

| Posição | Dorsal | Nome | Equipa | Escalão | Pos. Escalão | Tempo | T/Km. | Dif. |
|---------|--------|---------------------|------------------------------------|---------|--------------|----------|-------|----------|
| 1 | 95 | Saraiva, Luís | SCB | Sen_M | 1 | 30:33.37 | 03:03 | |
| 2 | 338 | Almeida, Hugo | SCB | Sen_M | 2 | 30:34.40 | 03:03 | 00:00:01 |
| 3 | 221 | Silva, Bruno | ÁGUIAS DE ALVELOS | Sen_M | 3 | 31:35.40 | 03:10 | 00:01:02 |
| 4 | 336 | Silva, Davide | SCB | Sen_M | 4 | 31:53.70 | 03:11 | 00:01:21 |
| 5 | 357 | Figueiredo, Davide | C. D. S. Salvador do Campo | Vet45M | 1 | 31:55.16 | 03:12 | 00:01:22 |
| 6 | 222 | Mendes, Oscar | ÁGUIAS DE ALVELOS | Sen_M | 5 | 32:04.11 | 03:12 | 00:01:31 |
| 7 | 254 | Costa, Nuno | C. D. S. Salvador do Campo | Sen_M | 6 | 32:27.20 | 03:15 | 00:01:54 |
| 8 | 180 | Neves, Henrique | A. R. Luz e Vida Gondomarense | Jun_M | 1 | 32:44.80 | 03:16 | 00:02:12 |
| 9 | 220 | Costa, Henrique | ÁGUIAS DE ALVELOS | Sen_M | 7 | 32:45.26 | 03:17 | 00:02:12 |
| 10 | 218 | Silva, Andre | ÁGUIAS DE ALVELOS | Sen_M | 8 | 32:45.82 | 03:17 | 00:02:13 |
| 11 | 339 | Correia, Vicente | VTSC | Jun_M | 2 | 32:55.51 | 03:18 | 00:02:23 |
| 12 | 356 | Figueiredo, Joaquim | C. D. S. Salvador do Campo | Vet50M | 1 | 32:56.80 | 03:18 | 00:02:24 |
| 13 | 344 | Mendes, Ricardo | ÁGUIAS DE ALVELOS | Sen_M | 9 | 33:03.64 | 03:18 | 00:02:31 |
| 14 | 337 | Vale, Ricardo | SCB | Sen_M | 10 | 33:38.74 | 03:22 | 00:03:06 |
| 15 | 335 | Borges, Rui | SCB | Sen_M | 11 | 33:41.61 | 03:22 | 00:03:09 |
| 16 | 358 | Pereira, Abilio | C. D. S. Salvador do Campo | Vet40M | 1 | 33:47.87 | 03:23 | 00:03:15 |
| 17 | 237 | Castro, Ricardo | Sociedade Recreio Capanense | Sen_M | 12 | 34:27.43 | 03:27 | 00:03:54 |
| 18 | 262 | Queiroz, Nuno | C. D. S. Salvador do Campo | Vet40M | 2 | 34:29.49 | 03:27 | 00:03:56 |
| 19 | 247 | Monteiro, Carlos | F.C.Vizela | Vet45M | 2 | 34:32.68 | 03:27 | 00:04:00 |
| 20 | 261 | Neto, Gilberto | C. D. S. Salvador do Campo | Sen_M | 13 | 34:53.94 | 03:29 | 00:04:21 |
| 21 | 215 | Costa, Abílio | C. D. S. Salvador do Campo | Vet50M | 2 | 34:57.39 | 03:30 | 00:04:24 |
| 22 | 16 | Rodrigues, Rui | Os Rotos | Sen_M | 14 | 35:15.44 | 03:32 | 00:04:42 |
| 23 | 154 | Sampaio, Ricardo | U.D. Várzea | Jun_M | 3 | 35:18.08 | 03:32 | 00:04:45 |
| 24 | 248 | Santos, Marco | ADOSA - Os Santa Apolónia | Sen_M | 15 | 35:23.61 | 03:32 | 00:04:51 |
| 25 | 264 | Ribeiro, Cristiano | C. D. S. Salvador do Campo | Sen_M | 16 | 35:28.34 | 03:33 | 00:04:55 |
| 26 | 65 | Gomes, Manuel | Individual | Vet50M | 3 | 35:42.21 | 03:34 | 00:05:09 |
| 27 | 365 | Oliveira, Hélder | | Vet40M | 3 | 35:43.43 | 03:34 | 00:05:10 |
| 28 | 28 | Vieira, Miguel | Movimento de Juventude de Merelim | Sen_M | 17 | 35:59.18 | 03:36 | 00:05:26 |
| 29 | 76 | Castro, Patricio | n.a.taipas | Vet40M | 4 | 36:10.65 | 03:37 | 00:05:38 |
| 30 | 341 | Mota, Nuno | SCB | Jun_M | 4 | 36:14.79 | 03:37 | 00:05:42 |
| 31 | 342 | Lezón, Alexandre | SCB | Jun_M | 5 | 36:18.88 | 03:38 | 00:05:46 |
| 32 | 253 | Machado, Andre | ADOSA - Os Santa Apolónia | Sen_M | 18 | 36:20.43 | 03:38 | 00:05:47 |
