:50:37.980 | 05:07 | 69 |
| 501. | 82 | Nuno Costa | | M | Sénior Masc | 00:25:28 | 00:46:07 | 0:51:14.700 | 0:51:09.020 | 05:07 | 99 |
| 502. | 292 | Artur Silva | Turbulentos | M | M50 Masc | 00:27:38 | 00:46:34 | 0:51:17.260 | 0:50:14.520 | 05:08 | 70 |
| 503. | 248 | Catarina Soares | | F | M35 Fem | 00:27:22 | 00:46:41 | 0:51:19.830 | 0:50:39.290 | 05:08 | 14 |
| 504. | 12 | Juliana Costa | Colégio do Ave | F | Sénior Fem | 00:27:15 | 00:46:26 | 0:51:20.020 | 0:50:24.620 | 05:08 | 15 |
| 505. | 45 | Lucas Vilela | Núcleo Sporting Clube Portugal Vila Nova Famalicão | M | M40 Masc | 00:26:47 | 00:46:21 | 0:51:22.560 | 0:50:11.350 | 05:08 | 153 |
| 506. | 596 | Manuel Carvalho | | M | M50 Masc | 00:26:19 | 00:46:25 | 0:51:23.230 | 0:51:08.860 | 05:08 | 71 |
| 507. | 721 | Hugo Lourenço | | M | M40 Masc | 00:26:07 | 00:46:16 | 0:51:23.850 | 0:50:57.780 | 05:08 | 154 |
| 508. | 855 | Moura Pinto | | M | M60 Masc | 00:27:07 | 00:46:32 | 0:51:26.790 | 0:50:54.140 | 05:08 | 12 |
| 509. | 287 | José Ferreira | | M | M50 Masc | 00:27:13 | 00:46:35 | 0:51:27.100 | 0:50:53.380 | 05:08 | 72 |
| 510. | 924 | José Moreira | | M | Sénior Masc | 00:26:08 | 00:46:58 | 0:51:32.570 | 0:51:03.380 | 05:09 | 100 |
| 511. | 895 | FERNANDO CERQUEIRA | ADA AMARANTE | M | M50 Masc | 00:26:29 | 00:46:42 | 0:51:39.220 | 0:51:29.710 | 05:10 | 73 |
| 512. | 474 | Marco Cruz | | M | Sénior Masc | 00:27:54 | 00:47:04 | 0:51:40.580 | 0:51:12.070 | 05:10 | 101 |
| 513. | 806 | Alexandre Paiva | | M | M40 Masc | 00:26:41 | 00:46:37 | 0:51:42.620 | 0:51:10.740 | 05:10 | 155 |
| 514. | 421 | Simão Sá | Simon and Garfunkel | M | M40 Masc | 00:27:42 | 00:47:04 | 0:51:45.660 | 0:50:34.180 | 05:11 | 156 |
| 515. | 712 | BARBARA CRUZ | | F | Sénior Fem | 00:27:43 | 00:47:04 | 0:51:46.960 | 0:50:35.790 | 05:11 | 16 |
| 516. | 428 | Maria Bras | Spin & Run Esposende | F | M60 Fem | 00:27:19 | 00:47:00 | 0:51:47.110 | 0:51:40.550 | 05:11 | 3 |
| 517. | 299 | Jose Salgado | SS MONTEPIO | M | M40 Masc | 00:27:15 | 00:46:55 | 0:51:47.280 | 0:50:40.990 | 05:11 | 157 |
| 518. | 217 | José Oliveira | | M | Sénior Masc | 00:28:04 | 00:47:30 | 0:51:49.410 | 0:51:10.550 | 05:11 | 102 |
| 519. | 190 | Sara Ramalho | Brazadas de Vida | F | Sénior Fem | 00:26:43 | 00:46:43 | 0:51:51.150 | 0:51:24.150 | 05:11 | 17 |
| 520. | 727 | José Carvalho | | M | M40 Masc | 00:28:54 | 00:47:36 | 0:51:55.690 | 0:51:28.510 | 05:11 | 158 |
| 521. | 114 | Jorge Duarte | Movimento de Juventude de Merelim | M | M40 Masc | 00:27:17 | 00:47:09 | 0:51:56.290 | 0:51:10.130 | 05:11 | 159 |
| 522. | 48 | Humberto Barros | Kaninos | M | M35 Masc | 00:28:08 | 00:47:32 | 0:52:01.210 | 0:51:05.220 | 05:12 | 89 |
| 523. | 131 | ALBERTO SA | Intratáveis | M | M60 Masc | 00:27:41 | 00:47:17 | 0:52:01.510 | 0:51:28.440 | 05:12 | 13 |
| 524. | 33 | Marília Ferreira | | F | M40 Fem | 00:28:15 | 00:47:31 | 0:52:01.730 | 0:51:06.870 | 05:12 | 20 |
| 525. | 665 | Bruno Marante | Bigodes de Tinto | M | M35 Masc | 00:28:29 | 00:47:23 | 0:52:02.580 | 0:50:56.580 | 05:12 | 90 |
| 526. | 178 | Cristina Pascoal | | F | M40 Fem | 00:26:43 | 00:46:52 | 0:52:03.260 | 0:51:37.680 | 05:12 | 21 |
| 527. | 437 | Fernando amaro | Phoenix- EvoRun | M | M50 Masc | 00:26:51 | 00:47:10 | 0:52:06.360 | 0:51:35.730 | 05:13 | 74 |
| 528. | 254 | Constantino Ramos | | M | M35 Masc | 00:27:55 | 00:47:31 | 0:52:09.120 | 0:51:02.380 | 05:13 | 91 |

| Pos | Num | Nome | Equipa | Sx | Cat | Inter 1 | Inter 2 | Tempo | Chip | Média | Esc |
|------|-----|------------------|-------------------------------------------|----|-------------|----------|----------|-------------|-------------|-------|-----|
| 529. | 770 | Ricardo Ferreira | | M | Sénior Masc | 00:26:27 | 00:47:07 | 0:52:09.710 | 0:52:03.070 | 05:13 | 103 |
| 530. | 755 | JORGE LOURENÇO | ESCOLA SECUNDÁRIA DE BARCELINHOS | M | M50 Masc | 00:26:28 | 00:47:07 | 0:52:09.810 | 0:52:06.980 | 05:13 | 75 |
| 531. | 540 | Domingos Araújo | Conf D.A.S | M | M50 Masc | 00:26:28 | 00:47:14 | 0:52:09.820 | 0:52:02.120 | 05:13 | 76 |
| 532. | 936 | Sérgio Freitas | JOY4FUN | M | M40 Masc | 00:26:27 | 00:47:08 | 0:52:10.370 | 0:52:06.760 | 05:13 | 160 |
| 533. | 783 | Pedro Carvalho | Cantoneiros | M | M35 Masc | 00:27:46 | 00:47:54 | 0:52:12.250 | 0:51:34.610 | 05:13 | 92 |
| 534. | 491 | Gilberto neves | | M | M35 Masc | 00:27:10 | 00:47:08 | 0:52:12.440 | 0:51:19.220 | 05:13 | 93 |
| 535. | 781 | Jorge Costa | Cantoneiros | M | M35 Masc | 00:27:48 | 00:47:55 | 0:52:13.260 | 0:51:32.520 | 05:13 | 94 |
| 536. | 693 | João Pinto | Materialia - Materiais de Cosntrução S.A. | M | Sénior Masc | 00:28:36 | 00:47:35 | 0:52:14.940 | 0:51:41.120 | 05:13 | 104 |
| 537. | 198 | Silvina Esteves | Trail me | F | M35 Fem | 00:26:48 | 00:47:08 | 0:52:17.960 | 0:52:04.350 | 05:14 | 15 |
| 538. | 100 | João Melo | Os Estarolas | M | Sénior Masc | 00:28:12 | 00:47:25 | 0:52:18.750 | 0:51:03.730 | 05:14 | 105 |
| 539. | 170 | Carla Oliveira | Turbulentos | F | M40 Fem | 00:28:35 | 00:47:51 | 0:52:21.760 | 0:51:17.460 | 05:14 | 22 |
| 540. | 54 | DANIEL BARROS | | M | M60 Masc | 00:27:41 | 00:47:29 | 0:52:22.380 | 0:51:55.010 | 05:14 | 14 |
| 541. | 303 | Helena Soares | Turbulentos | F | M50 Fem | 00:28:22 | 00:47:51 | 0:52:22.580 | 0:51:18.010 | 05:14 | 9 |
| 542. | 156 | Paulo Dias | | M | M50 Masc | 00:27:41 | 00:47:31 | 0:52:27.480 | 0:51:35.590 | 05:14 | 77 |
| 543. | 443 | Ana Oliveira | | F | M35 Fem | 00:27:34 | 00:47:52 | 0:52:28.820 | 0:52:07.820 | 05:15 | 16 |
| 544. | 688 | Alcindo Miranda | | M | M40 Masc | 00:28:12 | 00:47:55 | 0:52:30.280 | 0:51:15.070 | 05:15 | 161 |
| 545. | 547 | Gustavo Simões | Equipa do Paço | M | M35 Masc | 00:28:03 | 00:47:43 | 0:52:30.320 | 0:51:21.700 | 05:15 | 95 |
| 546. | 782 | Ricardo Teixeira | Cantoneiros | M | M40 Masc | 00:27:17 | 00:47:35 | 0:52:32.850 | 0:51:51.240 | 05:15 | 162 |
| 547. | 724 | Miguel Castro | | M | M40 Masc | 00:27:02 | 00:47:41 | 0:52:35.950 | 0:52:25.910 | 05:16 | 163 |
