

| Col | Num | Nome | Equipa | Sx | Cat | Intermédio 1 | Intermédio 2 | Tempo | Ritmo | Esc. |
|-----|-----|---------------------|---|----|--------|--------------|--------------|--------------|-------|------|
| 1. | 44 | Marco Miguel | Clube de Praças da Armada | M | Sen M | 00:05:47 | 00:18:49 | 00:32:26,691 | 03:14 | 1 |
| 2. | 39 | Plácido Jesus | Clube de Praças da Armada | M | Sen M | 00:05:46 | 00:18:49 | 00:32:33,670 | 03:16 | 2 |
| 3. | 40 | Andre Costa | Clube de Praças da Armada | M | Sen M | 00:05:46 | 00:18:47 | 00:32:36,091 | 03:16 | 3 |
| 4. | 43 | João Bragadeste | Clube de Praças da Armada | M | Sen M | 00:05:47 | 00:18:49 | 00:32:38,854 | 03:16 | 4 |
| 5. | 27 | Paulo Guimarães | Aminhacorrida/Myprotein | M | Vet2 M | 00:05:45 | 00:19:23 | 00:34:02,740 | 03:24 | 1 |
| 6. | 113 | Vasco Marta | Vitória Futebol Clube | M | Sen M | 00:05:46 | 00:19:31 | 00:34:18,542 | 03:26 | 5 |
| 7. | 172 | Rui Dolores | Amiciclo Grândola | M | Sen M | 00:05:45 | 00:19:45 | 00:34:50,996 | 03:29 | 6 |
| 8. | 58 | Mario Cassaca | Clube de Atletismo Odimarq | M | Vet2 M | 00:05:46 | 00:20:01 | 00:35:10,974 | 03:31 | 2 |
| 9. | 146 | Stefan Almeida | AMCF - Arrábida Trail Team | M | Sen M | 00:05:51 | 00:20:02 | 00:35:12,101 | 03:31 | 7 |
| 10. | 114 | Mark Ribeiro | Vitória Futebol Clube | M | Sen M | 00:05:58 | 00:20:02 | 00:35:12,546 | 03:31 | 8 |
| 11. | 121 | Danrley Gusmão | Vitória Futebol Clube | M | Sen M | 00:06:02 | 00:20:13 | 00:35:30,339 | 03:33 | 9 |
| 12. | 42 | Pedro Lomba | Clube de Praças da Armada | M | Sen M | 00:06:03 | 00:20:26 | 00:35:50,287 | 03:35 | 10 |
| 13. | 3 | Pedro Fernandes | Remo Clube Lusitano | M | Vet1 M | 00:06:06 | 00:20:56 | 00:36:28,938 | 03:39 | 1 |
| 14. | 147 | Ricardo Jordão | C.U.A.Benaventense/Trilho Perdido Eventos | M | Vet1 M | 00:06:04 | 00:20:42 | 00:36:38,365 | 03:40 | 2 |
| 15. | 139 | João Jesus | Amiciclo Grândola | M | Sen M | 00:05:58 | 00:20:42 | 00:36:46,119 | 03:41 | 11 |
| 16. | 65 | Rui Baltazar | Palmelense Futebol Clube | M | Vet4 M | 00:06:16 | 00:21:17 | 00:36:59,246 | 03:42 | 1 |
| 17. | 160 | Paulo Cantante | Grupo Desportivo e Cultural Estrela Negra | M | Vet3 M | 00:06:28 | 00:21:22 | 00:37:01,064 | 03:42 | 1 |
| 18. | 163 | José Caramelo | Grupo Desportivo e Cultural Estrela Negra | M | Vet3 M | 00:06:28 | 00:21:26 | 00:37:06,656 | 03:43 | 2 |
| 19. | 164 | António Reis | Grupo Desportivo e Cultural Estrela Negra | M | Vet2 M | 00:06:28 | 00:21:28 | 00:37:11,926 | 03:43 | 3 |
| 20. | 41 | Ricardo Oliveira | Clube de Praças da Armada | M | Vet1 M | 00:06:28 | 00:21:26 | 00:37:17,007 | 03:44 | 3 |
| 21. | 145 | Ruben Fonseca | Amiciclo Grândola | M | Vet1 M | 00:06:05 | 00:21:26 | 00:37:19,628 | 03:44 | 4 |