| 33 | 48 | Peixe, Miguel | Guimarães | Vet40M | 5 | 36:29.27 | 03:39 | 00:05:56 |
| 34 | 79 | Antunes, Augusto | ARPO | Vet50M | 4 | 36:32.88 | 03:39 | 00:06:00 |
| 35 | 45 | Pacheco, Joaquim | Guimarães | Vet45M | 3 | 36:45.77 | 03:41 | 00:06:13 |
| 36 | 332 | Dias, Silvana | SCB | Sen_F | 1 | 36:47.25 | 03:41 | 00:06:14 |
| 37 | 326 | Oliveira, Paulo | Atlético Clube de Vale S. Martinho | Sen_M | 19 | 37:00.88 | 03:42 | 00:06:28 |
| 38 | 354 | Araújo, Cláudio | ADOSA - Os Santa Apolónia | Sen_M | 20 | 37:07.76 | 03:43 | 00:06:35 |
| 39 | 330 | Pontes, Jéssica | SCB | Sen_F | 2 | 37:08.84 | 03:43 | 00:06:36 |
| 40 | 343 | Fernandes, Adelino | LIBERDADE FUTEBOL CLUBE | Vet50M | 5 | 37:20.21 | 03:44 | 00:06:47 |
| 41 | 148 | Machado, Manuel | Individual | Vet50M | 6 | 37:27.03 | 03:45 | 00:06:54 |
| 42 | 331 | Ferreira, Sónia | SCB | Sen_F | 3 | 37:29.04 | 03:45 | 00:06:56 |
| 43 | 235 | Pinto, Maria | União FCI de Tomar | Sen_F | 4 | 37:37.21 | 03:46 | 00:07:04 |
| 44 | 201 | Lemos, Eduardo | Lameirinho | Vet45M | 4 | 37:38.61 | 03:46 | 00:07:06 |

| Posição | Dorsal | Nome | Equipa | Escalão | Pos. Escalão | Tempo | T/Km. | Dif. |
|---------|--------|-------------------|---|---------|--------------|----------|-------|----------|
| 45 | 241 | Silva, Helder | Escola atletismo Rosa Oliveira | Sen_M | 21 | 37:40.92 | 03:46 | 00:07:08 |
| 46 | 103 | Araujo, Jose | Escola atletismo Rosa Oliveira | Vet60M | 1 | 37:42.92 | 03:46 | 00:07:10 |
| 47 | 44 | Alves, João | Guimarães | Sen_M | 22 | 37:46.19 | 03:47 | 00:07:13 |
| 48 | 60 | Araújo, Armindo | LIBERDADE FUTEBOL CLUBE | Vet55M | 1 | 37:52.04 | 03:47 | 00:07:19 |
| 49 | 147 | Rodrigues, Miguel | Individual | Sen_M | 23 | 37:53.63 | 03:47 | 00:07:21 |
| 50 | 327 | Machado, Roberto | Atlético Clube de Vale S. Martinho | Sen_M | 24 | 38:07.57 | 03:49 | 00:07:35 |
| 51 | 170 | Carneiro, José | Fisioponte | Vet50M | 7 | 38:11.67 | 03:49 | 00:07:39 |
| 52 | 259 | Carvalho, Manuel | ADOSA - Os Santa Apolónia | Vet40M | 6 | 38:14.51 | 03:49 | 00:07:42 |
| 53 | 329 | Matos, Jéssica | SCB | Sen_F | 5 | 38:24.30 | 03:50 | 00:07:51 |
| 54 | 230 | Ribeiro, Luís | Individual | Vet40M | 7 | 38:27.24 | 03:51 | 00:07:54 |
| 55 | 263 | Neto, Zeferino | C. D. S. Salvador do Campo | Vet50M | 8 | 38:28.58 | 03:51 | 00:07:56 |
| 56 | 340 | Silva, Mónica | VTSC | Jun_F | 1 | 38:33.58 | 03:51 | 00:08:01 |
| 57 | 122 | Vilela, Luís | Sociedade Recreio Capanense | Vet55M | 2 | 38:53.65 | 03:53 | 00:08:21 |
| 58 | 116 | Pereira, Nuno | Individual | Vet40M | 8 | 38:53.96 | 03:53 | 00:08:21 |
| 59 | 246 | Alves, Manuel | C. D. S. Salvador do Campo | Vet60M | 2 | 38:53.97 | 03:53 | 00:08:21 |
| 60 | 104 | Oliveira, João | Individual | Vet55M | 3 | 38:58.25 | 03:54 | 00:08:25 |
| 61 | 328 | Machado, Carla | U.D. Várzea | Vet45F | 1 | 38:59.08 | 03:54 | 00:08:26 |
| 62 | 32 | Lopes, Luís | L.Costa&Silva,Lda | Vet45M | 5 | 39:04.23 | 03:54 | 00:08:31 |
| 63 | 36 | Marques, Joaquim | Individual | Vet40M | 9 | 39:15.13 | 03:56 | 00:08:42 |
| 64 | 118 | Seca, Albano | Sociedade Recreio Capanense | Vet45M | 6 | 39:27.98 | 03:57 | 00:08:55 |