| 548. | 383 | JOSÉ COSTA | | M | M50 Masc | 00:27:59 | 00:47:35 | 0:52:36.500 | 0:51:19.770 | 05:16 | 78 |
| 549. | 81 | Maria Alves | | F | M40 Fem | 00:26:56 | 00:47:31 | 0:52:36.930 | 0:52:21.860 | 05:16 | 23 |
| 550. | 252 | ANGELINA SILVA | | F | M50 Fem | 00:27:40 | 00:47:37 | 0:52:39.390 | 0:52:13.140 | 05:16 | 10 |
| 551. | 860 | Ana Silva | | F | M40 Fem | 00:27:48 | 00:47:39 | 0:52:39.620 | 0:51:51.330 | 05:16 | 24 |
| 552. | 761 | Vasco Marta | Spin & Run Esposende | M | M35 Masc | 00:27:07 | 00:47:51 | 0:52:42.950 | 0:52:20.360 | 05:16 | 96 |
| 553. | 420 | Tiago Vouga | DivisãoEco CMCE | M | M35 Masc | 00:27:52 | 00:47:52 | 0:52:43.930 | 0:51:05.830 | 05:16 | 97 |
| 554. | 901 | Paulo Marrucho | IAT Imobiliária | M | M50 Masc | 00:28:24 | 00:47:58 | 0:52:49.190 | 0:51:45.140 | 05:17 | 79 |
| 555. | 710 | Geraldo Lage | ADCRSME | M | M40 Masc | 00:28:08 | 00:48:09 | 0:52:51.160 | 0:52:35.830 | 05:17 | 164 |
| 556. | 647 | Bruno Guedes | Boss Runners | M | Sénior Masc | 00:27:30 | 00:48:11 | 0:52:54.940 | 0:52:10.920 | 05:17 | 106 |
| 557. | 199 | Arnaldo PINTO | Salgueiros Running | M | M60 Masc | 00:28:34 | 00:48:21 | 0:53:01.050 | 0:51:51.300 | 05:18 | 15 |
| 558. | 262 | Américo André | | M | M40 Masc | 00:28:20 | 00:47:53 | 0:53:04.100 | 0:51:57.200 | 05:19 | 165 |
| 559. | 676 | Andreia Carvalho | | F | Sénior Fem | 00:27:07 | 00:48:12 | 0:53:06.970 | 0:52:52.150 | 05:19 | 18 |
| 560. | 340 | Ricardo Marinho | | M | M35 Masc | 00:28:11 | 00:48:17 | 0:53:10.170 | 0:51:49.880 | 05:19 | 98 |
| 561. | 594 | Fernando Silva | Sand Tree | M | M50 Masc | 00:28:10 | 00:48:14 | 0:53:13.310 | 0:52:38.040 | 05:19 | 80 |
| 562. | 427 | João Rosendo | Spin & Run Esposende | M | M50 Masc | 00:27:46 | 00:48:06 | 0:53:16.030 | 0:52:11.060 | 05:20 | 81 |
| 563. | 186 | António Faria | CAVE Esposende | M | M60 Masc | 00:28:44 | 00:48:35 | 0:53:21.150 | 0:52:28.810 | 05:20 | 16 |
| 564. | 830 | Domingos Ribeiro | Amigos da Montanha | M | Sénior Masc | 00:28:34 | 00:48:53 | 0:53:21.790 | 0:52:27.920 | 05:20 | 107 |
| 565. | 129 | Bruno Pereira | Amigos da Montanha | M | Sénior Masc | 00:28:33 | 00:48:53 | 0:53:22.510 | 0:52:29.660 | 05:20 | 108 |
| 566. | 34 | Alice Miranda | | F | M40 Fem | 00:28:07 | 00:48:23 | 0:53:27.910 | 0:52:33.960 | 05:21 | 25 |
| 567. | 622 | TANIA ALMEIDA | Amantes da corrida | F | M40 Fem | 00:27:58 | 00:48:25 | 0:53:30.870 | 0:52:48.020 | 05:21 | 26 |
| 568. | 896 | MARIA CARVALHO | ADA AMARANTE | F | M50 Fem | 00:27:58 | 00:48:38 | 0:53:35.300 | 0:53:23.880 | 05:22 | 11 |
| 569. | 523 | Tiago Loureiro | | M | M35 Masc | 00:27:53 | 00:48:22 | 0:53:35.590 | 0:52:44.810 | 05:22 | 99 |
| 570. | 195 | Orlando Pereira | Santiagotur | M | M40 Masc | 00:27:28 | 00:49:09 | 0:53:35.960 | 0:53:19.450 | 05:22 | 166 |
| 571. | 69 | Manuel Araújo | Santiagotur | M | M40 Masc | 00:28:28 | 00:49:02 | 0:53:35.990 | 0:53:12.480 | 05:22 | 167 |
| 572. | 525 | Adriana Loureiro | | F | M35 Fem | 00:27:54 | 00:48:23 | 0:53:36.720 | 0:52:45.720 | 05:22 | 17 |

| Pos | Num | Nome | Equipa | Sx | Cat | Inter 1 | Inter 2 | Tempo | Chip | Média | Esc |
|------|-----|--------------------|-------------------------------------------|----|-------------|----------|----------|-------------|-------------|-------|-----|
| 573. | 556 | Elisa Cruz | Up Runners | F | M50 Fem | 00:27:58 | 00:48:26 | 0:53:36.810 | 0:52:51.480 | 05:22 | 12 |
| 574. | 576 | Nuno Malaquias | Runaway Team | M | Sénior Masc | 00:27:55 | 00:48:31 | 0:53:38.730 | 0:52:37.210 | 05:22 | 109 |
| 575. | 943 | Norberto Sousa | Cantoneiros | M | M35 Masc | 00:29:28 | 00:48:48 | 0:53:40.000 | 0:52:56.960 | 05:22 | 100 |
| 576. | 296 | Carla Soares | Movimento de Juventude de Merelim | F | M40 Fem | 00:28:14 | 00:48:45 | 0:53:42.530 | 0:52:55.270 | 05:22 | 27 |
| 577. | 401 | Alexandre Viana | Correr Antas à Noite | M | M40 Masc | 00:26:59 | 00:48:42 | 0:54:02.630 | 0:53:57.120 | 05:24 | 168 |
| 578. | 887 | Francisco Vilaça | | M | M40 Masc | 00:28:16 | 00:49:04 | 0:54:04.400 | 0:53:01.420 | 05:25 | 169 |
| 579. | 79 | Maria Eiras | | F | M35 Fem | 00:28:23 | 00:48:59 | 0:54:05.800 | 0:53:10.270 | 05:25 | 18 |
| 580. | 937 | Nuno Reis | | M | M40 Masc | 00:28:28 | 00:49:15 | 0:54:05.910 | 0:53:52.080 | 05:25 | 170 |
| 581. | 187 | eduardo Loureiro | CAVE Esposende | M | M60 Masc | 00:28:46 | 00:49:07 | 0:54:06.310 | 0:53:12.870 | 05:25 | 17 |
| 582. | 617 | Marina Leite | Turbulentos | F | M40 Fem | 00:28:42 | 00:49:06 | 0:54:07.800 | 0:53:04.250 | 05:25 | 28 |
| 583. | 290 | Teresa Silva | Turbulentos | F | M40 Fem | 00:28:41 | 00:49:02 | 0:54:08.810 | 0:53:06.640 | 05:25 | 29 |
| 584. | 270 | Ricardo Mota | | M | M40 Masc | 00:28:18 | 00:48:51 | 0:54:09.860 | 0:53:33.290 | 05:25 | 171 |
| 585. | 888 | Ivo Félix | | M | M40 Masc | 00:28:14 | 00:48:53 | 0:54:10.480 | 0:53:36.750 | 05:25 | 172 |
| 586. | 193 | Ricardo Cachadinha | Alexandra Carvalho Team | M | M40 Masc | 00:27:40 | 00:48:46 | 0:54:11.460 | 0:53:52.850 | 05:25 | 173 |
| 587. | 891 | FERNANDO CARREIRA | | M | M40 Masc | 00:28:14 | 00:48:52 | 0:54:11.740 | 0:53:38.410 | 05:25 | 174 |
| 588. | 168 | Pedro Oliveira | | M | Sénior Masc | 00:28:58 | 00:49:16 | 0:54:13.000 | 0:53:17.040 | 05:25 | 110 |
| 589. | 893 | Henrique Gonçalves | OADA - Os Amigos da Aventura | M | M35 Masc | 00:28:58 | 00:49:29 | 0:54:19.910 | 0:53:15.070 | 05:26 | 101 |
| 590. | 283 | Manuel Carvalho | | M | M60 Masc | 00:29:13 | 00:49:23 | 0:54:19.950 | 0:52:59.550 | 05:26 | 18 |
| 591. | 592 | Sílvia Pires | Performance Lab | F | M40 Fem | 00:29:11 | 00:49:25 | 0:54:20.710 | 0:53:13.940 | 05:26 | 30 |
| 592. | 142 | Manuel Novo | Renasce | M | M50 Masc | 00:28:34 | 00:49:14 | 0:54:22.380 | 0:53:32.810 | 05:26 | 82 |
| 593. | 210 | José Gomes | Espo24 | M | M40 Masc | 00:28:38 | 00:49:23 | 0:54:23.290 | 0:53:22.360 | 05:26 | 175 |