| 22. | 37 | Bruno Maia | Clube de Praças da Armada | M | Vet2 M | 00:06:28 | 00:21:22 | 00:37:26,795 | 03:44 | 4 |
| 23. | 154 | Sérgio Parreira | Amiciclo Grândola | M | Vet2 M | 00:06:03 | 00:21:10 | 00:37:48,313 | 03:47 | 5 |
| 24. | 18 | Fernando Batista | | M | Sen M | 00:06:31 | 00:21:40 | 00:37:55,075 | 03:47 | 12 |
| 25. | 119 | Iuri Leandro | Vitória Futebol Clube | M | Jun M | 00:06:39 | 00:22:15 | 00:38:25,371 | 03:50 | 1 |
| 26. | 105 | Valter Oliveira | EN TEAM | M | Vet2 M | 00:06:29 | 00:21:57 | 00:38:47,921 | 03:53 | 6 |
| 27. | 28 | João Cardoso | Aminhacorrida/Myprotein | M | Vet5 M | 00:06:30 | 00:22:08 | 00:38:56,156 | 03:53 | 1 |
| 28. | 218 | Nelson Diogo | Armada Trail Team | M | Vet1 M | 00:06:23 | 00:22:15 | 00:39:05,369 | 03:55 | 5 |
| 29. | 115 | Miguel Duarte | Vitória Futebol Clube | M | Vet2 M | 00:06:50 | 00:22:50 | 00:39:17,584 | 03:56 | 7 |
| 30. | 116 | Nuno Porto | Vitória Futebol Clube | M | Vet4 M | 00:06:50 | 00:22:49 | 00:39:26,764 | 03:56 | 2 |
| 31. | 173 | Luis Nunes | | M | Sen M | 00:06:32 | 00:22:31 | 00:39:30,888 | 03:57 | 13 |
| 32. | 64 | Diogo Silva | Palmelense Futebol Clube | M | Vet1 M | 00:06:41 | 00:17:16 | 00:39:37,715 | 03:58 | 6 |
| 33. | 157 | Vitor Candeias | Grupo Desportivo e Cultural Estrela Negra | M | Vet2 M | 00:07:01 | 00:23:03 | 00:39:43,271 | 03:58 | 8 |
| 34. | 108 | Jorge Soares | Abutres Trail Running School | M | Jun M | 00:06:14 | 00:22:24 | 00:39:45,463 | 03:59 | 2 |
| 35. | 101 | Luís Pereira | G.D.R. São Francisco da Serra | M | Vet5 M | 00:06:49 | 00:22:55 | 00:40:05,037 | 04:01 | 2 |
| 36. | 118 | Florival Bacalhau | Vitória Futebol Clube | M | Vet6 M | 00:06:49 | 00:22:56 | 00:40:05,085 | 04:01 | 1 |
| 37. | 46 | António Pires | Clube de Praças da Armada | M | Vet3 M | 00:06:57 | 00:23:22 | 00:40:15,914 | 04:02 | 3 |
| 38. | 99 | Paulo Chainho | G.D.R. São Francisco da Serra | M | Vet4 M | 00:06:55 | 00:23:23 | 00:40:19,123 | 04:02 | 3 |
| 39. | 102 | Vasco Agostinho | G.D.R. São Francisco da Serra | M | Vet4 M | 00:06:56 | 00:23:31 | 00:41:16,328 | 04:08 | 4 |
| 40. | 22 | Pedro Cruz | Clube Desportivo e Recreativo Ribeirinho | M | Vet1 M | 00:06:55 | 00:23:38 | 00:41:21,660 | 04:08 | 7 |
| 41. | 71 | Tiago Policarpo | | M | Sen M | 00:06:50 | 00:22:50 | 00:41:23,162 | 04:08 | 14 |
| 42. | 47 | Patricia Rivotti | Clube de Praças da Armada | F | Vet2 F | 00:07:02 | 00:23:42 | 00:41:23,806 | 04:08 | 1 |
| 43. | 158 | Paulo Lopes | Grupo Desportivo e Cultural Estrela Negra | M | Vet3 M | 00:07:02 | 00:23:41 | 00:41:24,258 | 04:08 | 4 |
| 44. | 72 | Luis Trigo | Remo Clube Lusitano | M | Vet4 M | 00:06:52 | 00:23:47 | 00:41:37,424 | 04:10 | 5 |