| 65 | 140 | Martins, Victor | Sociedade Recreio Capanense | Vet40M | 10 | 39:29.81 | 03:57 | 00:08:57 |
| 66 | 77 | Fernandes, Adão | Individual | Vet40M | 11 | 39:33.10 | 03:57 | 00:09:00 |
| 67 | 69 | Soares, Amadeu | Casa da Costura / Fisicorpus / Citybike | Vet40M | 12 | 40:01.97 | 04:00 | 00:09:29 |
| 68 | 229 | Palhares, António | Individual | Vet45M | 7 | 40:05.96 | 04:01 | 00:09:33 |
| 69 | 130 | Pinto, Fernando | Sociedade Recreio Capanense | Vet45M | 8 | 40:11.22 | 04:01 | 00:09:38 |
| 70 | 162 | Alves, José | Kilosmoda | Vet50M | 9 | 40:28.23 | 04:03 | 00:09:55 |
| 71 | 119 | Silva, Rui | Sociedade Recreio Capanense | Vet45M | 9 | 40:33.12 | 04:03 | 00:10:00 |
| 72 | 188 | Cardoso, João | OS MADRUGADORES DO PARQUE DAS TAIPAS | Vet40M | 13 | 40:39.95 | 04:04 | 00:10:07 |
| 73 | 212 | Ribeiro, Nuno | Atlético Clube de Vale S. Martinho | Jun_M | 6 | 40:42.06 | 04:04 | 00:10:09 |
| 74 | 109 | Vilela, Libório | Tsunami Team | Vet40M | 14 | 40:48.77 | 04:05 | 00:10:16 |
| 75 | 164 | Santos, José | Tsunami Team | Vet50M | 10 | 40:57.56 | 04:06 | 00:10:25 |
| 76 | 120 | Teixeira, René | Sociedade Recreio Capanense | Vet50M | 11 | 41:06.66 | 04:07 | 00:10:34 |
| 77 | 23 | Faria, Jorge | Individual | Vet40M | 15 | 41:15.26 | 04:08 | 00:10:42 |
| 78 | 249 | Dinis, Joaquim | ADOSA - Os Santa Apolónia | Vet50M | 12 | 41:27.21 | 04:09 | 00:10:54 |
| 79 | 318 | Gonçalves, Sérgio | | Vet45M | 10 | 41:33.85 | 04:09 | 00:11:01 |
| 80 | 171 | Palma, Carlos | Fisioponte | Sen_M | 25 | 41:36.53 | 04:10 | 00:11:04 |
| 81 | 34 | Oliveira, Delfim | #Elcomandante | Vet45M | 11 | 41:57.40 | 04:12 | 00:11:24 |
| 82 | 269 | Figueiredo, Vítor | | Vet55M | 4 | 42:08.04 | 04:13 | 00:11:35 |
| 83 | 61 | Barbosa, Duarte | Hora do Lobo | Vet45M | 12 | 42:12.37 | 04:13 | 00:11:39 |
| 84 | 86 | Pereira, Ricardo | ACD ASES STA EUFEMIA | Sen_M | 26 | 42:12.63 | 04:13 | 00:11:40 |
| 85 | 256 | Lopes, Vítor | Run4Two | Sen_M | 27 | 42:14.64 | 04:13 | 00:11:42 |
| 86 | 42 | Novais, Francisco | Guimarães | Vet50M | 13 | 42:17.98 | 04:14 | 00:11:45 |
| 87 | 121 | Cunha, Francisco | Sociedade Recreio Capanense | Vet45M | 13 | 42:18.84 | 04:14 | 00:11:46 |
| 88 | 252 | Baptista, Nuno | ADOSA - Os Santa Apolónia | Sen_M | 28 | 42:19.76 | 04:14 | 00:11:47 |

| Posição | Dorsal | Nome | Equipa | Escalão | Pos. Escalão | Tempo | T/Km. | Dif. |
|---------|--------|-----------------------|-------------------------------|---------|--------------|----------|-------|----------|
| 89 | 360 | Teixeira, Joana | U.D. Várzea | Jun_F | 2 | 42:34.03 | 04:15 | 00:12:01 |
| 90 | 181 | Santos, Elisabete | A. R. Luz e Vida Gondomarense | Vet40F | 1 | 42:43.69 | 04:16 | 00:12:11 |
| 91 | 97 | Oliveira, João | CB RUN | Sen_M | 29 | 42:46.20 | 04:17 | 00:12:13 |
| 92 | 155 | Lopes, Paulo | grupo desportivo selho | Sen_M | 30 | 42:47.77 | 04:17 | 00:12:15 |
| 93 | 161 | Silva, Pedro | Kilosmoda | Vet45M | 14 | 42:48.87 | 04:17 | 00:12:16 |
| 94 | 68 | Barbosa, José | Individual | Vet45M | 15 | 42:50.92 | 04:17 | 00:12:18 |
| 95 | 156 | Lopes, Tiago | grupo desportivo selho | Sen_M | 31 | 42:59.42 | 04:18 | 00:12:26 |
| 96 | 54 | Guimarães, António | Individual | Vet50M | 14 | 43:01.00 | 04:18 | 00:12:28 |