| 594. | 410 | André Capitão | Belmar racing | M | M35 Masc | 00:27:11 | 00:48:58 | 0:54:29.540 | 0:54:07.360 | 05:27 | 102 |
| 595. | 244 | Sandra Aguiar | | F | M40 Fem | 00:28:57 | 00:49:32 | 0:54:30.100 | 0:53:59.890 | 05:27 | 31 |
| 596. | 769 | Ana Perreira | ADE TRAIL RUNNING | F | M40 Fem | 00:29:48 | 00:49:56 | 0:54:32.930 | 0:53:48.250 | 05:27 | 32 |
| 597. | 591 | Paulina Costa | Fitness Up Runners | F | Sénior Fem | 00:28:06 | 00:49:35 | 0:54:33.250 | 0:54:23.320 | 05:28 | 19 |
| 598. | 289 | Rui Gomes | | M | Sénior Masc | 00:28:07 | 00:49:35 | 0:54:34.310 | 0:54:23.240 | 05:28 | 111 |
| 599. | 167 | Paula Pereira | | F | Sénior Fem | 00:29:10 | 00:49:30 | 0:54:34.470 | 0:53:29.010 | 05:28 | 20 |
| 600. | 202 | Fernanda Rocha | | F | M50 Fem | 00:28:18 | 00:49:32 | 0:54:34.800 | 0:54:33.570 | 05:28 | 13 |
| 601. | 194 | Carla boas | Santiagotur | F | M40 Fem | 00:28:18 | 00:49:32 | 0:54:34.870 | 0:54:18.530 | 05:28 | 33 |
| 602. | 559 | Filipa Roldao | | F | Sénior Fem | 00:28:05 | 00:49:34 | 0:54:37.500 | 0:54:24.080 | 05:28 | 21 |
| 603. | 637 | Fernando Roldão | Gaviões | M | M40 Masc | 00:28:00 | 00:49:34 | 0:54:39.100 | 0:54:30.620 | 05:28 | 176 |
| 604. | 690 | Filipe Ferreira | Materialia - Materiais de Cosntrução S.A. | M | M35 Masc | 00:28:38 | 00:49:42 | 0:54:56.190 | 0:54:21.230 | 05:29 | 103 |
| 605. | 416 | Joaquim Bessa | Os mais bonitos | M | M50 Masc | 00:28:52 | 00:49:45 | 0:54:56.690 | 0:54:05.800 | 05:29 | 83 |
| 606. | 104 | Filipe Rodrigues | | M | M40 Masc | 00:28:03 | 00:49:45 | 0:54:59.240 | 0:54:41.440 | 05:30 | 177 |
| 607. | 143 | Rafael Brito | Renasce | M | M50 Masc | 00:29:00 | 00:49:44 | 0:55:00.250 | 0:53:55.050 | 05:30 | 84 |
| 608. | 353 | Idalina Eiras | | F | M35 Fem | 00:29:15 | 00:49:47 | 0:55:01.990 | 0:53:46.460 | 05:30 | 19 |
| 609. | 103 | Nelson Silva | | M | M40 Masc | 00:28:58 | 00:50:09 | 0:55:16.060 | 0:54:57.270 | 05:32 | 178 |
| 610. | 886 | DANIEL NOVERÇA | | M | SUB 23 Masc | 00:28:17 | 00:51:18 | 0:55:17.820 | 0:54:48.370 | 05:32 | 25 |
| 611. | 155 | Catarina Rosas | QUALY - Detergentes | F | Sénior Fem | 00:28:59 | 00:50:16 | 0:55:20.180 | 0:54:51.820 | 05:32 | 22 |
| 612. | 723 | João Mendes | | M | M40 Masc | 00:29:24 | 00:50:12 | 0:55:21.160 | 0:54:03.180 | 05:32 | 179 |
| 613. | 406 | Tiago Marques | | M | SUB 23 Masc | 00:27:41 | 00:50:10 | 0:55:21.200 | 0:55:06.520 | 05:32 | 26 |
| 614. | 906 | Susana Luzir | Ai ai ai | F | M35 Fem | 00:28:42 | 00:50:05 | 0:55:21.440 | 0:54:47.100 | 05:32 | 20 |
| 615. | 777 | Carina Silva | | F | Sénior Fem | 00:29:24 | 00:50:13 | 0:55:22.070 | 0:54:05.030 | 05:32 | 23 |
| 616. | 919 | Miguel Lopes | BOAVISTA TRAIL | M | M35 Masc | 00:28:09 | 00:50:04 | 0:55:22.930 | 0:54:48.160 | 05:32 | 104 |

| Pos | Num | Nome | Equipa | Sx | Cat | Inter 1 | Inter 2 | Tempo | Chip | Média | Esc |
|------|-----|---------------------|-------------------------------|----|-------------|----------|----------|-------------|-------------|-------|-----|
| 617. | 20 | João Jorge | | M | M50 Masc | 00:29:06 | 00:50:18 | 0:55:25.080 | 0:54:35.580 | 05:32 | 85 |
| 618. | 30 | joao remedios | | M | M60 Masc | 00:28:47 | 00:50:08 | 0:55:28.130 | 0:54:36.480 | 05:33 | 19 |
| 619. | 813 | Alberto Martínez | | M | M40 Masc | 00:29:14 | 00:50:11 | 0:55:30.390 | 0:54:39.510 | 05:33 | 180 |
| 620. | 59 | Emilio cardoso | B. T. M. | M | M50 Masc | 00:28:24 | 00:50:00 | 0:55:32.740 | 0:54:25.610 | 05:33 | 86 |
| 621. | 598 | Renato Ferreira | Casi 100 | M | Sénior Masc | 00:30:00 | 00:50:43 | 0:55:33.690 | 0:54:53.540 | 05:34 | 112 |
| 622. | 840 | Carina Meneses | | F | M35 Fem | 00:28:40 | 00:50:13 | 0:55:33.850 | 0:55:00.260 | 05:34 | 21 |
| 623. | 798 | António Silva | | M | M40 Masc | 00:29:23 | 00:50:21 | 0:55:34.190 | 0:54:32.970 | 05:34 | 181 |
| 624. | 597 | Albertino Domingues | Casi 100 | M | M50 Masc | 00:30:01 | 00:50:43 | 0:55:38.340 | 0:54:58.340 | 05:34 | 87 |
| 625. | 814 | Filipe Martins | | M | M40 Masc | 00:28:16 | 00:50:17 | 0:55:39.650 | 0:55:08.870 | 05:34 | 182 |
| 626. | 931 | Erica Sá | GCDR Gemeses | F | SUB 23 Fem | 00:29:20 | 00:50:27 | 0:55:40.690 | 0:55:09.750 | 05:34 | 3 |
| 627. | 5 | Joao pedro | | M | M40 Masc | 00:29:20 | 00:50:28 | 0:55:41.670 | 0:55:11.150 | 05:34 | 183 |
| 628. | 87 | Eliseo Martínez | Waldo's Team | M | M40 Masc | 00:29:22 | 00:50:29 | 0:55:42.710 | 0:54:58.090 | 05:34 | 184 |
| 629. | 363 | JOSÉ SILVA | | M | M50 Masc | 00:27:21 | 00:49:45 | 0:55:44.570 | 0:55:34.510 | 05:34 | 88 |
| 630. | 10 | António oliveira | Marcha currida De braga | M | M60 Masc | 00:29:45 | 00:50:55 | 0:55:46.690 | 0:55:27.750 | 05:35 | 20 |
| 631. | 958 | Diogo Lima | | M | Sénior Masc | 00:28:27 | 00:50:35 | 0:55:48.060 | 0:55:32.250 | 05:35 | 113 |
| 632. | 396 | Fábio Maranhão | Maranhão | M | SUB 23 Masc | 00:28:12 | 00:51:00 | 0:55:48.250 | 0:55:35.390 | 05:35 | 27 |
| 633. | 957 | Rita Mota | | F | Sénior Fem | 00:28:26 | 00:50:35 | 0:55:48.990 | 0:55:31.920 | 05:35 | 24 |
| 634. | 395 | Manuel Maranhão | Maranhão | M | M40 Masc | 00:28:11 | 00:51:00 | 0:55:49.130 | 0:55:37.060 | 05:35 | 185 |
| 635. | 866 | Fernando Silva | Os Caracóis | M | M50 Masc | 00:29:48 | 00:51:09 | 0:55:59.390 | 0:55:24.540 | 05:36 | 89 |
| 636. | 500 | João Rosendo | AlfacesDD | M | Sénior Masc | 00:30:16 | 00:51:06 | 0:55:59.600 | 0:55:03.450 | 05:36 | 114 |
| 637. | 58 | Hugo Silva | | M | M35 Masc | 00:30:25 | 00:51:06 | 0:56:05.220 | 0:54:49.320 | 05:37 | 105 |
| 638. | 917 | Gonçalo faria | ADE TRAIL RUNNING | M | SUB 23 Masc | 00:31:24 | 00:52:11 | 0:56:07.820 | 0:54:57.450 | 05:37 | 28 |
| 639. | 339 | Jose Soares | ADCRSME | M | Sénior Masc | 00:29:14 | 00:50:51 | 0:56:07.890 | 0:54:51.370 | 05:37 | 115 |
| 640. | 305 | Teresa Dias | | F | M50 Fem | 00:29:46 | 00:50:55 | 0:56:08.120 | 0:55:50.000 | 05:37 | 14 |
| 641. | 495 | Augusto Barbosa | | M | M60 Masc | 00:29:46 | 00:50:55 | 0:56:08.310 | 0:55:46.670 | 05:37 | 21 |
