

| POS | NOME | DORSAL | EQUIPA | CATEGORIA | TEMPO | TEMPO/KM | DIF P/1º |
|-----|---------------------|--------|--|-----------------|----------|----------|----------|
| 1 | CUSTÓDIO ANTONIO | 177 | C. D. R. AGUIAS UNIDAS | M 35-39 | 04:03:15 | 00:05:48 | |
| 2 | MARCOLINO VERISSIMO | 181 | C. D. R. AGUIAS UNIDAS | M 40-44 | 04:07:46 | 00:05:54 | 00:04:31 |
| 3 | NUNO FERNANDES | 185 | FAFE RUNNERS | M 30-34 | 04:11:06 | 00:05:59 | 00:07:51 |
| 4 | JORGE MATOS | 109 | C. D. R. AGUIAS UNIDAS | M 40-44 | 04:20:39 | 00:06:12 | 00:17:24 |
| 5 | JOÃO OLIVEIRA | 1 | CHAVES RUNNING TEAM | M 35-39 | 04:23:51 | 00:06:17 | 00:20:36 |
| 6 | SARA BRITO | 101 | CA BARREIRA | F 40-49 | 04:28:21 | 00:06:23 | 00:25:06 |
| 7 | NORBERTO COSTA | 171 | CHAVES RUNNING TEAM | M 55-59 | 04:32:30 | 00:06:29 | 00:29:15 |
| 8 | AGOSTINHO COSTA | 102 | CCDR FUNDO VILA | M 55-59 | 04:35:36 | 00:06:34 | 00:32:21 |
| 9 | APRIGIO CHAVES | 173 | CHAVES RUNNING TEAM | M Elite 18 - 29 | 04:36:11 | 00:06:35 | 00:32:56 |
| 10 | JOSE SILVA | 172 | CHAVES RUNNING TEAM | M 40-44 | 04:40:25 | 00:06:41 | 00:37:10 |
| 11 | CARLOS VIEIRA | 187 | CLUBE ATLETISMO DE OVAR | M 35-39 | 04:44:19 | 00:06:46 | 00:41:04 |
| 12 | ANTÓNIO ROCHA | 110 | INDIVIDUAL | M 55-59 | 04:44:50 | 00:06:47 | 00:41:35 |
| 13 | JOÃO GONÇALVES | 174 | CTM VILA POUCA DE AGUIAR | M 45-49 | 04:52:40 | 00:06:58 | 00:49:25 |
| 14 | LEONEL CALVO | 180 | C. D. R. AGUIAS UNIDAS | M Elite 18 - 29 | 04:54:20 | 00:07:00 | 00:51:05 |
| 15 | PASCOAL MELO | 156 | MINHO AVENTURA | M 40-44 | 04:54:20 | 00:07:00 | 00:51:05 |
| 16 | MIGUEL SARAIVA | 100 | CA BARREIRA | M 45-49 | 04:55:35 | 00:07:02 | 00:52:20 |
| 17 | BRUNO DIAS | 164 | O PRATICANTE | M 45-49 | 04:59:05 | 00:07:07 | 00:55:50 |
| 18 | GONÇALO MORAIS | 150 | INDIVIDUAL | M 35-39 | 04:59:07 | 00:07:07 | 00:55:52 |
| 19 | MÁRIO OLIVEIRA | 103 | CCDR FUNDO VILA | M 55-59 | 05:00:47 | 00:07:10 | 00:57:32 |
| 20 | JORGE BARBOSA | 153 | PAREDES AVENTURA | M 40-44 | 05:03:18 | 00:07:13 | 01:00:03 |
| 21 | ANTÓNIO CANECA | 105 | A.D.R.L.C.E - ASSOCIAÇÃO DESPORTIVA RIO LARGO CLUBE DE ESPINHO | N/D | 05:04:00 | 00:07:14 | 01:00:45 |
| 22 | CARLOS CARDOSO | 168 | A.D.R.L.C.E - ASSOCIAÇÃO DESPORTIVA RIO LARGO CLUBE DE ESPINHO | M 45-49 | 05:10:24 | 00:07:23 | 01:07:09 |
| 23 | XAVIER NOZELOS | 417 | INDIVIDUAL | M 40-44 | 05:17:11 | 00:07:33 | 01:13:56 |
| 24 | ADRIANO FERNANDES | 407 | INDIVIDUAL | M 50-54 | 05:17:17 | 00:07:33 | 01:14:02 |