| 97 | 191 | Teixeira, Nelson | True Evolution | Vet40M | 16 | 43:01.29 | 04:18 | 00:12:28 |
| 98 | 206 | Ribeiro, António | Lameirinho | Vet55M | 5 | 43:06.32 | 04:19 | 00:12:33 |
| 99 | 13 | Silva, António | Individual | Sen_M | 32 | 43:07.01 | 04:19 | 00:12:34 |
| 100 | 239 | Silva, Liliana | Individual | Sen_F | 6 | 43:15.21 | 04:20 | 00:12:42 |
| 101 | 113 | Oliveira, António | Individual | Vet60M | 3 | 43:24.22 | 04:20 | 00:12:51 |
| 102 | 138 | Soares, Osvaldo | Sociedade Recreio Cepenense | Vet45M | 16 | 43:30.92 | 04:21 | 00:12:58 |
| 103 | 250 | Oliveira, Carla | ADOSA - Os Santa Apolónia | Sen_F | 7 | 43:36.63 | 04:22 | 00:13:04 |
| 104 | 150 | Faria, Adelino | Individual | Vet45M | 17 | 43:46.82 | 04:23 | 00:13:14 |
| 105 | 157 | Simões, Marco | Individual | Vet40M | 17 | 43:49.16 | 04:23 | 00:13:16 |
| 106 | 322 | Salgado, Jorge | | Vet45M | 18 | 43:57.21 | 04:24 | 00:13:24 |
| 107 | 141 | Ferreira, Jorge | Sociedade Recreio Cepenense | Vet40M | 18 | 44:04.88 | 04:24 | 00:13:32 |
| 108 | 17 | Silva, Filipe | Individual | Vet45M | 19 | 44:17.28 | 04:26 | 00:13:44 |
| 109 | 144 | Silva, José | Amigos do P.C.D de Guimarães | Vet50M | 15 | 44:21.66 | 04:26 | 00:13:49 |
| 110 | 96 | Costa, Susana | Amigos da corrida | Vet40F | 2 | 44:35.35 | 04:28 | 00:14:02 |
| 111 | 53 | Monteiro, Rui | Individual | Vet45M | 20 | 44:35.84 | 04:28 | 00:14:03 |
| 112 | 63 | Faria, Geraldo | Guimarães | Sen_M | 33 | 44:44.45 | 04:28 | 00:14:11 |
| 113 | 160 | Ferreira, Helder | Kilosmoda | Vet40M | 19 | 44:46.70 | 04:29 | 00:14:14 |
| 114 | 350 | Sousa, Miguel | ADOSA - Os Santa Apolónia | Vet40M | 20 | 44:46.79 | 04:29 | 00:14:14 |
| 115 | 199 | Silva, José | Lameirinho | Vet55M | 6 | 44:49.21 | 04:29 | 00:14:16 |
| 116 | 190 | Teixeira, João | True Evolution | Sen_M | 34 | 44:50.50 | 04:29 | 00:14:18 |
| 117 | 211 | Vinha, Nuno | Magalhães & Vinha, Lda | Vet40M | 21 | 44:52.51 | 04:29 | 00:14:20 |
| 118 | 128 | Sá, José | Sociedade Recreio Cepenense | Vet55M | 7 | 44:53.78 | 04:29 | 00:14:21 |
| 119 | 90 | Ribeiro, Paulo | Dragon Club | Vet45M | 21 | 45:02.85 | 04:30 | 00:14:30 |
| 120 | 159 | Araujo, Artur | Kilosmoda | Vet50M | 16 | 45:07.98 | 04:31 | 00:14:35 |
| 121 | 110 | Alves, Henrique | TERRA.COMe | Vet45M | 22 | 45:10.13 | 04:31 | 00:14:37 |
| 122 | 320 | Silva, Jorge | | Vet45M | 23 | 45:12.69 | 04:31 | 00:14:40 |
| 123 | 257 | Guimarães, Silvio | Run4Two | Vet45M | 24 | 45:17.64 | 04:32 | 00:14:45 |
| 124 | 129 | Ribeiro, Augusto | Sociedade Recreio Cepenense | Vet60M | 4 | 45:19.33 | 04:32 | 00:14:46 |
| 125 | 266 | Figueiredo, Agostinho | | Vet40M | 22 | 45:19.47 | 04:32 | 00:14:46 |
| 126 | 55 | Ribeiro, João | Individual | Sen_M | 35 | 45:19.87 | 04:32 | 00:14:47 |
| 127 | 158 | Ribeiro, Diogo | Individual | Sen_M | 36 | 45:21.88 | 04:32 | 00:14:49 |
| 128 | 183 | Machado, Rui | Guimarães | Sen_M | 37 | 45:27.75 | 04:33 | 00:14:55 |
| 129 | 260 | Capela, José | ELComandante Team | Vet55M | 8 | 45:32.39 | 04:33 | 00:14:59 |
| 130 | 203 | Silva, Maurício | Lameirinho | Vet45M | 25 | 45:40.40 | 04:34 | 00:15:07 |
| 131 | 363 | Silva, Maximínio | | Vet45M | 26 | 45:40.41 | 04:34 | 00:15:07 |
