

| Nº | NOME | TEMPOS POR VOLTA | | | | | | | | | | |
|----|---------------------------------|------------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|----|----|
| | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 1 | Diogo Martins Ceia | 00:20:46 | 00:19:45.574 | | | | | | | | | |
| 2 | João Pedro Estrela Grilo | 00:21:06 | 00:21:57.670 | | | | | | | | | |
| 3 | José Luis Gonçalves Romão | 00:19:02 | 00:17:45.079 | | | | | | | | | |
| 4 | Diogo Ventura | 00:19:13 | 00:20:41.978 | | | | | | | | | |
| 5 | Tiago Carrilho Da Rosa Baptista | 00:13:12 | 00:13:49 | 00:14:22 | 00:14:04 | 00:14:10.757 | | | | | | |
| 6 | Rodrigo Santos Ladeira | | | | | | | | | | | |
| 7 | Tiago João Luis Mendonça | 00:17:02 | 00:15:41 | 00:16:19 | 00:16:42.154 | | | | | | | |
| 8 | Guilherme Miranda | 00:13:05 | 00:16:48 | 00:13:26 | 00:13:53 | 00:14:30 | 00:14:00 | 00:14:44.905 | | | | |
| 9 | Ricardo Nanita | 00:13:18 | 00:14:54 | 00:14:27.992 | | | | | | | | |
| 10 | DIOGO FILIPE RIBEIRO CRUZ | 00:14:34 | 00:14:20 | 00:14:23 | 00:14:31 | 00:14:32 | 00:15:00 | 00:14:46.432 | | | | |
| 11 | Pedro Miguel Dias Bagatelas | 00:21:40 | 00:18:15 | 00:18:39 | 00:19:03 | 00:18:46.709 | | | | | | |
| 12 | Gonçalo Filipe Lopes do Rosário | 00:14:26 | 00:13:53 | 00:14:07 | 00:14:35 | 00:14:31 | 00:14:31 | 00:14:11 | 00:14:48 | 00:15:22.244 | | |
| 13 | André Barata | 00:12:46 | 00:12:46 | 00:13:30 | 00:13:51 | 00:13:24 | 00:13:37 | 00:13:59 | 00:14:18 | 00:14:40.536 | | |
| 14 | Joao M. Ceia | 00:14:25 | 00:13:42 | 00:13:58 | 00:14:26 | 00:14:13 | 00:14:31 | 00:29:09.766 | | | | |
| 15 | Duarte Alegria | 00:14:13 | 00:13:14 | 00:13:37 | 00:13:51 | 00:13:39 | 00:14:02 | 00:13:49 | 00:14:00 | 00:13:13.317 | | |
| 16 | José Mateus Carapeto Andrade | 00:14:30 | 00:13:11 | 00:13:23 | 00:13:52 | 00:13:39 | 00:14:02 | 00:13:49 | 00:14:00 | 00:13:11.317 | | |
| 17 | Roberto Xavier | 00:16:49 | 00:15:05 | 00:15:21 | 00:15:08 | 00:14:54 | 00:14:48 | 00:15:31 | 00:14:53.049 | | | |
| 18 | Fábio José Gonçalves Fartouce | 00:15:14 | 00:31:50 | 00:13:08 | 00:13:17 | 00:13:03 | 00:35:30.592 | | | | | |
| 19 | César Filipe Semedo Estrela | 00:12:39 | 00:13:15 | 00:13:47 | 00:13:55 | 00:13:39 | 00:13:37 | 00:13:37 | 00:13:48 | 00:13:43.632 | | |
| 20 | Pedro Filipe Miranda Vivas | 00:16:48 | 00:15:05 | 00:15:40 | 00:16:02 | 00:15:17 | 00:15:32 | 00:16:09.343 | | | | |
| 21 | David Manuel Peleja Lourinho | | | | | | | | | | | |
| 22 | João Calado | | | | | | | | | | | |
| 23 | Jorge Miguel Cordas Bonacho | 00:13:54 | 00:13:34 | 00:14:27 | 00:14:37 | 00:14:27 | 00:14:28 | 00:14:04 | 00:14:51 | 00:14:27.492 | | |