| 642. | 75 | Cristiana Maranhão | | F | Sénior Fem | 00:28:34 | 00:50:32 | 0:56:15.040 | 0:55:03.120 | 05:37 | 25 |
| 643. | 580 | Susana Aires | BOAVISTA FC | F | M35 Fem | 00:29:31 | 00:51:18 | 0:56:19.400 | 0:56:04.510 | 05:38 | 22 |
| 644. | 762 | Ana Silva | Spin & Run Esposende | F | M35 Fem | 00:28:29 | 00:50:53 | 0:56:22.840 | 0:56:13.350 | 05:38 | 23 |
| 645. | 537 | Maria Pilar | Pilar Team | F | M40 Fem | 00:28:44 | 00:51:03 | 0:56:26.860 | 0:56:04.650 | 05:38 | 34 |
| 646. | 536 | Catarina Cepa | Pilar Team | F | Sénior Fem | 00:28:45 | 00:51:04 | 0:56:28.070 | 0:56:07.840 | 05:39 | 26 |
| 647. | 356 | Ricardo Cardoso | Moços | M | M35 Masc | 00:29:36 | 00:51:24 | 0:56:28.330 | 0:55:39.220 | 05:39 | 106 |
| 648. | 322 | Juliana Pinheiral | ADE TRAIL RUNNING | F | Sénior Fem | 00:29:42 | 00:51:27 | 0:56:28.390 | 0:55:52.030 | 05:39 | 27 |
| 649. | 272 | Tony Silva | Moços | M | Sénior Masc | 00:29:36 | 00:51:25 | 0:56:28.800 | 0:55:37.440 | 05:39 | 116 |
| 650. | 616 | Marta Cunha | Minho e Lima Trail | F | Sénior Fem | 00:29:08 | 00:51:11 | 0:56:30.490 | 0:56:08.750 | 05:39 | 28 |
| 651. | 950 | Jerusa Ribeiro | Apúlia a Correr | F | M40 Fem | 00:28:30 | 00:50:53 | 0:56:32.870 | 0:55:57.700 | 05:39 | 35 |
| 652. | 763 | Álvaro Vale | ADE TRAIL RUNNING | M | M35 Masc | 00:28:31 | 00:50:54 | 0:56:33.110 | 0:55:56.770 | 05:39 | 107 |
| 653. | 833 | Nuno Fernandes | OPraticante.pt | M | Sénior Masc | 00:29:40 | 00:51:24 | 0:56:33.170 | 0:55:19.500 | 05:39 | 117 |
| 654. | 282 | Rui Ferreira | Figueiredos Runners & Friends | M | Sénior Masc | 00:28:45 | 00:51:10 | 0:56:33.490 | 0:56:23.970 | 05:39 | 118 |
| 655. | 805 | MIGUEL MIRANDA | Os Caracóis | M | M50 Masc | 00:29:48 | 00:51:27 | 0:56:46.220 | 0:56:08.750 | 05:41 | 90 |
| 656. | 650 | Francisco Granja | Lomave | M | M60 Masc | 00:30:15 | 00:51:40 | 0:56:46.980 | 0:55:42.470 | 05:41 | 22 |
| 657. | 868 | João Martins | | M | M35 Masc | 00:29:30 | 00:51:29 | 0:56:49.910 | 0:56:07.530 | 05:41 | 108 |
| 658. | 812 | Roberto Laranjeira | ADE TRAIL RUNNING | M | Sénior Masc | 00:30:05 | 00:51:51 | 0:56:54.460 | 0:56:00.540 | 05:41 | 119 |
| 659. | 211 | Mário Gonçalves | | M | Sénior Masc | 00:28:48 | 00:51:34 | 0:56:56.290 | 0:56:35.540 | 05:41 | 120 |
| 660. | 941 | Joao Carvalho | | M | M40 Masc | 00:28:17 | 00:51:18 | 0:57:00.800 | 0:56:31.530 | 05:42 | 186 |

| Pos | Num | Nome | Equipa | Sx | Cat | Inter 1 | Inter 2 | Tempo | Chip | Média | Esc |
|------|-----|----------------------|----------------------------------|----|-------------|----------|----------|-------------|-------------|-------|-----|
| 661. | 174 | LÚCIA CORUCHO | | F | M40 Fem | 00:29:46 | 00:51:48 | 0:57:01.660 | 0:56:32.660 | 05:42 | 36 |
| 662. | 817 | Pedro Serafim | LOUSADA RUNNERS | M | M35 Masc | 00:30:03 | 00:51:46 | 0:57:05.880 | 0:56:07.270 | 05:43 | 109 |
| 663. | 808 | João Monteiro | | M | M50 Masc | 00:29:42 | 00:51:34 | 0:57:08.070 | 0:56:41.790 | 05:43 | 91 |
| 664. | 300 | Paulo Lopes | SS MONTEPIO | M | M35 Masc | 00:29:29 | 00:51:44 | 0:57:08.330 | 0:56:37.310 | 05:43 | 110 |
| 665. | 621 | Susana vasconcelos | Sport Comércio Salgueiros | F | M40 Fem | 00:30:02 | 00:52:04 | 0:57:09.130 | 0:56:41.910 | 05:43 | 37 |
| 666. | 60 | Ana Rocha | VidaAtivaRunners | F | M40 Fem | 00:29:44 | 00:51:29 | 0:57:09.170 | 0:56:25.400 | 05:43 | 38 |
| 667. | 966 | Pedro Ferreira | | M | M40 Masc | 00:29:42 | 00:50:58 | 0:57:14.400 | 0:56:01.770 | 05:43 | 187 |
| 668. | 144 | Jose Azevedo | | M | M60 Masc | 00:29:39 | 00:51:41 | 0:57:14.620 | 0:56:44.440 | 05:43 | 23 |
| 669. | 258 | Luís Monteiro | CMC - Carapaus | M | M40 Masc | 00:28:48 | 00:51:47 | 0:57:25.670 | 0:57:11.960 | 05:44 | 188 |
| 670. | 960 | Mário Patrão | | M | M35 Masc | 00:34:55 | 00:53:18 | 0:57:28.970 | 0:56:14.840 | 05:45 | 111 |
| 671. | 796 | Adriana Salgado | | F | Sénior Fem | 00:30:27 | 00:52:38 | 0:57:35.570 | 0:56:49.990 | 05:46 | 29 |
| 672. | 744 | LILIANA SÁ | ESCOLA SECUNDÁRIA DE BARCELINHOS | F | SUB 23 Fem | 00:28:16 | 00:52:26 | 0:57:37.330 | 0:57:25.880 | 05:46 | 4 |
| 673. | 601 | Deolinda Araújo | Vila Verde a Correr | F | Sénior Fem | 00:28:41 | 00:52:16 | 0:57:42.340 | 0:57:28.320 | 05:46 | 30 |
| 674. | 481 | Miguel Boas | Pintarolas | M | M35 Masc | 00:30:55 | 0:52:9. | 0:57:42.840 | 0:56:50.820 | 05:46 | 112 |
| 675. | 514 | Ricardo Cristino | Pintarolas | M | M35 Masc | 00:30:58 | 00:52:22 | 0:57:43.350 | 0:56:51.670 | 05:46 | 113 |
| 676. | 972 | Nelson Soares | | M | SUB 23 Masc | 00:30:56 | 00:53:09 | 0:57:44.520 | 0:56:30.780 | 05:46 | 29 |
| 677. | 259 | Sameiro Araújo | | F | M50 Fem | 00:30:04 | 00:52:34 | 0:57:45.840 | 0:57:27.360 | 05:47 | 15 |
| 678. | 23 | Sergio Dias | | M | M35 Masc | 00:30:15 | 00:52:31 | 0:57:46.440 | 0:56:34.320 | 05:47 | 114 |
| 679. | 824 | AUGUSTO RAMOS | ADCRSME | M | M50 Masc | 00:32:04 | 00:52:57 | 0:57:46.470 | 0:56:30.300 | 05:47 | 92 |
| 680. | 138 | Francisco Cavalheiro | | M | M40 Masc | 00:31:27 | 00:52:53 | 0:57:47.860 | 0:57:15.940 | 05:47 | 189 |
| 681. | 349 | Paulo Ribeiro | Altos e Baixos | M | M40 Masc | 00:31:00 | 00:52:31 | 0:57:48.690 | 0:56:38.550 | 05:47 | 190 |
| 682. | 631 | Isabel Carneiro | Picoto Runners | F | M40 Fem | 00:30:58 | 00:52:37 | 0:57:52.360 | 0:56:52.960 | 05:47 | 39 |
| 683. | 630 | VÍTOR MOREIRA | Picoto Runners | M | M40 Masc | 00:30:57 | 00:52:32 | 0:57:54.050 | 0:56:55.150 | 05:47 | 191 |
| 684. | 718 | Fernando Arménio | Indo | M | M60 Masc | 00:30:19 | 00:52:40 | 0:57:56.210 | 0:57:19.610 | 05:47 | 24 |
| 685. | 251 | Alda Faustino | | F | M40 Fem | 00:30:42 | 00:52:40 | 0:57:57.880 | 0:57:09.950 | 05:48 | 40 |
| 686. | 475 | Paulo Costa | | M | M40 Masc | 00:29:51 | 00:52:38 | 0:57:58.370 | 0:57:22.860 | 05:48 | 192 |
| 687. | 643 | Ana Matos | | F | Sénior Fem | 00:30:50 | 00:52:57 | 0:57:58.920 | 0:56:57.280 | 05:48 | 31 |
| 688. | 440 | Alexandra Costa | | F | Sénior Fem | 00:31:25 | 00:52:55 | 0:58:03.350 | 0:56:53.940 | 05:48 | 32 |