| 132 | 364 | Ferreira, Joaquim | | Vet55M | 9 | 45:45.99 | 04:35 | 00:15:13 |

| Posição | Dorsal | Nome | Equipa | Escalão | Pos. Escalão | Tempo | T/Km. | Dif. |
|---------|--------|--------------------|-----------------------------|---------|--------------|----------|-------|----------|
| 133 | 131 | Castro, Vítor | Sociedade Recreio Capanense | Sen_M | 38 | 46:01.21 | 04:36 | 00:15:28 |
| 134 | 133 | Mendes, António | Sociedade Recreio Capanense | Vet50M | 17 | 46:01.55 | 04:36 | 00:15:29 |
| 135 | 125 | Cunha, Jacinta | Sociedade Recreio Capanense | Sen_F | 8 | 46:01.63 | 04:36 | 00:15:29 |
| 136 | 31 | Guimaraes, Paulo | Individual | Vet40M | 23 | 46:02.20 | 04:36 | 00:15:29 |
| 137 | 75 | Ribeiro, Filipe | A.C. VERMOIM | Vet45M | 27 | 46:05.93 | 04:37 | 00:15:33 |
| 138 | 258 | Fernandes, Nuno | Individual | Jun_M | 7 | 46:06.85 | 04:37 | 00:15:34 |
| 139 | 71 | Mendes, Manuel | CR CANDOSO | Vet60M | 5 | 46:18.31 | 04:38 | 00:15:45 |
| 140 | 251 | Costa, Ângela | GUIMARUNNING | Vet45F | 2 | 46:23.59 | 04:38 | 00:15:51 |
| 141 | 49 | Novais, Manuel | Guimarães | Vet55M | 10 | 46:36.02 | 04:40 | 00:16:03 |
| 142 | 85 | Castro, Jorge | Individual | Sen_M | 39 | 46:41.12 | 04:40 | 00:16:08 |
| 143 | 24 | Neves, Carlos | ACD ASES STA EUFEMIA | Sen_M | 40 | 46:42.90 | 04:40 | 00:16:10 |
| 144 | 108 | Santos, Tânia | Tsunami Team | Sen_F | 9 | 47:00.94 | 04:42 | 00:16:28 |
| 145 | 124 | Carneiro, Cristina | Sociedade Recreio Capanense | Vet40F | 3 | 47:01.64 | 04:42 | 00:16:29 |
| 146 | 107 | Oliveira, Octávio | Tsunami Team | Vet40M | 24 | 47:02.47 | 04:42 | 00:16:29 |
| 147 | 114 | Lima, Salvador | ACD ASES STA EUFEMIA | Sen_M | 41 | 47:03.49 | 04:42 | 00:16:30 |
| 148 | 22 | Silva, Raul | SS CGD | Vet40M | 25 | 47:03.59 | 04:42 | 00:16:31 |
| 149 | 20 | Silva, Hugo | ACD ASES STA EUFEMIA | Sen_M | 42 | 47:03.94 | 04:42 | 00:16:31 |
| 150 | 27 | Almeida, José | Conquistadores | Vet55M | 11 | 47:05.45 | 04:43 | 00:16:32 |
| 151 | 101 | Machado, Berto | Individual | Vet50M | 18 | 47:08.54 | 04:43 | 00:16:36 |
| 152 | 33 | Saldanha, Paulo | Individual | Vet50M | 19 | 47:09.00 | 04:43 | 00:16:36 |
| 153 | 238 | Leitão, Sérgio | Individual | Vet40M | 26 | 47:10.18 | 04:43 | 00:16:37 |
| 154 | 123 | Nuno, João | Sociedade Recreio Capanense | Vet40M | 27 | 47:14.86 | 04:43 | 00:16:42 |
| 155 | 62 | Morais, Carlos | Individual | Vet45M | 28 | 47:17.35 | 04:44 | 00:16:44 |
| 156 | 153 | Ferreira, Marco | Individual | Sen_M | 43 | 47:24.58 | 04:44 | 00:16:52 |
| 157 | 359 | Silva, António | | Vet60M | 6 | 47:25.52 | 04:45 | 00:16:53 |
| 158 | 234 | Alves, André | Guimarães | Sen_M | 44 | 47:26.66 | 04:45 | 00:16:54 |
| 159 | 172 | Castro, Filipe | LF2 - Guiberço | Vet40M | 28 | 47:26.86 | 04:45 | 00:16:54 |
| 160 | 173 | Cunha, Jorge | LF2 - Guiberço | Sen_M | 45 | 47:27.21 | 04:45 | 00:16:54 |
| 161 | 323 | Freitas, José | | Vet40M | 29 | 47:32.93 | 04:45 | 00:17:00 |
| 162 | 78 | Araujo, Rosa | Individual | Vet50F | 1 | 47:33.31 | 04:45 | 00:17:00 |
| 163 | 98 | Costa, José | A.C. VERMOIM | Vet50M | 20 | 47:33.97 | 04:45 | 00:17:01 |