| 24 | Luis Anacleto | 00:13:07 | 00:12:49 | 00:13:32 | 00:13:49 | 00:13:39 | 00:13:32 | 00:13:55 | 00:13:40 | 00:13:44.383 | | |
| 25 | António Dores | 00:15:58 | 00:14:34 | 00:14:48 | 00:14:59 | 00:15:05 | 00:15:30 | 00:15:16 | 00:15:29.590 | | | |
| 26 | Bruno Miguel Correia Janeiro | 00:15:17 | 00:13:39 | 00:13:37 | 00:13:58 | 00:14:08 | 00:14:09 | 00:14:22 | 00:14:58 | 00:14:23.381 | | |

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|----|--|----------|----------|----------|----------|----------|--------------|--------------|--------------|--------------|--------------|--|
| 60 | Ricardo André Vitorino Narciso | | | | | | | | | | | |
| 61 | ricardo miguel ourives mauricio | 00:14:24 | 00:15:00 | 00:14:52 | 00:15:55 | 00:14:37 | 00:15:01 | 00:14:33 | 00:14:31 | 00:15:17.773 | | |
| 62 | Paulo Alexandre Carrapiço Miranda | 00:19:35 | 00:17:47 | 00:17:23 | 00:18:24 | 00:19:32 | 00:29:48.857 | | | | | |
| 63 | Mário José Costa Barradas | 00:12:35 | 00:12:51 | 00:13:18 | 00:13:37 | 00:13:14 | 00:13:18 | 00:13:05 | 00:13:26 | 00:13:29 | 00:13:43.531 | |
| 64 | marco jose ceia da silva | 00:20:43 | 00:17:30 | 00:17:30 | 00:18:12 | 00:17:52 | 00:18:27 | 00:18:07.490 | | | | |
| 65 | Pedro Miguel Trindade do Carmo | 00:16:04 | 00:15:22 | 00:15:31 | 00:15:28 | 00:15:57 | 00:15:44 | 00:16:41 | 00:16:02.220 | | | |
| 66 | Antonio Manuel Guerreiro Aleixo Caldeira | 00:16:25 | 00:15:14 | 00:15:08 | 00:15:22 | 00:14:42 | 00:15:59 | 00:15:29 | 00:15:57.329 | | | |
| 67 | Alexandre Paulo da Rosa Rijo | 00:14:46 | 00:14:35 | 00:14:58 | 00:15:16 | 00:15:25 | 00:15:29 | 00:15:10 | 00:14:59.958 | | | |
| 68 | José Renato Mourato de Azeredo Costa | | | | | | | | | | | |
| 69 | JOSE BANCALEIRO | | | | | | | | | | | |
| 70 | José Manuel Semedo Presado | 00:13:06 | 00:12:49 | 00:13:31 | 00:13:21 | 00:13:24 | 00:13:09 | 00:13:07 | 00:13:16 | 00:12:59 | 00:13:26.067 | |
| 71 | Nuno Vicente | | | | | | | | | | | |
| 72 | Marcos Sousa | 00:18:58 | 00:16:06 | 00:16:30 | 00:16:51 | 00:17:21 | 00:17:27 | 00:16:51.423 | | | | |
| 73 | ivo miguel bruno lacao | 00:14:13 | 00:13:46 | 00:14:01 | 00:14:00 | 00:13:40 | 00:13:59 | 00:13:27 | 00:13:42 | 00:13:24.811 | | |
| 74 | Pedro Miguel Andrade Figueira | | | | | | | | | | | |
| 75 | Mário Artur Pereira | 00:14:44 | 00:14:10 | 00:14:43 | 00:14:12 | 00:15:11 | 00:15:03 | 00:15:04 | 00:15:41 | 00:15:44.094 | | |
| 76 | Luis Alegrias | 00:14:43 | 00:22:45 | 00:16:44 | 00:15:16 | 00:14:57 | 00:14:30 | 00:15:33 | 00:14:31.754 | | | |