| 689. | 745 | MARIANA AZEVEDO | ESCOLA SECUNDÁRIA DE BARCELINHOS | F | SUB 23 Fem | 00:27:56 | 00:52:29 | 0:58:04.040 | 0:57:49.890 | 05:49 | 5 |
| 690. | 466 | Paula miranda | Equipa Maravilha | F | M40 Fem | 00:31:14 | 00:52:56 | 0:58:04.390 | 0:56:56.380 | 05:49 | 41 |
| 691. | 157 | Maria Oliveira | | F | M60 Fem | 00:28:23 | 00:52:34 | 0:58:06.490 | 0:57:46.390 | 05:49 | 4 |
| 692. | 436 | Carla Loureiro | Phoenix- EvoRun | F | Sénior Fem | 00:30:52 | 00:52:46 | 0:58:08.930 | 0:57:37.880 | 05:49 | 33 |
| 693. | 297 | Carlos Cabouco | SS MONTEPIO | M | M50 Masc | 00:30:52 | 00:52:57 | 0:58:11.700 | 0:57:02.930 | 05:49 | 93 |
| 694. | 450 | Bruno Lopes | | M | M35 Masc | 00:29:38 | 00:52:46 | 0:58:13.790 | 0:57:39.650 | 05:49 | 115 |
| 695. | 334 | Ricardo Briote | ADE TRAIL RUNNING | M | M40 Masc | 00:29:38 | 00:52:46 | 0:58:13.810 | 0:57:39.380 | 05:49 | 193 |
| 696. | 619 | JOAO CAINE | Turbulentos | M | M50 Masc | 00:30:38 | 00:52:57 | 0:58:15.550 | 0:57:13.370 | 05:49 | 94 |
| 697. | 130 | Rui Machado | Gansos | M | M50 Masc | 00:31:33 | 00:53:07 | 0:58:15.820 | 0:57:29.710 | 05:49 | 95 |
| 698. | 651 | maria rebelo | Lomave | F | M50 Fem | 00:30:20 | 00:52:43 | 0:58:16.640 | 0:57:12.160 | 05:50 | 16 |
| 699. | 698 | Marta Martins | Hsantamariart | F | M35 Fem | 00:31:24 | 00:53:05 | 0:58:16.890 | 0:57:07.540 | 05:50 | 24 |
| 700. | 837 | Cristiana Pereira | OPraticante.pt | F | Sénior Fem | 00:29:35 | 00:52:46 | 0:58:18.730 | 0:58:08.470 | 05:50 | 34 |
| 701. | 16 | Francisco Ribeiro | | M | M35 Masc | 00:29:40 | 00:52:51 | 0:58:19.080 | 0:57:02.250 | 05:50 | 116 |
| 702. | 504 | Pedro Ferreira | | M | M40 Masc | 00:30:22 | 00:52:44 | 0:58:19.680 | 0:58:15.280 | 05:50 | 194 |
| 703. | 574 | André Sousa | Runaway Team | M | M40 Masc | 00:29:48 | 00:52:37 | 0:58:20.260 | 0:57:18.580 | 05:50 | 195 |
| 704. | 460 | André Rodrigues | | M | M40 Masc | 00:30:53 | 00:53:14 | 0:58:24.230 | 0:57:10.820 | 05:50 | 196 |

| Pos | Num | Nome | Equipa | Sx | Cat | Inter 1 | Inter 2 | Tempo | Chip | Média | Esc |
|------|-----|------------------------|----------------------------------|----|-------------|----------|----------|-------------|-------------|-------|-----|
| 705. | 250 | Ligia Fernandes | EDV-Viana Trail | F | M40 Fem | 00:29:57 | 00:53:06 | 0:58:30.690 | 0:58:06.060 | 05:51 | 42 |
| 706. | 1 | Hélder Silva | | M | Sénior Masc | 00:30:46 | 00:53:07 | 0:58:32.430 | 0:57:44.490 | 05:51 | 121 |
| 707. | 728 | Armando César | Fafe Tv | M | M40 Masc | 00:30:27 | 00:53:09 | 0:58:37.610 | 0:57:56.460 | 05:52 | 197 |
| 708. | 2 | Paula Costa | | F | M40 Fem | 00:31:01 | 00:53:19 | 0:58:38.000 | 0:57:51.430 | 05:52 | 43 |
| 709. | 584 | Fátima Lopes | Trofa Runners | F | M60 Fem | 00:29:43 | 00:53:03 | 0:58:45.830 | 0:58:13.150 | 05:53 | 5 |
| 710. | 128 | Albertina Gonçalves | | F | M35 Fem | 00:30:48 | 00:53:15 | 0:58:52.490 | 0:57:53.840 | 05:53 | 25 |
| 711. | 876 | Carlos Laranjeira | | M | SUB 23 Masc | 00:31:41 | 00:54:04 | 0:58:54.450 | 0:58:14.690 | 05:53 | 30 |
| 712. | 608 | Raul Peixoto | | M | M35 Masc | 00:34:53 | 00:54:12 | 0:58:57.060 | 0:57:44.780 | 05:54 | 117 |
| 713. | 709 | José Loureiro | Amigos da Montanha | M | M50 Masc | 00:30:43 | 00:53:37 | 0:59:06.800 | 0:57:50.040 | 05:55 | 96 |
| 714. | 803 | miguel silva | Cinrunning | M | M35 Masc | 00:31:51 | 00:53:44 | 0:59:10.720 | 0:57:51.680 | 05:55 | 118 |
| 715. | 894 | Rosa Borges | B. T. M. | F | M40 Fem | 00:30:43 | 00:53:40 | 0:59:11.130 | 0:58:29.190 | 05:55 | 44 |
| 716. | 116 | JOÃO MIRANDA | | M | M50 Masc | 00:30:25 | 00:53:42 | 0:59:11.450 | 0:58:44.270 | 05:55 | 97 |
| 717. | 550 | Margarida Miranda | Rumo à aventura | F | M40 Fem | 00:31:22 | 00:54:02 | 0:59:11.960 | 0:58:22.420 | 05:55 | 45 |
| 718. | 553 | Isaura Miranda | Rumo à aventura | F | M50 Fem | 00:31:21 | 00:54:03 | 0:59:12.600 | 0:58:22.840 | 05:55 | 17 |
| 719. | 552 | Patricia Miranda | Rumo à aventura | F | Sénior Fem | 00:31:20 | 00:54:01 | 0:59:13.560 | 0:58:24.030 | 05:55 | 35 |
| 720. | 968 | Susana Queirós | | F | M40 Fem | 00:31:41 | 00:54:01 | 0:59:15.010 | 0:58:39.350 | 05:55 | 46 |
| 721. | 52 | Sérgio Morgado | | M | M35 Masc | 00:31:41 | 00:54:01 | 0:59:15.720 | 0:58:37.900 | 05:55 | 119 |
| 722. | 206 | Maria Silva | Dragon Club | F | M40 Fem | 00:30:57 | 00:53:47 | 0:59:19.090 | 0:58:25.820 | 05:56 | 47 |
| 723. | 554 | Elisa Monteiro | Rumo à aventura | F | M50 Fem | 00:31:23 | 00:54:03 | 0:59:22.220 | 0:58:32.970 | 05:56 | 18 |
| 724. | 263 | Ana Costinha | | F | M40 Fem | 00:30:46 | 00:53:46 | 0:59:25.570 | 0:59:07.520 | 05:56 | 48 |
| 725. | 479 | Núbio Filho | | M | Sénior Masc | 00:31:19 | 00:54:15 | 0:59:45.470 | 0:58:59.300 | 05:59 | 122 |
| 726. | 455 | Rui silva | Altos e Baixos | M | M40 Masc | 00:31:58 | 00:54:31 | 0:59:53.830 | 0:58:38.710 | 05:59 | 198 |
| 727. | 161 | Bruno Rocha | Altos e Baixos | M | M40 Masc | 00:31:58 | 00:54:28 | 0:59:54.620 | 0:58:39.200 | 05:59 | 199 |
| 728. | 878 | INES BARROS | | F | M40 Fem | 00:30:52 | 00:54:05 | 0:59:55.670 | 0:59:09.830 | 05:59 | 49 |
| 729. | 26 | Raquel Machado | | F | M40 Fem | 00:32:13 | 00:54:30 | 0:59:58.340 | 0:59:04.120 | 06:00 | 50 |
| 730. | 27 | Carla Maciel | Run Girls | F | M40 Fem | 00:32:14 | 00:54:29 | 0:59:58.950 | 0:59:02.700 | 06:00 | 51 |
| 731. | 815 | Tiago Veríssimo | Running Espinho | M | Sénior Masc | 00:31:07 | 00:54:44 | 1:00:05.330 | 0:59:13.540 | 06:01 | 123 |
| 732. | 719 | Olívia Correia | CDC Navais | F | Sénior Fem | 00:31:05 | 00:54:46 | 1:00:07.890 | 0:59:53.330 | 06:01 | 36 |
| 733. | 407 | ricardo teixeira | Salgueiros Running | M | M35 Masc | 00:31:26 | 00:54:49 | 1:00:15.970 | 0:59:45.590 | 06:01 | 120 |
| 734. | 883 | Albino Oliveira | GTT Armazém do Caffé | M | M60 Masc | 00:31:01 | 00:54:52 | 1:00:20.360 | 0:59:48.600 | 06:02 | 25 |
