

| Nº | NOME | TEMPOS POR VOLTA | | | | | |
|--------------------|---------------------------------------|------------------|--------------|--------------|--------------|---|---|
| | | 1 | 2 | 3 | 4 | 5 | 6 |
| Traquinas | | | | | | | |
| 3 | José Luis Gonçalves Romão | 00:20:56.101 | | | | | |
| 103 | EDGAR CORDEIRO | 00:24:17.917 | | | | | |
| 174 | RICARDO CARDOSO | 00:25:05.968 | | | | | |
| 1 | Diogo Martins Ceia | 00:26:41.386 | | | | | |
| 143 | FILIPE MIGUEL LOPES BRAS | 00:31:14.763 | | | | | |
| 2 | João Pedro Estrela Grilo | 00:37:29.994 | | | | | |
| Juvenis | | | | | | | |
| 5 | Tiago Carrilho Da Rosa Baptista | XXXXX | 00:14:37 | 00:14:43 | 00:15:03.115 | | |
| 6 | Rodrigo Santos Ladeira | XXXXX | 00:15:14 | 00:16:17 | 00:19:02.348 | | |
| 172 | Henrique Realinho | XXXXX | 00:20:51 | 00:23:47 | 00:22:55.479 | | |
| 173 | João Pedro Ricardo Camejo | XXXXX | 00:21:22 | 00:23:51 | 00:24:57.802 | | |
| 117 | Miguel Alexandre Mendes | XXXXX | | | | | |
| Cadetes | | | | | | | |
| 8 | Guilherme Miranda | XXXXX | 00:14:14 | 00:14:59 | 00:13:51.793 | | |
| 9 | Ricardo Nanita | XXXXX | 00:14:41 | 00:15:02 | 00:14:30.262 | | |
| 10 | DIOGO FILIPE RIBEIRO CRUZ | XXXXX | 00:15:23 | 00:15:35 | 00:15:36.610 | | |
| 112 | João Miguel Raimundo Figueira | XXXXX | 00:15:27 | 00:16:13 | 00:15:40.121 | | |
| 11 | Pedro Miguel Dias Bagatelas | XXXXX | 00:19:00 | 00:20:14 | 00:21:01.432 | | |
| 164 | ANDRE PINHEIRO | XXXXX | 00:30:55.822 | | | | |
| Veteranos B | | | | | | | |
| 153 | Carlos Verissimo Mousinho Madureira | XXXXX | 00:13:45 | 00:13:58 | 00:13:51.066 | | |
| 84 | David Jose Quintas Rasteiro | XXXXX | 00:13:41 | 00:13:58 | 00:13:57.211 | | |
| 180 | JOSE SALVADO | XXXXX | 00:13:38 | 00:13:50 | 00:14:38.915 | | |
| 87 | João José Mendes Marvanejo | XXXXX | 00:14:06 | 00:14:04 | 00:14:27.914 | | |
| 88 | marco cesar gomes bernardo matos cruz | XXXXX | 00:14:37 | 00:15:12 | 00:15:27.922 | | |
| 110 | Luís Júlio Marques Alvega de Matos | XXXXX | 00:15:28 | 00:15:21 | 00:14:50.807 | | |
| 131 | José Godinho | XXXXX | 00:15:31 | 00:15:19 | 00:15:12.373 | | |
| 89 | Adriano Manuel Serra Romão | XXXXX | 00:15:28 | 00:15:44 | 00:15:26.902 | | |
| 92 | António João Trindade Garção | XXXXX | 00:16:01 | 00:17:04 | 00:16:54.405 | | |
| 135 | João Carlos Gracio Do Rosário | XXXXX | 00:16:59 | 00:17:06 | 00:16:32.937 | | |
| 91 | Rui Carlos Milhinhos Ribeiro Alvarrão | XXXXX | 00:19:47 | 00:15:43 | 00:15:59.069 | | |
| 83 | João Feio | XXXXX | 00:18:18 | 00:18:45 | 00:19:29.827 | | |
| 101 | Francisco Candeias | XXXXX | 00:19:20 | 00:20:21 | 00:21:06.085 | | |
| 151 | António Manuel Carpinteiro Correia | XXXXX | 00:22:46 | 00:23:04 | 00:23:27.077 | | |
| 122 | Francisco Bugia | XXXXX | 00:20:38.262 | | | | |
| Veteranos C | | | | | | | |
| 93 | Francisco Mestre | XXXXX | 00:15:50 | 00:15:55 | 00:16:14.406 | | |
| 114 | Antonio Carvalho Cruz | XXXXX | 00:16:37 | 00:16:35 | 00:17:12.349 | | |
| 95 | Francisco Calha Ceia | XXXXX | 00:19:54 | 00:20:23 | 00:20:44.386 | | |
| 142 | António José Alonso Magrinho | XXXXX | 00:21:09 | 00:20:26 | 00:20:21.734 | | |
| 127 | artur ilidio solas ramalho | XXXXX | 00:28:34 | 00:30:23.518 | | | |
| Femininos | | | | | | | |
| 97 | Catarina Machado | XXXXX | 00:29:00 | 00:27:15.420 | | | |

| | | | | | | | |
|-----|--------------------------------------|--------------|--------------|--------------|----------|--------------|-----------|
| 100 | Ana Fé | XXXXX | 00:33:59 | 00:28:20.402 | | | |
| | Juniores | | | | | | |