| 45. | 117 | João Dias | Vitória Futebol Clube | M | Vet5 M | 00:06:57 | 00:23:40 | 00:41:56,627 | 04:11 | 3 |
| 46. | 48 | José Seabra | | M | Vet4 M | 00:06:57 | 00:24:05 | 00:42:00,121 | 04:12 | 6 |
| 47. | 82 | Fernando Contreiras | | M | Vet2 M | 00:06:57 | 00:24:05 | 00:42:02,068 | 04:12 | 9 |
| 48. | 149 | Manuel Silva | AMCF - Arrábida Trail Team | M | Vet2 M | 00:06:56 | 00:23:49 | 00:42:04,658 | 04:13 | 10 |

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|-----|-----|----------------------|---|----|--------|--------------|--------------|--------------|-------|------|
| 49. | 210 | André Martins | Tálenos Team | M | Vet1 M | 00:06:46 | 00:23:41 | 00:42:06,520 | 04:13 | 8 |
| 50. | 88 | Nuno Silva | Navigator Clube Setubal | M | Vet2 M | 00:07:12 | 00:24:19 | 00:42:08,608 | 04:13 | 11 |
| 51. | 140 | Paulo Lamego | Bombeiros Sapadores de Setúbal - CBSS | M | Vet3 M | 00:07:03 | 00:23:47 | 00:42:11,892 | 04:13 | 5 |
| 52. | 159 | Fernando Ribeiro | Grupo Desportivo e Cultural Estrela Negra | M | Vet4 M | 00:07:05 | 00:24:10 | 00:42:16,573 | 04:14 | 7 |
| 53. | 79 | António Sousa | Remo Clube Lusitano | M | Vet2 M | 00:06:51 | 00:23:54 | 00:42:33,628 | 04:16 | 12 |
| 54. | 217 | Rui Matias | G.D.Santa Cruz / litoralmotors.pt | M | Vet2 M | 00:07:22 | 00:24:52 | 00:42:36,241 | 04:16 | 13 |
| 55. | 213 | Pedro Agostinho | | M | Vet4 M | 00:07:03 | 00:24:08 | 00:43:01,852 | 04:18 | 8 |
| 56. | 24 | Marco Santos | Pinhal Novo a Correr | M | Vet1 M | 00:07:02 | 00:24:52 | 00:43:52,210 | 04:23 | 9 |
| 57. | 59 | Tiago Correia | G D Piranhas do Alqueva | M | Vet2 M | 00:07:37 | 00:25:17 | 00:43:52,445 | 04:23 | 14 |
| 58. | 175 | Alexandre Martins | Chocos Furiosos | M | Sen M | 00:07:30 | 00:25:11 | 00:43:55,109 | 04:23 | 15 |
| 59. | 174 | Filipe Gaisita | Clube Desportivo Amigos de Paco Nassa | M | Sen M | 00:07:15 | 00:25:08 | 00:43:55,757 | 04:23 | 16 |
| 60. | 162 | Vitorino Anjos | Grupo Desportivo e Cultural Estrela Negra | M | Vet4 M | 00:07:16 | 00:25:16 | 00:43:57,531 | 04:24 | 9 |
| 61. | 153 | Daniel Lopes | | M | Vet1 M | 00:07:37 | 00:25:16 | 00:44:10,697 | 04:25 | 10 |
| 62. | 208 | Filipe Pereira | União Desportiva Para a Inclusão | M | Sen M | 00:07:57 | 00:25:37 | 00:44:15,668 | 04:25 | 17 |
| 63. | 177 | Miguel Santos | UF Comércio e Indústria - Atletismo | M | Vet3 M | 00:07:12 | 00:25:17 | 00:44:16,712 | 04:26 | 6 |
| 64. | 192 | Nelson Silva | Bombeiros Sapadores de Setúbal - CBSS | M | Sen M | 00:07:48 | 00:25:58 | 00:44:42,112 | 04:28 | 18 |
| 65. | 92 | José Vilhena | Os Kotas | M | Vet4 M | 00:07:32 | 00:25:41 | 00:44:46,634 | 04:29 | 10 |
| 66. | 21 | Paulo Costa | sfuap | M | Vet4 M | 00:07:46 | 00:26:06 | 00:44:49,007 | 04:29 | 11 |