| 735. | 905 | CARLA CAMPOS | GTT Armazém do Caffé | F | M40 Fem | 00:31:01 | 00:54:52 | 1:00:20.990 | 0:59:47.320 | 06:02 | 52 |
| 736. | 336 | Rui Rodrigues | ADE TRAIL RUNNING | M | M40 Masc | 00:30:21 | 00:54:40 | 1:00:22.680 | 0:59:47.800 | 06:02 | 200 |
| 737. | 348 | Francisco Apresentação | BRAGUINHAS RUNNERS | M | M60 Masc | 00:30:51 | 00:54:23 | 1:00:23.090 | 1:00:04.840 | 06:02 | 26 |
| 738. | 856 | Ana Cardoso | | F | M40 Fem | 00:30:25 | 00:53:54 | 1:00:26.060 | 0:59:53.040 | 06:02 | 53 |
| 739. | 720 | Cristiano Melo | Cantoneiros | M | M40 Masc | 00:29:32 | 00:53:45 | 1:00:31.130 | 0:59:49.160 | 06:03 | 201 |
| 740. | 743 | Domingos Silva | ESCOLA SECUNDÁRIA DE BARCELINHOS | M | M50 Masc | 00:31:02 | 00:54:39 | 1:00:34.080 | 1:00:18.830 | 06:04 | 98 |
| 741. | 46 | Mª Silva | Only2Run | F | M40 Fem | 00:31:02 | 00:54:40 | 1:00:34.630 | 1:00:18.670 | 06:04 | 54 |
| 742. | 229 | Florinda Figueiredo | | F | M50 Fem | 00:30:25 | 00:54:23 | 1:00:34.880 | 1:00:25.870 | 06:04 | 19 |
| 743. | 228 | Carlos Alves | | M | M40 Masc | 00:28:19 | 00:54:23 | 1:00:35.610 | 1:00:23.110 | 06:04 | 202 |
| 744. | 667 | Sónia Lemos | Boss Runners | F | M35 Fem | 00:32:08 | 00:55:06 | 1:00:35.690 | 0:59:48.090 | 06:04 | 26 |
| 745. | 663 | Vânia Vilaça | Boss Runners | F | Sénior Fem | 00:32:10 | 00:55:07 | 1:00:36.480 | 0:59:49.320 | 06:04 | 37 |
| 746. | 828 | Mariana Capitão | Performance Lab | F | M35 Fem | 00:31:58 | 00:55:14 | 1:00:40.630 | 0:59:33.040 | 06:04 | 27 |
| 747. | 462 | Marta Carvalho | | F | M40 Fem | 00:32:05 | 00:55:08 | 1:00:44.930 | 0:59:35.400 | 06:04 | 55 |
| 748. | 729 | Adriana Fernandes | Esposende Run Girls | F | M40 Fem | 00:32:41 | 00:55:40 | 1:00:54.130 | 0:59:58.130 | 06:05 | 56 |

| Pos | Num | Nome | Equipa | Sx | Cat | Inter 1 | Inter 2 | Tempo | Chip | Média | Esc |
|------|-----|---------------------|----------------------|----|-------------|----------|----------|-------------|-------------|-------|-----|
| 749. | 703 | Paula Gonçalves | Esposende Run Girls | F | M40 Fem | 00:32:41 | 00:55:39 | 1:00:54.600 | 0:59:59.240 | 06:05 | 57 |
| 750. | 64 | Rita Santos | | F | M40 Fem | 00:32:09 | 00:55:13 | 1:00:55.890 | 0:59:47.190 | 06:05 | 58 |
| 751. | 65 | Francisco Lopo | | M | M40 Masc | 00:32:22 | 00:55:14 | 1:00:56.410 | 0:59:47.090 | 06:05 | 203 |
| 752. | 105 | David Cruz | GCDR Gemeses | M | M50 Masc | 00:31:26 | 00:55:12 | 1:01:00.520 | 1:00:01.620 | 06:06 | 99 |
| 753. | 963 | Sílvia Laranjeira | | F | M35 Fem | 00:32:33 | 00:55:59 | 1:01:03.000 | 1:00:25.680 | 06:06 | 28 |
| 754. | 359 | Daniela Santos | | F | Sénior Fem | 00:31:49 | 00:55:24 | 1:01:03.650 | 0:59:51.730 | 06:06 | 38 |
| 755. | 962 | Luís Ribeiro | | M | M40 Masc | 00:32:32 | 00:56:00 | 1:01:04.440 | 1:00:27.040 | 06:07 | 204 |
| 756. | 575 | Fernanda Pinho | Runaway Team | F | M50 Fem | 00:32:08 | 00:55:32 | 1:01:21.590 | 1:00:19.780 | 06:08 | 20 |
| 757. | 316 | Fernando Leal | Equipa do Paço | M | M50 Masc | 00:31:07 | 00:55:12 | 1:01:27.000 | 1:00:41.960 | 06:08 | 100 |
| 758. | 3 | Hugo Falcão | OZ Running Team | M | M40 Masc | 00:30:32 | 00:55:46 | 1:01:30.840 | 1:01:17.030 | 06:09 | 205 |
| 759. | 668 | Cerqueira Gomes | Boss Runners | M | M40 Masc | 00:32:10 | 00:55:39 | 1:01:34.580 | 1:00:45.710 | 06:10 | 206 |
| 760. | 914 | Cecilia Pires | | F | M40 Fem | 00:32:17 | 00:55:44 | 1:01:41.270 | 1:00:58.910 | 06:10 | 59 |
| 761. | 939 | Madalena Fontes | Phoenix- EvoRun | F | Sénior Fem | 00:30:42 | 00:55:47 | 1:01:46.170 | 1:01:20.920 | 06:11 | 39 |
| 762. | 277 | Norberta Grilo | | F | M40 Fem | 00:31:31 | 00:56:03 | 1:01:57.700 | 1:01:29.030 | 06:12 | 60 |
| 763. | 702 | Cláudia Pinho | Esposende Run Girls | F | M40 Fem | 00:33:41 | 00:56:29 | 1:02:01.140 | 1:01:03.720 | 06:12 | 61 |
| 764. | 649 | Edgar Pereira | Boss Runners | M | M35 Masc | 00:31:28 | 00:55:36 | 1:02:02.110 | 1:01:16.850 | 06:12 | 121 |
| 765. | 226 | Elisio Ferreira | | M | M50 Masc | 00:31:28 | 00:56:12 | 1:02:05.410 | 1:01:32.820 | 06:13 | 101 |
| 766. | 41 | elisabete Meira | Run Girls | F | M40 Fem | 00:32:46 | 00:56:20 | 1:02:05.860 | 1:01:09.760 | 06:13 | 62 |
| 767. | 654 | António Matos | Trail Team Montaria | M | M40 Masc | 00:31:33 | 00:56:11 | 1:02:25.920 | 1:01:23.010 | 06:14 | 207 |
| 768. | 399 | João Ledo | AlfacesDD | M | Sénior Masc | 00:32:34 | 00:56:26 | 1:02:27.990 | 1:01:28.130 | 06:14 | 124 |
| 769. | 50 | Sandra Ramos | Esposende Run Girls | F | M40 Fem | 00:32:47 | 00:56:34 | 1:02:30.090 | 1:01:32.690 | 06:15 | 63 |
| 770. | 223 | António Pereira | | M | M40 Masc | 00:32:35 | 00:56:37 | 1:02:31.140 | 1:01:34.380 | 06:15 | 208 |
| 771. | 249 | Vera Pereira | | F | M50 Fem | 00:31:04 | 00:56:09 | 1:02:32.400 | 1:02:07.550 | 06:15 | 21 |
| 772. | 791 | Sergio Amorim | | M | Sénior Masc | 00:33:08 | 00:57:10 | 1:02:34.240 | 1:01:23.720 | 06:16 | 125 |
| 773. | 77 | Eugénia Ferreira | | F | M40 Fem | 00:31:15 | 00:56:14 | 1:02:35.090 | 1:02:27.490 | 06:16 | 64 |
| 774. | 61 | Carla Morgado | Carla Morgado | F | M40 Fem | 00:32:33 | 00:56:50 | 1:02:45.930 | 1:02:08.420 | 06:17 | 65 |
| 775. | 8 | Paulo Ribeiro | | M | M40 Masc | 00:32:33 | 00:56:49 | 1:02:46.000 | 1:02:10.280 | 06:17 | 209 |
| 776. | 342 | Sofia Figueiras | | F | M40 Fem | 00:31:50 | 00:57:01 | 1:02:56.210 | 1:02:09.390 | 06:17 | 66 |
| 777. | 835 | Helena Santos | OPraticante.pt | F | Sénior Fem | 00:33:28 | 00:57:21 | 1:02:56.410 | 1:01:44.360 | 06:17 | 40 |
| 778. | 834 | Patricia Silva | OPraticante.pt | F | M35 Fem | 00:33:27 | 00:57:20 | 1:02:57.620 | 1:01:43.620 | 06:18 | 29 |
| 779. | 497 | Rosa Pereira | | F | M60 Fem | 00:31:03 | 00:56:12 | 1:03:00.370 | 1:02:40.580 | 06:18 | 6 |
| 780. | 86 | VANESSA OLIVEIRA | | F | Sénior Fem | 00:31:26 | 00:56:52 | 1:03:05.610 | 1:02:37.460 | 06:19 | 41 |
| 781. | 841 | Sandy Ferreira | BRAGA RUNNERS | F | M40 Fem | 00:33:23 | 00:57:40 | 1:03:22.780 | 1:02:20.430 | 06:20 | 67 |
| 782. | 528 | Paula Pires | Braga a Correr | F | M40 Fem | 00:33:23 | 00:57:40 | 1:03:24.080 | 1:02:26.240 | 06:20 | 68 |