| 77 | Tiago Realinho | 00:17:18 | 00:16:19 | 00:16:25 | 00:16:35 | 00:18:57 | 00:17:30 | 00:16:47.974 | | | | |
| 78 | Paulo Curado | | | | | | | | | | | |
| 79 | Filipe Jesus | | | | | | | | | | | |
| 80 | paulo jose rocha agostinho | | | | | | | | | | | |
| 81 | jose paulo ceia | | | | | | | | | | | |
| 82 | Joaquim Jorge Almeida | 00:16:47 | 00:32:16 | 00:14:55 | 00:15:23 | 00:14:58 | 00:15:27.578 | | | | | |
| 83 | João Feio | 00:16:46 | 00:16:22 | 00:17:11 | 00:16:22 | 00:16:42 | 00:15:49 | 00:16:18 | 00:15:02.725 | | | |
| 84 | David Jose Quintas Rasteiro | 00:13:04 | 00:13:23 | 00:13:52 | 00:13:48 | 00:13:26 | 00:13:18 | 00:13:39 | 00:13:56 | 00:13:28.227 | | |
| 85 | JOAQUIM JANEIRO | 00:21:42 | 00:20:05 | 00:22:03 | 00:20:43 | 00:21:23 | 00:22:00.171 | | | | | |
| 86 | Joaquim Pereira | | | | | | | | | | | |
| 87 | João José Mendes Marvanejo | 00:12:38 | 00:13:11 | 00:13:39 | 00:13:55 | 00:13:50 | 00:13:37 | 00:13:39 | 00:13:48 | 00:13:37.511 | | |
| 88 | marco cesar gomes bernardo matos cruz | 00:13:22 | 00:13:04 | 00:13:18 | 00:13:47 | 00:13:22 | 00:13:41 | 00:13:18 | 00:13:28 | 00:13:57.681 | | |
| 89 | Adriano Manuel Serra Romão | 00:17:01 | 00:15:05 | 00:14:50 | 00:15:06 | 00:14:38 | 00:15:10 | 00:15:19 | 00:15:10.541 | | | |
| 90 | Fernando Ventura | 00:20:18 | 00:19:48 | 00:16:10 | 00:17:47 | 00:17:32 | 00:21:09.680 | | | | | |
| 91 | Rui Carlos Milhinhos Ribeiro Alvarrão | 00:15:31 | 00:14:32 | 00:15:00 | 00:14:59 | 00:14:14 | 00:14:21 | 00:14:41 | 00:14:40 | 00:14:28.825 | | |
| 92 | António João Trindade Garção | 00:15:19 | 00:16:15 | 00:15:25 | 00:15:14 | 00:15:12 | 00:15:08 | 00:15:06 | 00:15:35.936 | | | |

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| 93 | Francisco Mestre | 00:13:46 | 00:14:08 | 00:14:14 | 00:14:36 | 00:14:19 | 00:15:04 | 00:14:40 | 00:15:07 | 00:15:07.636 | | |
| 94 | João António Fernandes | | | | | | | | | | | |
| 95 | Francisco Calha Ceia | 00:20:21 | 00:17:02 | 00:16:48 | 00:29:17 | 00:16:24 | 00:17:14 | 00:16:37.394 | | | | |
| 96 | António Conceição | | | | | | | | | | | |
| 97 | Catarina Machado | 00:21:42 | 00:20:07 | 00:20:43 | 00:20:50 | 00:21:34 | 00:21:41.403 | | | | | |
| 98 | Joana Seco | 00:20:19 | 00:16:21 | 00:16:34 | 00:16:43 | 00:16:31 | 00:17:13 | 00:17:59.062 | | | | |
| 99 | Vera Venâncio | 00:22:32 | 00:22:44 | 00:23:04 | 00:23:24 | 00:19:53 | 00:20:15.844 | | | | | |
| 100 | Ana Fé | 00:22:21 | 00:24:34 | 00:25:00 | 00:26:18 | 00:28:14.490 | | | | | | |
| 101 | Francisco Candeias | 00:16:23 | 00:15:58 | 00:15:55 | 00:16:01 | 00:16:01 | 00:16:11 | 00:15:54 | 00:16:48.379 | | | |