| 67. | 66 | Mario Santana | | M | Vet1 M | 00:07:54 | 00:25:57 | 00:44:53,301 | 04:29 | 11 |
| 68. | 191 | António Jesus | Bombeiros Sapadores de Setúbal - CBSS | M | Sen M | 00:07:48 | 00:25:59 | 00:44:56,628 | 04:29 | 19 |
| 69. | 190 | Bruno Bernardo | OPraticante.pt | M | Sen M | 00:07:21 | 00:25:46 | 00:45:05,724 | 04:31 | 20 |
| 70. | 77 | Ricardo Raimundo | | M | Vet1 M | 00:08:02 | 00:26:10 | 00:45:08,881 | 04:31 | 12 |
| 71. | 183 | Carlos Fernandes | Tálenos Team | M | Vet3 M | 00:07:06 | 00:26:01 | 00:45:21,053 | 04:32 | 7 |
| 72. | 141 | Helder Constantino | Bombeiros Sapadores de Setúbal - CBSS | M | Vet3 M | 00:07:31 | 00:25:58 | 00:45:22,606 | 04:32 | 8 |
| 73. | 63 | Alvaro Coelho | Palmelense Futebol Clube | M | Vet6 M | 00:07:51 | 00:26:30 | 00:45:24,102 | 04:32 | 2 |
| 74. | 120 | Gumersindo Rodrigues | Vitória Futebol Clube | M | Vet6 M | 00:07:30 | 00:25:58 | 00:45:26,673 | 04:32 | 3 |
| 75. | 169 | Gonçalo Mota | Azeiteiros | M | Sen M | 00:07:18 | 00:26:14 | 00:45:33,931 | 04:34 | 21 |
| 76. | 26 | Carla Pereira | Aminhacorrida/Myprotein | F | Sen F | 00:08:03 | 00:26:14 | 00:45:36,315 | 04:34 | 1 |
| 77. | 25 | Carlos Lopes | Aminhacorrida/Myprotein | M | Vet2 M | 00:08:03 | 00:26:13 | 00:45:37,742 | 04:34 | 15 |
| 78. | 9 | Paulo Ferreira | Tálenos Team | M | Vet4 M | 00:08:33 | 00:26:55 | 00:45:42,389 | 04:34 | 12 |
| 79. | 6 | Artur Domingos | | M | Vet3 M | 00:07:53 | 00:26:34 | 00:45:48,197 | 04:35 | 9 |
| 80. | 67 | Miguel Dinis | | M | Vet3 M | 00:08:23 | 00:26:54 | 00:45:57,616 | 04:36 | 10 |
| 81. | 32 | João Santos | Clube de Praças da Armada | M | Vet4 M | 00:08:02 | 00:26:37 | 00:46:05,001 | 04:37 | 13 |
| 82. | 7 | Paulo Silva | Pinhal Novo a Correr | M | Vet3 M | 00:08:10 | 00:26:58 | 00:46:09,479 | 04:37 | 11 |
| 83. | 56 | Rui Símplicio | Forerunners | M | Vet2 M | 00:08:04 | 00:26:34 | 00:46:22,481 | 04:38 | 16 |
| 84. | 156 | Faustino Pereirinha | Grupo Desportivo e Cultural Estrela Negra | M | Vet4 M | 00:07:58 | 00:26:35 | 00:46:26,459 | 04:38 | 14 |
| 85. | 75 | Luis Carvalho | Remo Clube Lusitano | M | Vet3 M | 00:07:29 | 00:26:22 | 00:46:39,468 | 04:40 | 12 |
| 86. | 70 | Pedro Pereira | | M | Vet2 M | 00:08:26 | 00:27:33 | 00:46:46,278 | 04:41 | 17 |
| 87. | 182 | Bruno Silva | Tálenos Team | M | Sen M | 00:07:34 | 00:26:20 | 00:46:55,135 | 04:41 | 22 |
| 88. | 100 | João Santos | G.D.R. São Francisco da Serra | M | Vet2 M | 00:07:41 | 00:27:22 | 00:47:16,204 | 04:44 | 18 |
| 89. | 89 | Olimpio Santos | Navigator Clube Setubal | M | Vet4 M | 00:08:15 | 00:27:27 | 00:47:21,391 | 04:44 | 15 |
| 90. | 10 | João Caldeira | Tugas On Tour Associação Desportiva | M | Sen M | 00:08:11 | 00:27:07 | 00:47:28,303 | 04:45 | 23 |