| 783. | 687 | Paulo Oliveira | | M | M50 Masc | 00:33:41 | 00:57:36 | 1:03:45.360 | 1:02:09.820 | 06:23 | 102 |
| 784. | 822 | Jéssica Faria | | F | Sénior Fem | 00:32:43 | 00:57:37 | 1:03:47.420 | 1:03:22.220 | 06:23 | 42 |
| 785. | 166 | Pedro Cunha | VidaAtivaRunners | M | Sénior Masc | 00:32:59 | 00:57:55 | 1:03:47.470 | 1:02:47.080 | 06:23 | 126 |
| 786. | 165 | Joaninha Figueiredo | | F | Sénior Fem | 00:33:00 | 00:57:56 | 1:03:49.080 | 1:02:48.900 | 06:23 | 43 |
| 787. | 606 | Susana Sousa | Vila Verde a Correr | F | Sénior Fem | 00:31:51 | 00:57:37 | 1:03:56.090 | 1:03:49.320 | 06:23 | 44 |
| 788. | 24 | Fernando Catarino | | M | M40 Masc | 00:33:23 | 00:58:36 | 1:04:31.770 | 1:04:02.910 | 06:27 | 210 |
| 789. | 35 | Solange Ferreira | | F | M35 Fem | 00:33:22 | 00:58:37 | 1:04:32.320 | 1:04:03.370 | 06:27 | 30 |
| 790. | 846 | ELISABETE RIBEIRO | Santiagotur | F | M40 Fem | 00:32:12 | 00:58:20 | 1:04:45.600 | 1:03:59.580 | 06:29 | 69 |
| 791. | 788 | Bruno VilasBoas | Santiagotur | M | M35 Masc | 00:32:12 | 00:58:20 | 1:04:47.300 | 1:04:42.320 | 06:29 | 122 |
| 792. | 402 | Olga Azevedo | Correr Antas à Noite | F | Sénior Fem | 00:31:24 | 00:58:57 | 1:04:48.910 | 1:04:43.930 | 06:29 | 45 |

| Pos | Num | Nome | Equipa | Sx | Cat | Inter 1 | Inter 2 | Tempo | Chip | Média | Esc |
|------|-----|---------------------|-----------------------|----|-------------|----------|----------|-------------|-------------|-------|-----|
| 793. | 689 | Jorge Reis | | M | Sénior Masc | 00:33:20 | 00:59:03 | 1:04:49.590 | 1:03:36.620 | 06:29 | 127 |
| 794. | 331 | Américo Machado | ADE TRAIL RUNNING | M | M40 Masc | 00:32:16 | 00:59:02 | 1:05:00.220 | 1:04:04.320 | 06:30 | 211 |
| 795. | 341 | Domingos Figueiras | | M | M50 Masc | 00:32:46 | 00:59:01 | 1:05:00.380 | 1:04:13.890 | 06:30 | 103 |
| 796. | 852 | Carlos Mendes | Seca - Pipas | M | M35 Masc | 00:34:55 | 00:59:03 | 1:05:11.950 | 1:04:19.630 | 06:31 | 123 |
| 797. | 664 | Ana Silva | Boss Runners | F | Sénior Fem | 00:32:21 | 00:58:32 | 1:05:14.340 | 1:04:26.000 | 06:31 | 46 |
| 798. | 527 | Miguel Rodrigues | Boss Runners | M | M35 Masc | 00:32:21 | 00:58:32 | 1:05:14.740 | 1:04:25.670 | 06:31 | 124 |
| 799. | 904 | Gabriela Fonseca | EDV-Viana Trail | F | SUB 23 Fem | 00:33:05 | 00:59:27 | 1:05:15.600 | 1:04:44.290 | 06:31 | 6 |
| 800. | 607 | Carolina Silva | Vila Verde a Correr | F | SUB 23 Fem | 00:31:50 | 00:59:04 | 1:05:16.020 | 1:05:02.020 | 06:32 | 7 |
| 801. | 659 | Susana Barroso | Boss Runners | F | Sénior Fem | 00:32:21 | 00:58:33 | 1:05:16.910 | 1:04:29.830 | 06:32 | 47 |
| 802. | 851 | Moisés Fernandes | Seca - Pipas | M | M50 Masc | 00:34:45 | 00:59:20 | 1:05:18.580 | 1:04:25.180 | 06:32 | 104 |
| 803. | 134 | João Marques | Intratáveis | M | M60 Masc | 00:34:45 | 00:59:20 | 1:05:19.550 | 1:04:13.640 | 06:32 | 27 |
| 804. | 463 | Joana Cunha | | F | M35 Fem | 00:35:07 | 00:59:47 | 1:05:35.050 | 1:04:55.360 | 06:34 | 31 |
| 805. | 159 | Silvia Oliveira | | F | M35 Fem | 00:35:07 | 00:59:46 | 1:05:35.340 | 1:04:55.530 | 06:34 | 32 |
| 806. | 216 | Andréia Garrido | | F | M40 Fem | 00:35:06 | 00:59:46 | 1:05:36.580 | 1:04:56.150 | 06:34 | 70 |
| 807. | 222 | Pedro Carvalho | | M | M40 Masc | 00:32:58 | 00:58:53 | 1:05:36.730 | 1:04:39.300 | 06:34 | 212 |
| 808. | 859 | Carlos Ribeiro | | M | M50 Masc | 00:33:32 | 01:00:17 | 1:05:54.220 | 1:04:56.690 | 06:35 | 105 |
| 809. | 132 | Fernando Marinho | Intratáveis | M | M60 Masc | 00:34:45 | 00:59:37 | 1:05:58.330 | 1:04:54.450 | 06:36 | 28 |
| 810. | 133 | José Carneiro | Intratáveis | M | M60 Masc | 00:34:45 | 00:59:38 | 1:05:59.330 | 1:04:36.900 | 06:36 | 29 |
| 811. | 845 | Paula Duarte | Esposende Run Girls | F | M40 Fem | 00:34:45 | 00:59:18 | 1:06:08.320 | 1:05:10.710 | 06:37 | 71 |
| 812. | 394 | Sandra Ribeiro | Run Girls | F | M40 Fem | 00:33:45 | 00:59:44 | 1:06:08.720 | 1:05:11.620 | 06:37 | 72 |
| 813. | 701 | Ana Gonçalves | Esposende Run Girls | F | M40 Fem | 00:33:45 | 00:59:44 | 1:06:10.150 | 1:05:15.090 | 06:37 | 73 |
| 814. | 389 | Luis Gomes | | M | SUB 23 Masc | 00:34:32 | 01:00:04 | 1:06:16.620 | 1:05:04.870 | 06:38 | 31 |
| 815. | 417 | Alice Sousa | Run Girls | F | M40 Fem | 00:34:32 | 00:59:19 | 1:06:22.390 | 1:05:25.460 | 06:38 | 74 |
| 816. | 573 | Sónia Nunes | Runaway Team | F | M40 Fem | 00:34:56 | 01:00:31 | 1:06:39.730 | 1:05:38.020 | 06:40 | 75 |
| 817. | 585 | Bruno Reis | Performance Lab | M | M35 Masc | 00:36:03 | 01:00:44 | 1:06:43.640 | 1:05:36.040 | 06:40 | 125 |
| 818. | 232 | Isac Furtado | Performance Lab | M | M40 Masc | 00:36:05 | 01:00:44 | 1:06:44.340 | 1:05:34.020 | 06:40 | 213 |
| 819. | 231 | Daniela Furtado | Performance Lab | F | Sénior Fem | 00:36:03 | 01:00:44 | 1:06:46.190 | 1:05:40.200 | 06:41 | 48 |
| 820. | 388 | Miguel Fonseca | | M | M40 Masc | 00:33:31 | 01:00:18 | 1:06:47.550 | 1:05:41.080 | 06:41 | 214 |
| 821. | 795 | Maria Gomes | 100 ESPAÇO TRAIL TEAM | F | M50 Fem | 00:34:32 | 01:00:55 | 1:07:52.650 | 1:07:04.760 | 06:47 | 22 |
| 822. | 89 | Rita Marques | Waldo's Team | F | Sénior Fem | 00:35:50 | 01:01:52 | 1:08:03.060 | 1:07:19.250 | 06:48 | 49 |
| 823. | 88 | Loli Vázquez | Waldo's Team | F | M40 Fem | 00:35:49 | 01:01:52 | 1:08:04.020 | 1:07:20.700 | 06:49 | 76 |
| 824. | 512 | Carlos Iomba | | M | M50 Masc | 00:32:56 | 01:00:59 | 1:08:05.240 | 1:07:55.840 | 06:49 | 106 |
| 825. | 560 | SONIA TATO | FAMELGA | F | M40 Fem | 00:36:06 | 01:01:54 | 1:08:06.240 | 1:07:27.180 | 06:49 | 77 |
| 826. | 564 | SERVIO NOIA | FAMELGA | M | M40 Masc | 00:36:06 | 01:01:54 | 1:08:06.820 | 1:07:28.370 | 06:49 | 215 |
| 827. | 563 | SUSANA GOMES | FAMELGA | F | Sénior Fem | 00:36:06 | 01:01:55 | 1:08:06.890 | 1:07:26.560 | 06:49 | 50 |
| 828. | 562 | ELISABETE JOHANSSON | FAMELGA | F | M40 Fem | 00:36:07 | 01:01:54 | 1:08:07.090 | 1:07:28.300 | 06:49 | 78 |