| 102 | Carlos Cruz | 00:16:53 | 00:15:11 | 00:14:54 | 00:15:08 | 00:14:37 | 00:14:56 | 00:15:25 | 00:14:42.208 | | | |
| 103 | EDGAR CORDEIRO | 00:20:34 | 02:28:52.617 | | | | | | | | | |
| 104 | LEONEL BATISTA | 00:18:05 | 00:16:43 | 00:16:35 | 00:16:30 | 00:16:25 | 00:16:30 | 00:16:31 | 00:16:35.659 | | | |
| 105 | Fernando Miguel Prates Gonçalves | 00:20:17 | 00:17:29.797 | | | | | | | | | |
| 106 | Ricardo Alexandre Sousa Riço | 00:23:52 | 00:22:56.744 | | | | | | | | | |
| 107 | DANIEL RODRIGUES | 00:16:19 | 00:17:01 | 00:17:02 | 00:16:22 | 00:16:39 | 00:16:53 | 00:16:53 | 00:17:27.508 | | | |
| 108 | Paulo Bispo | 00:19:03 | 00:16:43 | 00:17:23 | 00:16:57 | 00:17:17 | 00:18:09 | 00:17:16.277 | | | | |
| 109 | Marco Silva | | | | | | | | | | | |
| 110 | Luís Júlio Marques Alvega de Matos | 00:14:34 | 00:14:24 | 00:14:36 | 00:14:40 | 00:14:25 | 00:15:08 | 00:14:24 | 00:15:03 | 00:14:50.534 | | |
| 111 | Pedro Bastos | 00:15:45 | 00:14:55 | 00:14:45 | 00:15:22 | 00:14:53 | 00:15:24 | 00:15:07 | 00:15:03.503 | | | |
| 112 | João Miguel Raimundo Figueira | 00:16:19 | 00:15:40 | 00:15:27 | 00:16:03 | 00:15:40 | 00:15:32.896 | | | | | |
| 113 | Nelson Miguel Marques Velez | 00:13:47 | 00:13:42 | 00:13:55 | 00:14:01 | 00:13:46 | 00:14:13 | 00:13:53 | 00:14:06 | 00:13:53.755 | | |
| 114 | Antonio Carvalho Cruz | 00:15:50 | 00:15:08 | 00:15:47 | 00:16:47 | 00:16:20 | 00:16:27 | 00:16:00 | 00:16:10.618 | | | |
| 115 | Gonçalo filipe alves marques | 00:20:38 | 00:16:55 | 00:17:38 | 00:17:20 | 00:17:34 | 00:17:27 | 00:16:45.215 | | | | |
| 116 | diogo vieira | 00:12:29 | 00:13:23 | 00:13:47 | 00:14:13 | 00:13:40 | 00:13:17 | 00:13:37 | 00:13:48 | 00:13:43.187 | | |
| 117 | Miguel Alexandre Mendes | 00:18:19 | 00:17:06 | 00:16:23 | 00:16:49.118 | | | | | | | |
| 118 | Alexandre Monteiro | 00:15:51 | 00:15:33 | 00:15:44 | 00:15:20 | 00:11:58 | 00:18:07 | 00:15:23 | 00:15:25.359 | | | |
| 119 | Carlos Machado | 00:21:10 | 00:18:53 | 00:19:23 | 00:20:41 | 00:20:59 | 00:23:18.952 | | | | | |
| 120 | Filipe José Garção David | 00:20:20 | 00:16:49 | 00:17:29 | 00:17:45 | 00:18:38 | 00:21:01 | 00:18:35.659 | | | | |
| 121 | Augusto Piedade | | | | | | | | | | | |
| 122 | Francisco Bugia | 00:16:50 | 00:16:20 | 00:17:12 | 00:16:19 | 00:17:18 | 00:17:59 | 00:17:42.749 | | | | |
| 123 | Luis Manuel Cabeças Gaspar | 00:21:08 | 00:20:55 | 00:22:14 | 00:21:59 | 00:34:08.874 | | | | | | |
| 124 | Paulo Monteiro | 00:15:35 | 00:18:33 | 00:15:53 | 00:15:17 | 00:15:20 | 00:15:31 | 00:16:27 | 00:16:29.980 | | | |