| 164 | 91 | Silva, Jorge | POTES DE OURO | Vet45M | 29 | 47:33.98 | 04:45 | 00:17:01 |
| 165 | 117 | Carvalho, José | Individual | Vet45M | 30 | 47:34.17 | 04:45 | 00:17:01 |
| 166 | 225 | Alves, Wellington | Individual | Sen_M | 46 | 47:42.80 | 04:46 | 00:17:10 |
| 167 | 40 | Freitas, Avelino | Guimarães | Vet60M | 7 | 47:45.71 | 04:47 | 00:17:13 |
| 168 | 135 | Lima, João | Sociedade Recreio Capanense | Vet40M | 30 | 47:45.78 | 04:47 | 00:17:13 |
| 169 | 319 | Ribeiro, Manuel | | Sen_M | 47 | 47:48.93 | 04:47 | 00:17:16 |
| 170 | 50 | Mendes, Miguel | Guimarães | Vet40M | 31 | 47:49.09 | 04:47 | 00:17:16 |
| 171 | 366 | Magalhães, Rui | | Vet45M | 31 | 47:49.21 | 04:47 | 00:17:16 |
| 172 | 46 | Freitas, Jose | Guimarães | Vet50M | 21 | 47:49.57 | 04:47 | 00:17:17 |
| 173 | 92 | Lemos, Jorge | Individual | Sen_M | 48 | 47:50.24 | 04:47 | 00:17:17 |
| 174 | 93 | Oliveira, Leandro | Individual | Sen_M | 49 | 47:50.47 | 04:47 | 00:17:17 |
| 175 | 41 | Guimarães, Filipe | Guimarães | Vet40M | 32 | 47:50.49 | 04:47 | 00:17:17 |
| 176 | 43 | Faria, Joao | Guimarães | Vet45M | 32 | 47:51.52 | 04:47 | 00:17:19 |

| Posição | Dorsal | Nome | Equipa | Escalão | Pos. Escalão | Tempo | T/Km. | Dif. |
|---------|--------|----------------------|---|---------|--------------|----------|-------|----------|
| 177 | 111 | Dinis, André | Individual | Sen_M | 50 | 47:53.27 | 04:47 | 00:17:20 |
| 178 | 51 | Alves, Nuno | Boxfeet | Sen_M | 51 | 48:06.17 | 04:49 | 00:17:33 |
| 179 | 236 | Freitas, André | Individual | Sen_M | 52 | 48:09.05 | 04:49 | 00:17:36 |
| 180 | 165 | Guerra, Nuno | Individual | Sen_M | 53 | 48:10.06 | 04:49 | 00:17:37 |
| 181 | 226 | Cerqueira, Alberto | Individual | Vet45M | 33 | 48:12.27 | 04:49 | 00:17:39 |
| 182 | 151 | Carvalho, Alberto | Individual | Vet45M | 34 | 48:18.53 | 04:50 | 00:17:46 |
| 183 | 145 | Correia, Humberto | Amigos do P.C.D de Guimarães | Vet50M | 22 | 48:20.44 | 04:50 | 00:17:47 |
| 184 | 19 | Rodrigues, José | Individual | Vet50M | 23 | 48:24.08 | 04:50 | 00:17:51 |
| 185 | 227 | Pereira, Filipe | Individual | Vet40M | 33 | 48:24.80 | 04:50 | 00:17:52 |
| 186 | 47 | Machado, Jose | Guimarães | Vet60M | 8 | 48:28.97 | 04:51 | 00:17:56 |
| 187 | 169 | Carvalho, José | Fisioponte | Vet60M | 9 | 48:32.52 | 04:51 | 00:18:00 |
| 188 | 142 | Mendes, Sérgio | Sociedade Recreio Capanense | Vet40M | 34 | 48:34.88 | 04:51 | 00:18:02 |
| 189 | 362 | Miranda, Francisco | A.C.Vermoim | Vet45M | 35 | 48:40.06 | 04:52 | 00:18:07 |
| 190 | 102 | Fernandes, Filipe | KilometroZero | Sen_M | 54 | 48:58.45 | 04:54 | 00:18:25 |
| 191 | 39 | Teixeira, Antonio | Guimarães | Vet60M | 10 | 49:16.45 | 04:56 | 00:18:43 |
| 192 | 204 | Fonseca, Álvaro | Lameirinho | Vet40M | 35 | 49:28.81 | 04:57 | 00:18:56 |
| 193 | 186 | Freitas, José | OS MADRUGADORES DO PARQUE DAS TAIPAS | Vet50M | 24 | 49:30.10 | 04:57 | 00:18:57 |
| 194 | 70 | Magalhães, Nilda | Casa da Costura / Fisicorpus / Citybike | Vet50F | 2 | 49:32.74 | 04:57 | 00:19:00 |
| 195 | 59 | Carneiro, António | Altos&baixos | Vet45M | 36 | 49:46.14 | 04:59 | 00:19:13 |
| 196 | 185 | Ribeiro, Carlos | OS MADRUGADORES DO PARQUE DAS TAIPAS | Vet50M | 25 | 50:02.80 | 05:00 | 00:19:30 |
