

| Pos. | Dorsal | | Atleta | Clube | Pos. | Escalão | Tempo | Diferença |
|------|--------|----|-------------------------|---------------------|------|----------|--------------|---------------|
| 1 | 154 | ES | SERAFÍN ESTÉVEZ SOBRINO | INDIVIDUAL | 1 | VET 45 M | 00:29:02.245 | |
| 2 | 151 | PT | PAULO TAVARES | CHAVES RUNNING TEAM | 1 | Sénior M | 00:34:47.249 | +00:05:45.004 |
| 3 | 153 | PT | FERNANDA TAVARES | CHAVES RUNNING TEAM | 1 | Sénior F | 00:34:49.463 | +00:05:47.218 |
| 4 | 150 | PT | IGOR MACHADO RODRIGUES | ANDA QUE JÁ ALMOÇAS | 2 | Sénior M | 00:36:10.289 | +00:07:08.044 |
| 5 | 155 | PT | DANIELA LAMEIRÃO | INDIVIDUAL | 1 | Junior F | 00:41:58.885 | +00:12:56.640 |
| 6 | 156 | PT | DIOGO MACHADO | CHAVES RUNNING TEAM | 3 | Sénior M | 00:51:54.707 | +00:22:52.462 |
| 7 | 157 | PT | LEONOR OLIVEIRA | ANTONIO OLIVEIRA | 1 | VET 60 F | 01:20:00.645 | +00:50:58.400 |