| 91. | 53 | Fernando Ribeiro | UCRD Praelense | M | Vet3 M | 00:07:57 | 00:27:29 | 00:47:34,316 | 04:46 | 13 |
| 92. | 4 | Pedro Hipólito | Active-STB | M | Vet3 M | 00:08:06 | 00:27:34 | 00:47:44,842 | 04:46 | 14 |
| 93. | 35 | Constantino Mendão | Clube de Praças da Armada | M | Vet5 M | 00:08:18 | 00:27:55 | 00:47:46,821 | 04:47 | 4 |
| 94. | 148 | Alvaro Silva | Clube de Praças da Armada | M | Vet6 M | 00:08:31 | 00:28:01 | 00:47:47,253 | 04:47 | 4 |
| 95. | 135 | José Santos | Volkswagen Autoeuropa | M | Vet3 M | 00:08:43 | 00:28:04 | 00:47:47,509 | 04:47 | 15 |
| 96. | 168 | David Calvo | | M | Sen M | 00:08:18 | 00:27:55 | 00:47:50,718 | 04:47 | 24 |

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|------|-----|------------------------|--|----|--------|--------------|--------------|--------------|-------|------|
| 97. | 176 | Miguel Angelo | Clube Desportivo Amigos de Paco Nassa | M | Sen M | 00:08:16 | 00:27:38 | 00:47:52,708 | 04:47 | 25 |
| 98. | 93 | Henrique Espada | Os Kotas | M | Vet2 M | 00:07:34 | 00:26:45 | 00:47:54,413 | 04:47 | 19 |
| 99. | 20 | Carlos Gonçalves | sfuap | M | Vet4 M | 00:08:19 | 00:28:00 | 00:47:56,800 | 04:47 | 16 |
| 100. | 78 | Paulo Letras | | M | Vet2 M | 00:08:07 | 00:27:25 | 00:48:00,643 | 04:48 | 20 |
| 101. | 187 | João Sousa | Talentos Team | M | Vet3 M | 00:08:12 | 00:27:30 | 00:48:03,205 | 04:48 | 16 |
| 102. | 180 | Ricardo Campos | | M | Vet2 M | 00:08:37 | 00:28:01 | 00:48:11,149 | 04:49 | 21 |
| 103. | 16 | António Silva | Pinhal Novo a Correr | M | Vet3 M | 00:08:27 | 00:27:48 | 00:48:20,352 | 04:50 | 17 |
| 104. | 85 | Vitor Kramer | | M | Sen M | 00:08:06 | 00:28:14 | 00:48:56,800 | 04:53 | 26 |
| 105. | 151 | Marco Monte | | M | Vet2 M | 00:08:29 | 00:27:56 | 00:48:57,934 | 04:54 | 22 |
| 106. | 214 | Marta Cipriano | G.D.Santa Cruz / litoralmotors.pt | F | Vet1 F | 00:08:33 | 00:28:28 | 00:49:06,457 | 04:55 | 1 |
| 107. | 61 | Paulo Parro | | M | Vet4 M | 00:08:47 | 00:28:28 | 00:49:45,450 | 04:58 | 17 |
| 108. | 167 | Marco Carvalho | ARMotorsport | M | Vet2 M | 00:08:14 | 00:28:16 | 00:49:47,437 | 04:59 | 23 |
| 109. | 94 | Rita Oliveira | | F | Sen F | 00:08:19 | 00:28:07 | 00:49:56,788 | 04:59 | 2 |
| 110. | 60 | Cristina Frota | | F | Sen F | 00:08:33 | 00:29:19 | 00:50:06,015 | 05:01 | 3 |
| 111. | 186 | Luis Silva | Talentos Team | M | Vet3 M | 00:08:43 | 00:28:58 | 00:50:12,110 | 05:01 | 18 |
| 112. | 195 | Sandra Constantino | Bombeiros Sapadores de Setúbal - CBSS | F | Vet2 F | 00:08:43 | 00:28:58 | 00:50:19,214 | 05:02 | 2 |
| 113. | 123 | Dangelis Santos | | M | Sen M | 00:08:21 | 00:28:20 | 00:50:20,354 | 05:02 | 27 |