| 829. | 625 | Ana Maria | | F | M50 Fem | 00:32:57 | 01:00:58 | 1:08:07.460 | 1:07:57.660 | 06:49 | 23 |
| 830. | 298 | Joana Lopes | SS MONTEPIO | F | M35 Fem | 00:33:54 | 01:01:17 | 1:08:11.370 | 1:07:38.880 | 06:49 | 33 |
| 831. | 145 | Pedro Brizido | | M | M40 Masc | 00:34:17 | 01:01:49 | 1:08:28.620 | 1:08:11.970 | 06:51 | 216 |
| 832. | 660 | Sofia Bastos | Boss Runners | F | M35 Fem | 00:34:50 | 01:02:11 | 1:08:57.100 | 1:08:07.830 | 06:54 | 34 |
| 833. | 56 | Cesar Gomes | | M | Sénior Masc | 00:34:47 | 01:01:57 | 1:09:00.750 | 1:08:01.800 | 06:54 | 128 |
| 834. | 57 | Ana Pereira | | F | M40 Fem | 00:34:48 | 01:01:57 | 1:09:03.240 | 1:08:05.360 | 06:54 | 79 |
| 835. | 935 | JOANA Mariz | | F | Sénior Fem | 00:34:54 | 01:02:53 | 1:09:25.370 | 1:08:12.860 | 06:56 | 51 |
| 836. | 181 | Jorge Loureiro | CAVE Esposende | M | M35 Masc | 00:36:29 | 01:03:00 | 1:09:26.060 | 1:08:44.640 | 06:56 | 126 |

| Pos | Num | Nome | Equipa | Sx | Cat | Inter 1 | Inter 2 | Tempo | Chip | Média | Esc |
|------|-----|--------------------|----------------------------------|----|-------------|----------|----------|-----------------|-------------|-------|-----|
| 837. | 160 | Conceição Venda | | F | M50 Fem | 00:36:29 | 01:03:00 | 1:09:26.120 | 1:08:44.080 | 06:56 | 24 |
| 838. | 726 | Fernando rocha | | M | M35 Masc | 00:33:29 | | 1:09:26.980 | 1:08:10.050 | 06:56 | 127 |
| 839. | 227 | Patricia Pires | | F | M40 Fem | 00:36:29 | 01:03:01 | 1:09:27.020 | 1:08:46.370 | 06:56 | 80 |
| 840. | 17 | Alexandra Carreira | | F | M35 Fem | 00:36:20 | 01:02:39 | 1:09:30.430 | 1:08:18.700 | 06:57 | 35 |
| 841. | 369 | Paulo Oliveira | Apúliagás | M | M40 Masc | 00:34:40 | 01:02:39 | 1:09:32.430 | 1:08:17.040 | 06:57 | 217 |
| 842. | 398 | Georgeta Cumpana | | F | M40 Fem | 00:36:25 | 01:03:06 | 1:09:39.310 | 1:08:39.100 | 06:58 | 81 |
| 843. | 884 | Andra Cumpana | | F | SUB 23 Fem | 00:36:27 | 01:03:05 | 1:09:40.880 | 1:08:40.310 | 06:58 | 8 |
| 844. | 534 | Sérgio Ferreira | | M | SUB 23 Masc | 00:33:58 | 01:02:56 | 1:10:16.380 | 1:09:40.010 | 07:02 | 32 |
| 845. | 530 | Vânia Loureiro | | F | SUB 23 Fem | 00:33:58 | 01:02:56 | 1:10:16.980 | 1:09:41.710 | 07:02 | 9 |
| 846. | 555 | Sameiro Pereira | Rumo à aventura | F | M50 Fem | 00:35:09 | 01:03:21 | 1:10:22.370 | 1:09:37.400 | 07:02 | 25 |
| 847. | 661 | Sara Silva | | F | Sénior Fem | 00:35:16 | 01:03:34 | 1:10:25.470 | 1:09:59.610 | 07:02 | 52 |
| 848. | 864 | Filipe Figueiredo | | M | Sénior Masc | 00:35:16 | 01:03:34 | 1:10:26.220 | 1:09:10.470 | 07:02 | 129 |
| 849. | 748 | RAFAELA MARTINS | ESCOLA SECUNDÁRIA DE BARCELINHOS | F | SUB 23 Fem | 00:32:20 | 01:03:16 | 1:10:43.010 | 1:09:44.800 | 07:04 | 10 |
| 850. | 746 | DIOGO DUARTE | ESCOLA SECUNDÁRIA DE BARCELINHOS | M | SUB 23 Masc | 00:32:21 | 01:03:15 | 1:10:43.780 | 1:09:45.050 | 07:04 | 33 |
| 851. | 790 | Sandra Neto | | F | M40 Fem | 00:36:46 | 01:03:47 | 1:10:56.790 | 1:09:37.980 | 07:05 | 82 |
| 852. | 807 | Armanda Lafuente | Performance Lab | F | M50 Fem | 00:36:06 | 01:05:43 | 1:11:56.790 | 1:10:50.160 | 07:11 | 26 |
| 853. | 629 | Sonia Fernandes | BBB BikeBigBoys | F | M40 Fem | 00:36:07 | | 1:12:05.530 | 1:11:39.200 | 07:13 | 83 |
| 854. | 628 | Rafael Fernandes | BBB BikeBigBoys | M | M40 Masc | 00:36:08 | | 1:12:06.490 | 1:11:40.390 | 07:13 | 218 |
| 855. | 517 | Vania Campos | Figueiredos Runners & Friends | F | SUB 23 Fem | 00:35:40 | 01:05:16 | 1:12:36.390 | 1:12:21.470 | 07:16 | 11 |
| 856. | 956 | Maria Costa | | F | SUB 23 Fem | 00:34:11 | 01:05:12 | 1:12:48.400 | 1:12:02.980 | 07:17 | 12 |
| 857. | 588 | Maria Silva | Performance Lab | F | M40 Fem | 00:36:06 | 01:05:47 | 1:12:49.430 | 1:11:43.070 | 07:17 | 84 |
| 858. | 870 | Anabela Freitas | Escola Básica de Forjães | F | M40 Fem | 00:45:30 | | 1:13:35.800 | 1:13:27.770 | 07:22 | 85 |
| 859. | 732 | Renata Fernandes | Esposende Run Girls | F | M35 Fem | 00:37:05 | 01:07:22 | 1:14:38.420 | 1:13:40.480 | 07:28 | 36 |
| 860. | 355 | Gorete Mota | | F | M40 Fem | 00:37:44 | 01:07:24 | 1:14:46.790 | 1:14:05.090 | 07:29 | 86 |
| 861. | 801 | João Namorado | Cinrunning | M | M35 Masc | 00:37:41 | 01:07:42 | 1:14:59.350 | 1:13:41.080 | 07:30 | 128 |
| 862. | 577 | Marina Borsoi | Runaway Team | F | Sénior Fem | 00:38:35 | 01:09:21 | 1:16:10.900 | 1:15:09.150 | 07:37 | 53 |
| 863. | 571 | João Cardante | Runaway Team | M | M35 Masc | 00:36:49 | 01:09:18 | 1:16:12.280 | 1:15:12.300 | 07:37 | 129 |
| 864. | 276 | Amaro Rocha | Gontinhães Trail Runners | M | M50 Masc | 00:47:58 | | 1:17:05.320 | 1:15:43.130 | 07:43 | 107 |
| 865. | 793 | Joana Sousa | 100 ESPAÇO TRAIL TEAM | F | Sénior Fem | 00:38:54 | 01:10:20 | 1:17:19.760 | 1:16:32.710 | 07:44 | 54 |
| 866. | 792 | Ricardo Batista | 100 ESPAÇO TRAIL TEAM | M | Sénior Masc | 00:38:53 | 01:10:21 | 1:17:20.790 | 1:16:32.970 | 07:44 | 130 |
| 867. | 928 | Cristiana Mota | Via Saudável | F | Sénior Fem | 00:38:41 | 01:11:47 | 1:19:33.850 | 1:19:18.350 | 07:58 | 55 |
| 868. | 29 | conceicao allen | | M | M50 Masc | 00:41:10 | 01:12:34 | 1:19:35.040 | 1:18:20.710 | 07:58 | 108 |
| 869. | 400 | Ricardo Marques | | M | M40 Masc | 00:45:18 | | 1:23:25.940 | 1:22:01.440 | 08:20 | 219 |
| 870. | 749 | ANDRÉ ALVES | ESCOLA SECUNDÁRIA DE BARCELINHOS | M | SUB 23 Masc | 01:06:04 | | 1:39:06.300 | 1:36:47.250 | 09:55 | 34 |
| - | 371 | Joaquim Coelho | escola atletismo rosa oliveira | M | M50 Masc | 00:20:24 | | | | | |
| - | 492 | Nuno carvalho | | M | M40 Masc | 00:25:24 | | | | | |
| - | 915 | Manuel Pereira | ADE TRAIL RUNNING | M | M60 Masc | 00:39:47 | | | | | |
| - | 346 | Domingos Martins | | M | M35 Masc | | | Desclassificado | | | |
| - | 22 | Ricardo Alves | Emforça | M | M35 Masc | | | Desclassificado | | | |
| - | 496 | Fernanda Barbosa | | F | M60 Fem | | | Desclassificado | | | |
| - | 498 | Albertina Maia | | F | M60 Fem | | | Desclassificado | | | |
| - | 787 | Elsa Moreira | | F | M40 Fem | | | Desclassificado | | | |