| 125 | João Miranda Abelho | 00:19:04 | 00:14:32 | 00:15:23 | 00:15:53 | 00:15:16 | 00:15:44 | 00:15:44 | 00:16:48.328 | | | |

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| 126 | joao paulo pereira ramalho | 00:18:27 | 00:19:00 | 00:18:58 | 00:19:03 | 00:20:24 | 00:24:44.381 | | | | |
| 127 | artur ilidio solas ramalho | 00:21:50 | 00:21:41 | 00:22:17 | 00:54:40.244 | | | | | | |
| 128 | Carlos Cardoso | 00:17:35 | 00:17:09 | 00:17:15 | 00:17:34 | 00:17:02 | 00:17:42 | 00:17:27.816 | | | |
| 129 | luis miguel marques mendes | 00:15:57 | 00:14:37 | 00:14:41 | 00:14:41 | 00:14:26 | 00:15:36 | 00:15:41 | 00:15:16.154 | | |
| 130 | Vítor Paulo Trindade Paulino | 00:17:58 | 00:17:14 | 00:17:22 | 00:18:02 | 00:18:32 | 00:16:48 | 00:17:29.778 | | | |
| 131 | José Godinho | 00:17:06 | 00:14:32 | 00:13:43 | 00:14:54 | 00:13:47 | 00:13:59 | 00:13:33 | 00:14:04 | 00:13:56.542 | |
| 132 | Victor Ramos | 00:14:01 | 00:13:50 | 00:14:06 | 00:14:08 | 00:14:13 | 00:13:47 | 00:14:00 | 00:13:57 | 00:14:19.541 | |
| 133 | Paulo Lanternas | 00:16:05 | 00:15:07 | 00:15:39 | 00:17:03 | 00:16:13 | 00:16:23 | 00:17:32 | 00:16:28.562 | | |
| 134 | Carlos Alberto Falcão Estalagem | 00:21:07 | 00:15:39 | 00:15:07 | 00:15:38 | 00:16:27 | 00:15:27 | 00:15:51 | 00:15:43.551 | | |
| 135 | João Carlos Gracio Do Rosário | 00:15:32 | 00:14:14 | 00:14:30 | 00:14:58 | 00:14:43 | 00:14:27 | 00:14:44 | 00:14:58 | 00:14:58.672 | |
| 136 | DINIS MANTAS | 00:15:56 | 00:14:53 | 00:15:11 | 00:15:52 | 00:15:24 | 00:16:12 | 00:16:40 | 00:16:01.356 | | |
| 137 | JORGE PAIS | 00:17:48 | 00:15:51 | 00:16:29 | 00:15:54 | 00:15:43 | 00:17:09 | 00:16:50 | 00:16:40.232 | | |
| 138 | Francisco José Domingues Simões | 00:11:53 | 00:11:40 | 00:12:34 | 00:12:49 | 00:12:41 | 00:12:25 | 00:12:47 | 00:12:37 | 00:12:34 | 00:12:40.187 |
| 139 | Manuel Naria da Fonseca Mouzinho | 00:22:33 | 00:21:21 | 00:22:16 | 00:24:19 | 00:31:44.541 | | | | | |
| 140 | João Luís Dias Pascoal | 00:15:58 | 00:13:44 | 00:14:17 | 00:14:15 | 00:14:20 | 00:15:04 | 00:14:51 | 00:14:44.642 | | |
| 141 | António José Almeida Magrinho | 00:14:11 | 00:15:08 | 00:15:13 | 00:15:01 | 00:14:26 | 00:15:12 | 00:15:14 | 00:15:25 | 00:17:05.132 | |
| 142 | António José Alonso Magrinho | 00:18:28 | 00:17:06 | 00:18:59 | 00:18:45 | 00:18:13 | 00:21:01 | 00:19:18.749 | | | |
| 143 | FILIPE MIGUEL LOPES BRAS | 00:22:45 | 00:22:32.344 | | | | | | | | |
| 144 | Nuno Filipe Henrique Paixão | 00:13:44 | 00:13:44 | 00:13:53 | 00:13:58 | 00:13:51 | 00:14:07 | 00:13:43 | 00:13:38 | 00:13:32.710 | |