| 114. | 209 | Julio Moreira | | M | Sen M | 00:08:34 | 00:29:16 | 00:50:30,072 | 05:03 | 28 |
| 115. | 38 | Abel Gonçalves | Clube de Praças da Armada | M | Vet1 M | 00:09:20 | 00:29:47 | 00:50:32,238 | 05:03 | 13 |
| 116. | 131 | Luis Conceição | Clube de Praças da Armada | M | Vet2 M | 00:09:20 | 00:30:12 | 00:50:42,549 | 05:04 | 24 |
| 117. | 132 | José Santos | G.D.R. São Francisco da Serra | M | Vet4 M | 00:08:10 | 00:28:20 | 00:50:48,003 | 05:05 | 18 |
| 118. | 52 | Manuel Jacinto | Clube de Praças da Armada | M | Vet6 M | 00:09:12 | 00:29:47 | 00:51:07,506 | 05:07 | 5 |
| 119. | 29 | Mario Parreira | Pinhal Novo a Correr | M | Vet2 M | 00:08:37 | 00:29:14 | 00:51:14,813 | 05:07 | 25 |
| 120. | 122 | Cláudia Novais | | F | Vet4 F | 00:08:47 | 00:29:34 | 00:51:23,400 | 05:08 | 1 |
| 121. | 215 | Sandra Nunes | G.D.Santa Cruz / litoralmotors.pt | F | Vet2 F | 00:08:55 | 00:29:55 | 00:51:40,590 | 05:10 | 3 |
| 122. | 62 | Paulo Cardim | Associação Daniel Caldeira | M | Vet2 M | 00:09:51 | 00:31:06 | 00:51:46,723 | 05:11 | 26 |
| 123. | 17 | Mário Vieira | | M | Vet1 M | 00:09:38 | 00:30:16 | 00:51:49,028 | 05:11 | 14 |
| 124. | 5 | Pedro Caldeira | Volkswagen Autoeuropa | M | Vet2 M | 00:09:51 | 00:31:07 | 00:51:54,332 | 05:11 | 27 |
| 125. | 33 | Possidonio Constantino | Clube de Praças da Armada | M | Vet6 M | 00:09:19 | 00:29:46 | 00:52:03,679 | 05:12 | 6 |
| 126. | 73 | Paula Silva | Sporting Clube Reboleira e Damaia | F | Vet2 F | 00:08:20 | 00:29:34 | 00:52:05,308 | 05:13 | 4 |
| 127. | 8 | Helena Gonçalves | Pinhal Novo a Correr | F | Vet2 F | 00:08:54 | 00:29:55 | 00:52:39,546 | 05:16 | 5 |
| 128. | 171 | Nuno Molero | | M | Vet3 M | 00:08:29 | 00:30:30 | 00:53:17,689 | 05:20 | 19 |
| 129. | 87 | Fernando Martinho | Navigator Clube Setubal | M | Vet5 M | 00:09:19 | 00:30:55 | 00:53:28,929 | 05:21 | 5 |
| 130. | 45 | António Borla | Clube de Praças da Armada | M | Vet6 M | 00:09:21 | 00:30:30 | 00:53:37,146 | 05:22 | 7 |
| 131. | 178 | Fernando Gomes | | M | Vet5 M | 00:08:33 | 00:30:29 | 00:54:06,027 | 05:25 | 6 |
| 132. | 189 | Vasco Silva | UCRD Praisense | M | Vet2 M | 00:09:36 | 00:31:24 | 00:54:07,065 | 05:25 | 28 |
| 133. | 83 | Gustavo Basto | Quenianos do Sado | M | Vet2 M | 00:09:22 | 00:31:27 | 00:54:31,508 | 05:27 | 29 |
| 134. | 97 | Pedro Ambrósio | Puxa Carroça | M | Vet4 M | 00:09:45 | 00:31:36 | 00:54:34,109 | 05:28 | 19 |
| 135. | 84 | Ciro Silva | Quenianos do Sado | M | Vet2 M | 00:09:21 | 00:31:23 | 00:54:48,008 | 05:29 | 30 |
| 136. | 80 | Vitor Rodrigues | CPOC | M | Vet6 M | 00:09:19 | 00:30:56 | 00:55:10,967 | 05:31 | 8 |
| 137. | 96 | Diogo Ambrósio | Puxa Carroça | M | Sen M | 00:09:36 | 00:31:30 | 00:55:11,170 | 05:31 | 29 |