| 197 | 232 | Pereira, Sérgio | Potes de Ouro | Sen_M | 55 | 50:08.92 | 05:01 | 00:19:36 |
| 198 | 89 | Costa, Sandra | GUIMARUNNING | Sen_F | 10 | 50:17.49 | 05:02 | 00:19:44 |
| 199 | 64 | Guimaraes, Cristiano | Individual | Vet40M | 36 | 50:23.28 | 05:02 | 00:19:50 |
| 200 | 132 | Bento, Manuela | Sociedade Recreio Capanense | Vet50F | 3 | 50:48.59 | 05:05 | 00:20:16 |
| 201 | 368 | Miranda, Alvarim | | Vet45F | 3 | 51:09.99 | 05:07 | 00:20:37 |
| 202 | 184 | Maia, David | OS MADRUGADORES DO PARQUE DAS TAIPAS | Vet50M | 26 | 51:19.39 | 05:08 | 00:20:46 |
| 203 | 187 | Oliveira, Manuel | OS MADRUGADORES DO PARQUE DAS TAIPAS | Vet50M | 27 | 51:20.82 | 05:08 | 00:20:48 |
| 204 | 29 | Oliveira, Hernani | Mumicate F.C. | Sen_M | 56 | 51:24.92 | 05:08 | 00:20:52 |
| 205 | 178 | Mendes, José | Família Mendes | Vet55M | 12 | 51:26.11 | 05:09 | 00:20:53 |
| 206 | 255 | Sampaio, Sampaio | Guimarães | Vet60M | 11 | 51:26.26 | 05:09 | 00:20:53 |
| 207 | 200 | Lages, Amândio | Lameirinho | Vet45M | 37 | 51:27.42 | 05:09 | 00:20:54 |
| 208 | 176 | Mendes, Leticia | Família Mendes | Sen_F | 11 | 51:30.53 | 05:09 | 00:20:58 |
| 209 | 127 | Freitas, Aurélie | Sociedade Recreio Capanense | Sen_F | 12 | 51:30.99 | 05:09 | 00:20:58 |
| 210 | 94 | Marques, Pedro | Individual | Sen_M | 57 | 51:41.46 | 05:10 | 00:21:08 |
| 211 | 12 | Peixoto, Sofia | Individual | Sen_F | 13 | 51:52.61 | 05:11 | 00:21:20 |
| 212 | 14 | Marques, Helder | Caldas S. Jorge Sport Clube | Sen_M | 58 | 51:57.60 | 05:12 | 00:21:25 |
| 213 | 242 | Azevedo, Silestre | Individual | Vet40M | 37 | 52:02.41 | 05:12 | 00:21:29 |
| 214 | 10 | Almeida, Valdemar | Invicta Runners Team | Vet50M | 28 | 52:12.23 | 05:13 | 00:21:39 |
| 215 | 149 | Azevedo, Paulo | Individual | Vet45M | 38 | 52:25.10 | 05:15 | 00:21:52 |
| 216 | 174 | Bernardino, João | LF2 - Guiberço | Vet50M | 29 | 52:25.89 | 05:15 | 00:21:53 |
| 217 | 99 | Sousa, José | Guimarães | Vet50M | 30 | 52:26.48 | 05:15 | 00:21:53 |
| 218 | 38 | Costa, Antonio | Guimarães | Vet55M | 13 | 52:40.05 | 05:16 | 00:22:07 |
| 219 | 15 | Leite, Carlos | Individual | Vet60M | 12 | 52:54.08 | 05:17 | 00:22:21 |
| 220 | 351 | Almeida, Manuel | ADOSA - Os Santa Apolónia | Vet50M | 31 | 53:02.24 | 05:18 | 00:22:29 |

| Posição | Dorsal | Nome | Equipa | Escalão | Pos. Escalão | Tempo | T/Km. | Dif. |
|---------|--------|---------------------|---|---------|--------------|------------|-------|----------|
| 221 | 214 | Silva, Alexandra | Atlético Clube de Vale S. Martinho | Jun_F | 3 | 53:02.51 | 05:18 | 00:22:30 |
| 222 | 197 | Silva, Paulo | Individual | Vet45M | 39 | 53:27.85 | 05:21 | 00:22:55 |
| 223 | 193 | Teixeira, Alberto | True Evolution | Sen_M | 59 | 53:31.93 | 05:21 | 00:22:59 |
| 224 | 192 | Teixeira, Diogo | True Evolution | Sen_M | 60 | 53:32.03 | 05:21 | 00:22:59 |
| 225 | 195 | Oliveira, Tiago | Individual | Sen_M | 61 | 53:38.52 | 05:22 | 00:23:06 |
| 226 | 152 | Silva, António | Individual | Vet60M | 13 | 53:54.29 | 05:23 | 00:23:21 |
| 227 | 205 | Silva, José | Lameirinho | Vet50M | 32 | 53:54.60 | 05:23 | 00:23:22 |
| 228 | 321 | Sousa, Filipe | | Vet40M | 38 | 53:56.99 | 05:24 | 00:23:24 |