| 145 | Gonçalo Manuel Trindade Passareiro | 00:19:30 | 00:16:35 | 00:16:48 | 00:17:14 | 00:16:55 | 00:16:44 | 00:17:55.458 | | | |
| 146 | Andre Filipe Lourenço Dias | 00:12:20 | 00:12:50 | 00:13:34 | 00:14:03 | 00:13:23 | 00:13:20 | 00:13:22 | 00:14:07 | 00:13:42.510 | |
| 147 | António Sanches | 00:12:24 | 00:12:46 | 00:13:34 | 00:13:10 | 00:13:23 | 00:13:37 | 00:13:38 | 00:14:02 | 00:13:31 | 00:14:48.180 |
| 148 | João Pedro Pina | 00:19:27 | 00:15:31 | 00:15:10 | 00:15:40 | 00:15:27 | 00:15:24 | 00:15:08 | 00:15:30.173 | | |
| 149 | Gonçalo José Pereira Palmeiro | 00:19:45 | 00:18:03 | 00:18:25 | 00:19:27.029 | | | | | | |
| 150 | Emanuel Belo | 00:19:45 | 00:17:00 | 00:16:46 | 00:17:24 | 00:18:20 | 00:19:48 | 00:19:28.653 | | | |
| 151 | António Manuel Carpinteiro Correia | 00:20:31 | 00:17:27 | 00:18:10 | 00:18:56 | 00:19:30 | 00:21:25.309 | | | | |
| 152 | Carina Valério Carrapiço | 00:21:44 | 00:20:30 | 00:22:27 | 00:23:54 | 00:29:27.154 | | | | | |
| 153 | Carlos Verissimo Mousinho Madureira | 00:12:34 | 00:12:56 | 00:13:16 | 00:13:25 | 00:13:22 | 00:13:02 | 00:12:59 | 00:13:09 | 00:13:10 | 00:13:08.227 |
| 154 | Nuno Daniel Silva Gomes | 00:22:31 | 00:22:46 | 00:23:02 | 00:23:57 | 00:19:50 | 00:19:52.400 | | | | |
| 155 | José João Marques Constantino | 00:14:16 | 00:13:56 | 00:14:16 | 00:14:04 | 00:14:14 | 00:14:40 | 00:16:11 | 00:17:43 | 00:17:20.349 | |
| 156 | FRANCISCO FERREIRA | 00:19:47 | 00:16:45 | 00:16:32 | 00:17:03 | 00:16:22 | 00:17:22 | 00:16:43.888 | | | |
| 157 | ANTINIO COSTA | 00:21:43 | 00:22:31 | 00:23:13 | 00:22:36.532 | | | | | | |
| 158 | PEDRO TORRES | 00:16:56 | 00:16:37 | 00:17:02 | 00:16:54 | 00:16:35 | 00:18:31 | 00:19:07.426 | | | |

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| 159 | BRUNO CONSTANCIO | 00:19:17 | 00:15:42 | 00:15:37 | 00:15:48 | 00:16:09 | 00:16:19 | 00:17:14 | 00:16:20.807 | | |
| 160 | FILIPE FERNANDES | 00:19:44 | 00:16:24 | 00:15:44 | 00:15:40 | 00:16:04 | 00:15:36 | 00:16:44 | 00:17:47.464 | | |
| | | | | | | | | | | | |
| 162 | ANTONIO ALVES | 00:16:37 | 00:15:34 | 00:15:19 | 00:16:04 | 00:16:10 | 00:43:42.493 | | | | |
| 163 | CESAR TRINDADE | 00:18:38 | 00:16:23 | 00:16:30 | 00:16:01 | 00:17:15 | 00:16:45 | 00:18:45.463 | | | |
| 164 | ANDRE PINHEIRO | 00:20:14 | 00:24:25 | 00:24:21 | 00:24:30.791 | | | | | | |
| 165 | ANGELO VALERIO | 00:19:28 | 00:18:26 | 00:18:01 | 00:17:24 | 00:18:24 | 00:17:00 | 00:17:54.871 | | | |
| 166 | JOÃO PRATES | 00:13:03 | 00:13:29 | 00:14:00 | 00:14:10 | 00:13:50 | 00:14:50.021 | | | | |

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ATE DIA 6 NOVEMBRO PARA O XCO URRRA