| 138. | 19 | Paula Leite | sfuap | F | Vet3 F | 00:09:20 | 00:31:49 | 00:55:35,751 | 05:34 | 1 |
| 139. | 57 | Henrique Azevedo | Forerunners | M | Vet2 M | 00:08:52 | 00:30:26 | 00:56:18,177 | 05:38 | 31 |
| 140. | 212 | Mario Santos | | M | Sen M | 00:07:59 | 00:30:48 | 00:56:19,527 | 05:38 | 30 |
| 141. | 51 | Pedro Santos | | M | Vet2 M | 00:10:25 | 00:33:54 | 00:56:54,749 | 05:41 | 32 |
| 142. | 194 | Marco Santos | Bombeiros Sapadores de Setúbal - CBSS | M | Vet2 M | 00:08:12 | 00:30:53 | 00:56:58,556 | 05:42 | 33 |
| 143. | 54 | Ivo Sousa | UCRD Praisense | M | Vet2 M | 00:08:48 | 00:33:15 | 00:57:05,387 | 05:43 | 34 |
| 144. | 124 | Francisco Prates | Associação de Atletismo Lebres do Sado | M | Vet6 M | 00:11:01 | 00:34:17 | 00:57:07,411 | 05:43 | 9 |

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|------|-----|-------------------|---|----|--------|--------------|--------------|-----------------|-------|------|
| 145. | 128 | José Marques | Associação de Atletismo Lebres do Sado | M | Vet6 M | 00:11:01 | 00:34:19 | 00:57:07,440 | 05:43 | 10 |
| 146. | 13 | Manuel Sequeira | G.D.C.T. REPSOL POLIMEROS | M | Vet6 M | 00:09:43 | 00:32:39 | 00:57:18,146 | 05:44 | 11 |
| 147. | 142 | Nuno Sousa | Bombeiros Sapadores de Setúbal - CBSS | M | Vet2 M | 00:10:50 | 00:34:57 | 00:57:22,345 | 05:44 | 35 |
| 148. | 181 | Jorge Gonçalves | Tálenos Team | M | Vet1 M | 00:09:56 | 00:33:15 | 00:57:34,164 | 05:46 | 15 |
| 149. | 179 | Celia Anacleto | | F | Vet1 F | 00:09:56 | 00:33:16 | 00:57:34,343 | 05:46 | 2 |
| 150. | 216 | Carmen Pereira | G.D.Santa Cruz / litoralmotors.pt | F | Sen F | 00:09:51 | 00:34:01 | 00:58:10,421 | 05:49 | 4 |
| 151. | 68 | António Jubilado | | M | Vet6 M | 00:10:40 | 00:34:51 | 00:58:37,257 | 05:52 | 12 |
| 152. | 2 | Sergio Pereira | Clube Vodafone | M | Vet3 M | 00:09:03 | 00:33:29 | 00:58:44,349 | 05:52 | 20 |
| 153. | 69 | Marco Caetano | | M | Vet1 M | 00:09:55 | 00:34:35 | 00:59:15,068 | 05:55 | 16 |
| 154. | 184 | Rui Lopes | Tálenos Team | M | Vet2 M | 00:10:38 | 00:34:23 | 00:59:31,350 | 05:57 | 36 |
| 155. | 137 | Claudio Cruz | | M | Vet2 M | 00:10:39 | 00:34:23 | 00:59:32,255 | 05:57 | 37 |
| 156. | 76 | Nuno Guerreiro | | M | Vet1 M | 00:09:54 | 00:34:35 | 00:59:37,057 | 05:58 | 17 |
| 157. | 207 | Claudio Pereira | União Desportiva Para a Inclusão | M | Vet1 M | 00:10:42 | 00:34:48 | 01:00:04,039 | 06:01 | 18 |
| 158. | 205 | Ana Rita | União Desportiva Para a Inclusão | F | Sen F | 00:10:42 | 00:34:48 | 01:00:04,291 | 06:01 | 5 |
| 159. | 11 | Tânia Garcia | Pinhal Novo a Correr | F | Sen F | 00:10:19 | 00:34:34 | 01:00:14,722 | 06:01 | 6 |
| 160. | 15 | Catarina Miriam | | F | Vet1 F | 00:10:10 | 00:34:37 | 01:00:32,251 | 06:03 | 3 |