| 229 | 72 | Lobo, Anabela | Correr com c'Alma | Sen_F | 14 | 53:57.56 | 05:24 | 00:23:25 |
| 230 | 182 | Ramos, Ricardo | Individual | Vet40M | 39 | 54:05.86 | 05:25 | 00:23:33 |
| 231 | 66 | Machado, Maria | Individual | Sen_F | 15 | 54:06.08 | 05:25 | 00:23:33 |
| 232 | 126 | Freitas, Sandrine | Sociedade Recreio Cepenense | Sen_F | 16 | 54:13.21 | 05:25 | 00:23:40 |
| 233 | 37 | Vieira, Amelia | Guimarães | Vet55F | 1 | 54:14.04 | 05:25 | 00:23:41 |
| 234 | 367 | Varela, Rui | | Vet40M | 40 | 54:20.00 | 05:26 | 00:23:47 |
| 235 | 370 | Correia, Maria | | Vet60F | 1 | 54:32.23 | 05:27 | 00:23:59 |
| 236 | 216 | Paiva, Mónica | Individual | Vet40F | 4 | 54:37.59 | 05:28 | 00:24:05 |
| 237 | 217 | Martins, José | Individual | Vet45M | 40 | 54:37.63 | 05:28 | 00:24:05 |
| 238 | 143 | Carvalho, Manuel | Amigos do P.C.D de Guimarães | Vet60M | 14 | 54:49.68 | 05:29 | 00:24:17 |
| 239 | 209 | Almeida, Angelino | Individual | Sen_M | 62 | 54:52.28 | 05:29 | 00:24:19 |
| 240 | 146 | Almeida, José | Conquistadores | Sen_M | 63 | 54:53.31 | 05:29 | 00:24:20 |
| 241 | 134 | Oliveira, Conceição | Sociedade Recreio Cepenense | Vet45F | 4 | 55:12.27 | 05:31 | 00:24:39 |
| 242 | 74 | Oliveira, Vanessa | Correr com c'Alma | Sen_F | 17 | 55:23.54 | 05:32 | 00:24:51 |
| 243 | 168 | Costa, Isabel | Familia Antunes | Sen_F | 18 | 55:44.93 | 05:34 | 00:25:12 |
| 244 | 136 | Pereira, Conceição | Sociedade Recreio Cepenense | Vet45F | 5 | 55:46.16 | 05:35 | 00:25:13 |
| 245 | 228 | Rodrigues, Filipe | Individual | Vet40M | 41 | 56:02.27 | 05:36 | 00:25:29 |
| 246 | 196 | Leite, Elsa | Individual | Vet40F | 5 | 56:21.31 | 05:38 | 00:25:48 |
| 247 | 105 | Moreira, Susana | Casa da Costura / Fisicorpus / Citybike | Vet40F | 6 | 56:22.56 | 05:38 | 00:25:50 |
| 248 | 194 | Silva, Maria | Individual | Sen_F | 19 | 56:23.05 | 05:38 | 00:25:50 |
| 249 | 26 | Almeida, Ana | Individual | Sen_F | 20 | 56:37.96 | 05:40 | 00:26:05 |
| 250 | 73 | Barroso, Dorés | Correr com c'Alma | Vet50F | 4 | 56:47.24 | 05:41 | 00:26:14 |
| 251 | 189 | Maia, Andreia | OS MADRUGADORES DO PARQUE DAS TAIPAS | Sen_F | 21 | 57:02.90 | 05:42 | 00:26:30 |
| 252 | 167 | Martins, Joaquim | Individual | Vet45M | 41 | 57:07.94 | 05:43 | 00:26:35 |
| 253 | 233 | Eusébio, Raquel | Guimarães | Sen_F | 22 | 57:21.28 | 05:44 | 00:26:48 |
| 254 | 179 | Lima, Afonso | Família Mendes | Sen_M | 64 | 57:53.29 | 05:47 | 00:27:20 |
| 255 | 208 | Magalhães, Jacinta | Individual | Vet40F | 7 | 1:00:02.77 | 06:00 | 00:29:30 |
| 256 | 56 | Dias, João | #tomatinosteam | Sen_M | 65 | 1:02:38.48 | 06:16 | 00:32:05 |
| 257 | 57 | Barbosa, Lu | #tomatinosteam | Sen_F | 23 | 1:02:38.78 | 06:16 | 00:32:06 |
| 258 | 324 | Silva, Catarina | | Vet60F | 2 | 1:03:05.86 | 06:19 | 00:32:33 |
| 259 | 207 | Almeida, João | Lameirinho | Sen_M | 66 | 1:04:07.94 | 06:25 | 00:33:35 |
| 260 | 11 | Martins, Joaquina | Invicta Runners Team | Vet60F | 3 | 1:04:21.62 | 06:26 | 00:33:49 |
| 261 | 175 | Baptista, Susana | LF2 - Guiberço | Sen_F | 24 | 1:04:47.19 | 06:29 | 00:34:14 |
| 262 | 52 | Pereira, Catarina | Individual | Sen_F | 25 | 1:05:38.80 | 06:34 | 00:35:06 |