| 25 | JORGE COSTA | 151 | AGROGLOBAL | M 35-39 | 05:18:44 | 00:07:35 | 01:15:29 |
| 26 | JOSÉ LOURENÇO | 158 | CLUBE ATLETISMO DE OVAR | M 40-44 | 05:24:36 | 00:07:44 | 01:21:21 |
| 27 | ALBINO ABREU | 186 | FAFE RUNNERS | M 40-44 | 05:24:46 | 00:07:44 | 01:21:31 |
| 28 | JOÃO GONÇALVES | 159 | INDIVIDUAL | M 45-49 | 05:36:53 | 00:08:01 | 01:33:38 |
| 29 | JOSE SOUSA | 421 | CTM VILA POUCA DE AGUIAR | M 40-44 | 05:42:52 | 00:08:10 | 01:39:37 |
| 30 | JOSÉ NETO | 410 | ENTRE-OS-MONTES | M 50-54 | 05:45:17 | 00:08:13 | 01:42:02 |
| 31 | EMIDIO QUINTEIRA | 188 | ENTRE-OS-MONTES | M 30-34 | 05:45:18 | 00:08:13 | 01:42:03 |
| 32 | LUIS VIEIRA | 412 | ENTRE-OS-MONTES | M 35-39 | 05:48:40 | 00:08:18 | 01:45:25 |
| 33 | JOÃO MENDES | 166 | FAFE RUNNERS | M 35-39 | 05:55:21 | 00:08:28 | 01:52:06 |
| 34 | ANTÓNIO MORAIS | 170 | INDIVIDUAL | M 40-44 | 05:57:42 | 00:08:31 | 01:54:27 |
| 35 | JOSÉ FALCÃO | 104 | A.D.R.L.C.E - ASSOCIAÇÃO DESPORTIVA RIO LARGO CLUBE DE ESPINHO | M 60 | 06:04:47 | 00:08:41 | 02:01:32 |

| POS | NOME | DORSAL | EQUIPA | CATEGORIA | TEMPO | TEMPO/KM | DIF P/1º |
|-----|------------------|--------|--|-----------------|----------|----------|----------|
| 36 | JORGE QUINTEIRA | 189 | ENTRE-OS-MONTES | M 30-34 | 06:05:25 | 00:08:42 | 02:02:10 |
| 37 | LINA PORTO | 411 | INDIVIDUAL | F 30-39 | 06:10:29 | 00:08:49 | 02:07:14 |
| 38 | MÁRCIO QUINTAS | 157 | CLUBE ATLETISMO DE OVAR | M 30-34 | 06:11:56 | 00:08:51 | 02:08:41 |
| 39 | PAULO MACHADO | 175 | ATLETISMO RÚA/BIOBRASSICA | M 35-39 | 06:12:05 | 00:08:52 | 02:08:50 |
| 40 | JOSE ALVAREZ | 408 | INDIVIDUAL | M 55-59 | 06:12:10 | 00:08:52 | 02:08:55 |
| 41 | ADRIANO QUEIROZ | 107 | A.D.R.L.C.E - ASSOCIAÇÃO DESPORTIVA RIO LARGO CLUBE DE ESPINHO | M 60 | 06:12:18 | 00:08:52 | 02:09:03 |
| 42 | CRISTINA SARAIVA | 152 | INDIVIDUAL | N/D | 06:16:40 | 00:08:58 | 02:13:25 |
| 43 | MAURO FERNANDES | 165 | O PRATICANTE | M 40-44 | 06:16:47 | 00:08:58 | 02:13:32 |
| 44 | JOSE FERNANDEZ | 409 | INDIVIDUAL | M 55-59 | 06:22:48 | 00:09:07 | 02:19:33 |
| 45 | SÓNIA BORGES | 167 | INDIVIDUAL | F Elite 18 - 29 | 06:26:39 | 00:09:12 | 02:23:24 |
| 46 | CARLOS AZEVEDO | 160 | INDIVIDUAL | M 35-39 | 06:31:12 | 00:09:19 | 02:27:57 |
| 47 | MARCO DIAS | 161 | INDIVIDUAL | M 30-34 | 06:31:17 | 00:09:19 | 02:28:02 |
| 48 | JOSÉ PULIDO | 179 | C. D. R. AGUIAS UNIDAS | M 60 | 06:45:03 | 00:09:39 | 02:41:48 |
| 49 | ALFREDO SANTOS | 169 | A.D.R.L.C.E - ASSOCIAÇÃO DESPORTIVA RIO LARGO CLUBE DE ESPINHO | M 60 | 06:46:48 | 00:09:41 | 02:43:33 |