

| Lugar | Nome | Equipa | Dorsal | Tempo | Diferença |
|-----------|----------------------------------|---|--------|--------------|--------------|
| MASCULINO | | | | | |
| 1 | Alexandre Pimpão | NARM Messejana | 117 | 00:52:57.458 | ---- |
| 2 | Joao Manuel Silva Martins | Casa Benfica Almodovar | 132 | 00:54:12.695 | 00:01:15.237 |
| 3 | João Conchinha | Legião13 | 93 | 00:57:12.682 | 00:04:15.224 |
| 4 | Rui Hilário | VFCE | 106 | 00:57:34.936 | 00:04:37.478 |
| 5 | Renato Guerreiro | NARM Messejana | 111 | 00:57:41.929 | 00:04:44.471 |
| 6 | Wilson Varela | VFCE | 153 | 00:58:12.175 | 00:05:14.717 |
| 7 | Gonçalo Sales | Centro municipal de corrida e marcha Grândola | 127 | 01:01:19.838 | 00:08:22.380 |
| 8 | Hélder Guerreiro | Juventude Atkético Clube | 169 | 01:02:36.388 | 00:09:38.930 |
| 9 | Antonio Parreira | NARM Messejana | 112 | 01:02:46.870 | 00:09:49.412 |
| 10 | Hugo Parreira | VFCE | 38 | 01:03:02.379 | 00:10:04.921 |
| 11 | André Angélica | ---- | 96 | 01:04:31.865 | 00:11:34.407 |
| 12 | André Barão | MAREDEUS PORTUGAL | 129 | 01:05:01.118 | 00:12:03.660 |
| 13 | Antonio Teixeira | Os Kotas | 147 | 01:05:22.599 | 00:12:25.141 |
| 14 | Luis Miguel Figueira Rodrigues | Casa Benfica Almodovar | 131 | 01:06:19.090 | 00:13:21.632 |
| 15 | Ruskin Constant | ---- | 105 | 01:07:01.348 | 00:14:03.890 |
| 16 | Rodrigo Silva | ---- | 163 | 01:07:03.352 | 00:14:05.894 |
| 17 | carlos Parreira | V.F.C.E | 140 | 01:07:13.860 | 00:14:16.402 |
| 18 | Filipe Jose Duarte Ramos | Casa Benfica Almodovar | 130 | 01:10:07.334 | 00:17:09.876 |
| 19 | Mlgue Lopes | 99provasgratuitas | 116 | 01:10:31.524 | 00:17:34.066 |
| 20 | Carlos Almeida | Pinhal Novo a Correr | 120 | 01:11:07.509 | 00:18:10.051 |
| 21 | Gabriel Ladeiro | ---- | 142 | 01:11:31.257 | 00:18:33.799 |
| 22 | Manuel Pedro | Clube Pessoal EDP Sines | 31 | 01:12:45.288 | 00:19:47.830 |
| 23 | António Simões | G.D.R. São Francisco da Serra | 138 | 01:17:49.536 | 00:24:52.078 |
| 24 | Pedro Gamito | G.D.R. São Francisco da Serra | 139 | 01:17:50.765 | 00:24:53.307 |
| 25 | Vasco Pereira | Sporting Futebol Club Abelense | 47 | 01:19:21.510 | 00:26:24.052 |
| 26 | Ricardo Passos | Sporting Futebol Club Abelense | 29 | 01:21:02.481 | 00:28:05.023 |
| 27 | Pedro Paulos | ---- | 101 | 01:21:21.503 | 00:28:24.045 |
| 28 | Diogo Gonçalves | Sporting Futebol Club Abelense | 66 | 01:21:33.672 | 00:28:36.214 |
| 29 | Rui Duarte | Pinhal Novo a Correr | 80 | 01:22:00.675 | 00:29:03.217 |
| 30 | João Carlos Francisco dos Santos | Amiciclo Grândola | 126 | 01:23:03.730 | 00:30:06.272 |
| 31 | Renato Domingos | Pinhal Novo a Correr | 41 | 01:24:08.665 | 00:31:11.207 |
| 32 | Rui pereira | ---- | 133 | 01:24:24.698 | 00:31:27.240 |
| 33 | Rafael Vilhena | RUN QU'É A DESCER | 70 | 01:25:56.217 | 00:32:58.759 |
| 34 | Paulo Deus | Os Kotas | 78 | 01:26:19.165 | 00:33:21.707 |