| 161. | 12 | Deolinda Camelo | Pinhal Novo a Correr | F | Vet3 F | 00:10:20 | 00:34:38 | 01:00:51,505 | 06:05 | 2 |
| 162. | 133 | Clélia Conceição | | F | Vet2 F | 00:10:53 | 00:35:38 | 01:01:18,389 | 06:08 | 6 |
| 163. | 112 | Anabela Meia-Via | Corrida Nocturna | F | Vet3 F | 00:11:04 | 00:35:40 | 01:01:22,425 | 06:08 | 3 |
| 164. | 211 | Joaquim Santos | | M | Vet3 M | 00:09:22 | 00:33:46 | 01:01:30,469 | 06:09 | 21 |
| 165. | 55 | Pedro Araújo | | M | Sen M | 00:11:01 | 00:35:53 | 01:01:50,122 | 06:11 | 31 |
| 166. | 143 | Jorge Parrulas | Bombeiros Sapadores de Setúbal - CBSS | M | Vet3 M | 00:10:49 | 00:35:45 | 01:02:42,237 | 06:16 | 22 |
| 167. | 49 | Nuno Almeida | | M | Vet2 M | 00:08:50 | 00:28:59 | 01:02:58,048 | 06:18 | 38 |
| 168. | 50 | Andréa Almeida | | F | Vet2 F | 00:10:05 | 00:34:50 | 01:02:58,055 | 06:18 | 7 |
| 169. | 91 | Henrique Santos | | M | Vet6 M | 00:11:04 | 00:36:38 | 01:03:31,726 | 06:21 | 13 |
| 170. | 196 | Alexandre Aleluia | Bombeiros Sapadores de Setúbal - CBSS | M | Vet2 M | 00:10:51 | 00:35:47 | 01:03:41,506 | 06:22 | 39 |
| 171. | 204 | Paulo Mota | Associação de Atletismo Lebres do Sado | M | Vet4 M | 00:11:05 | 00:36:50 | 01:03:44,342 | 06:22 | 20 |
| 172. | 30 | Luis Nunes | CL | M | Vet2 M | 00:11:22 | 00:37:40 | 01:03:56,181 | 06:23 | 40 |
| 173. | 31 | Cesar Guerra | CA | M | Vet3 M | 00:11:23 | 00:37:40 | 01:03:57,309 | 06:24 | 23 |
| 174. | 134 | Ana Bela | | F | Vet4 F | 00:10:53 | 00:36:36 | 01:04:15,762 | 06:25 | 2 |
| 175. | 23 | Sérgio Casal | Vitória Futebol Clube | M | Vet4 M | 00:10:09 | 00:35:54 | 01:04:29,927 | 06:27 | 21 |
| 176. | 203 | Vitor Cunha | | M | Vet3 M | 00:10:08 | 00:36:28 | 01:04:30,285 | 06:27 | 24 |
| 177. | 202 | José Pereira | | M | Vet3 M | 00:10:11 | 00:35:54 | 01:04:30,293 | 06:27 | 25 |
| 178. | 161 | Henrique Neves | Grupo Desportivo e Cultural Estrela Negra | M | Vet6 M | 00:11:05 | 00:37:15 | 01:04:55,740 | 06:29 | 14 |
| 179. | 130 | Lídia Vieira | Associação de Atletismo Lebres do Sado | F | Vet2 F | 00:11:01 | 00:36:40 | 01:05:05,955 | 06:31 | 8 |
| 180. | 188 | Júlio Santos | Tálenos Team | M | Vet5 M | 00:10:41 | 00:40:33 | 01:12:20,299 | 07:14 | 7 |
| 181. | 36 | Joaquim Pereira | Clube de Praças da Armada | M | Vet6 M | 00:14:30 | 00:48:34 | 01:30:03,914 | 09:00 | 15 |
| - | 150 | Joaquim Lopes | Amiciclo Grândola | M | Vet4 M | 00:06:58 | | | | |
| - | 81 | Daniela Boleta | | F | Sen F | 00:10:32 | | | | |
| - | 129 | Maria Marques | Associação de Atletismo Lebres do Sado | F | Vet4 F | | | Desclassificado | | |
| - | 127 | Teresa Prates | Associação de Atletismo Lebres do Sado | F | Vet4 F | | | Desclassificado | | |