| 35 | Nelson Pereira | Sporting futebol Clube ABELENSE | 56 | 01:29:26.608 | 00:36:29.150 |
| 36 | João Valente | Team BTT Canhestrense | 164 | 01:32:52.662 | 00:39:55.204 |
| 37 | Hugo Silva | TEAM CANHESTRENSE | 168 | 01:32:53.172 | 00:39:55.714 |
| 38 | José Modesto | Vitória Futebol Clube Ermidense | 30 | 01:34:23.414 | 00:41:25.956 |
| 39 | Jorge Cerejeira | OZ Energia / Alvalade Gas | 3 | 01:47:42.292 | 00:54:44.834 |
| FEMININO | | | | | |
| 1 | Marina Pedro | Os Kotas | 77 | 01:11:36.301 | ---- |
| 2 | Sónia Luz | ---- | 102 | 01:12:11.565 | 00:00:35.264 |
| 3 | Margarida Pedro | Os Kotas | 76 | 01:12:45.302 | 00:01:09.001 |

| Lugar | Nome | Equipa | Dorsal | Tempo | Diferença |
|-------|-------------------------------|---|--------|--------------|--------------|
| 4 | Ana Margarida Candeias Simeão | MTF-HCS | 146 | 01:15:34.721 | 00:03:58.420 |
| 5 | Ana Guia | Transportes TML | 152 | 01:18:20.776 | 00:06:44.475 |
| 6 | Marília Miguel | Amiciclo Grândola | 155 | 01:23:03.715 | 00:11:27.414 |
| 7 | Filipa Santos | Vitória Futebol Clube Ermidense | 27 | 01:23:25.468 | 00:11:49.167 |
| 8 | irene pereira | Centro municipal de corrida e marcha Grândola | 128 | 01:24:23.972 | 00:12:47.671 |
| 9 | Marta Almeida | Vertical Navis | 45 | 01:28:00.666 | 00:16:24.365 |
| 10 | Carla Carreira | Pinhal Novo a Correr | 54 | 01:28:33.182 | 00:16:56.881 |
| 11 | Mónica Silva | Pinhal Novo a Correr | 43 | 01:28:33.447 | 00:16:57.146 |
| 12 | Rute Gingado | Pinhal Novo a Correr | 81 | 01:28:34.424 | 00:16:58.123 |
| 13 | Maria João Pereira | Sporting futebol Clube ABELENSE | 61 | 01:29:26.169 | 00:17:49.868 |
| 14 | Mª Fátima Chainho | os kotas | 73 | 01:30:36.931 | 00:19:00.630 |
| 15 | Silvia Lineares | Futebol Clube Alvaladense | 197 | 01:31:10.184 | 00:19:33.883 |
| 16 | Cristina Mendes | Futebol Clube Alvaladense | 195 | 01:31:10.413 | 00:19:34.112 |
| 17 | Liliana Candeias Branco | ----- | 88 | 01:31:56.647 | 00:20:20.346 |
| 18 | Alexandra Pinela | ----- | 113 | 01:31:56.664 | 00:20:20.363 |
| 19 | Patricia Barros | JAC | 200 | 01:32:22.157 | 00:20:45.856 |
| 20 | Cláudia Sofia Silva Oliveira | ----- | 36 | 01:32:22.645 | 00:20:46.344 |
| 21 | Claudia Teixeira | Os Kotas | 148 | 01:34:23.401 | 00:22:47.100 |
| 22 | Lúcia Ribeiro | Pinhal Novo a Correr | 62 | 01:38:33.336 | 00:26:57.035 |
| 23 | Bruna Morais | Beja Bike Store | 156 | 01:39:42.858 | 00:28:06.557 |
| 24 | Tânia Luz | ----- | 92 | 01:41:37.046 | 00:30:00.745 |
| 25 | telma sebastião | VFCE | 37 | 01:41:37.314 | 00:30:01.013 |
| 26 | Tânia Garcia | Pinhal Novo a Correr | 69 | 01:45:27.528 | 00:33:51.227 |
| 27 | Olinda Agostinho | Sporting Futebol Clube Abelense | 119 | 01:46:15.280 | 00:34:38.979 |
| 28 | Célia Brito | Run Crew Trail Montijo | 183 | 01:46:36.776 | 00:35:00.475 |
| 29 | Rita Martins | RUN QU'É A DESCER | 33 | 01:52:59.971 | 00:41:23.670 |
| 30 | Anabela Domingos | Pinhal Novo a Correr | 40 | 02:05:07.618 | 00:53:31.317 |