| 13 | André Barata | 00:13:15. | 00:12:32 | 00:12:28 | 00:13:41 | 00:13:19.422 | |
| 12 | Gonçalo Filipe Lopes do Rosário | 00:14:55. | 00:15:54 | 00:17:00 | 00:17:17 | 00:17:36.848 | |
| 171 | Miguel Picado | 00:19:59. | 00:21:13 | 00:22:52 | 00:24:23 | 00:23:41.276 | |
| | Sub-23 | | | | | | |
| 184 | Rui Carvalho | 00:11:48. | 00:11:54 | 00:12:39 | 00:12:45 | 00:12:46. | 00:12:24. |
| 16 | José Mateus Carapeto Andrade | 00:11:40. | 00:12:32 | 00:12:49 | 00:13:05 | 00:12:46. | 00:12:40. |
| 19 | César Filipe Semedo Estrela | 00:12:21. | 00:14:10 | 00:13:51 | 00:13:54 | 00:14:21. | 00:13:52. |
| 20 | Pedro Filipe Miranda Vivas | 00:14:47. | 00:15:50 | 00:17:18 | 00:16:34 | 00:17:41. | 00:17:31. |
| 146 | Andre Filipe Lourenço Dias | 00:13:14. | 00:15:01 | 00:15:26 | 00:15:59 | 00:16:21.913 | |
| 23 | Jorge Miguel Cordas Bonacho | 00:13:28. | 00:16:18 | 00:27:05.872 | | | |
| 140 | João Luís Dias Pascoal | 00:14:09. | 00:20:11.046 | | | | |
| | Elites | | | | | | |
| 33 | Marco Mestre | 00:10:44. | 00:12:05 | 00:12:15 | 00:12:10 | 00:12:18. | 00:12:24. |
| 147 | António Sanches | 00:11:26. | 00:12:08 | 00:12:54 | 00:13:04 | 00:12:30. | 00:12:40. |
| 38 | Luis Candeias | 00:11:25. | 00:18:32 | 00:13:07 | 00:12:55 | 00:13:16. | 00:12:25. |
| 26 | Bruno Miguel Correia Janeiro | 00:12:26. | 00:13:47 | 00:13:59 | 00:13:52 | 00:14:23. | 00:14:21. |
| 29 | Nuno Ricardo Monteiro de Assis | 00:13:05. | 00:14:54 | 00:15:10 | 00:14:41 | 00:14:35. | 00:14:01. |
| 28 | João Pedro Conde | 00:13:09. | 00:16:42 | 00:14:53 | 00:13:57 | 00:14:24. | 00:13:59. |
| 48 | Daniel Belacorça | 00:14:43. | 00:15:01 | 00:15:38 | 00:16:08 | 00:16:05. | 00:16:24. |
| 24 | Luis Anacleto | 00:13:55. | 00:16:03 | 00:15:29 | 00:16:29 | 00:16:44. | 00:16:52. |
| 168 | ernando Manuel Moreira Trindade(Fana | 00:16:50. | 00:18:01 | 00:18:07 | 00:18:39 | 00:18:08. | 00:18:38. |
| 130 | Vítor Paulo Trindade Paulino | 00:16:21. | 00:18:10 | 00:18:17 | 00:19:15 | 00:17:53. | 00:18:40. |
| 170 | Paulo Alexandre Vaqueiro Pernes | 00:16:41. | 00:19:03 | 00:18:29 | 00:18:13 | 00:18:03. | 00:18:45. |
| 32 | Daniel Jose Calado Frutuoso | 00:17:06. | 00:19:24 | 00:18:18 | 00:19:22 | 00:19:28. | 00:20:25. |
| 169 | João Picado | 00:21:21. | 00:23:31 | 00:24:14 | 00:26:17 | 00:26:18.136 | |
| 141 | António José Almeida Magrinho | 00:16:10.224 | | | | | |
| 49 | Bruno Miguuil Vilela Traguil | 00:18:59.586 | | | | | |
| 126 | joao paulo pereira ramalho | 00:20:17.783 | | | | | |
| | Veteranos A | | | | | | |
| 51 | Pedro Rasquete | 00:11:56. | 00:11:43 | 00:11:37 | 00:11:28 | 00:12:06. | 00:11:57. |
| 138 | Francisco José Domingues Simões | 00:12:30. | 00:12:38 | 00:12:27 | 00:12:40 | 00:12:30. | 00:12:31. |
| 71 | Nuno Vicente | 00:12:52. | 00:12:54 | 00:13:27 | 00:13:33 | 00:13:35. | 00:13:25. |
| 63 | Mário José Costa Barradas | 00:13:07. | 00:13:20 | 00:13:11 | 00:13:58 | 00:13:31. | 00:14:03. |
| 52 | Nuno Miguel Martinho Escarameia | 00:13:03. | 00:13:34 | 00:13:43 | 00:13:55 | 00:13:51. | 00:13:47. |
| 70 | José Manuel Semedo Presado | 00:13:12. | 00:13:49 | 00:13:37 | 00:13:31 | 00:14:21. | 00:14:34. |
| 73 | ivo miguel bruno lacao | 00:14:37. | 00:13:48 | 00:13:54 | 00:14:06 | 00:13:43. | 00:14:04. |
| 132 | Victor Ramos | 00:14:24. | 00:14:50 | 00:14:53 | 00:14:58 | 00:14:34. | 00:13:56. |
| 144 | Nuno Filipe Henrique Paixão | 00:14:48. | 00:14:17 | 00:14:32 | 00:14:45 | 00:14:08. | 00:15:25. |
| 155 | José João Marques Constantino | 00:14:51. | 00:14:31 | 00:14:42 | 00:14:49 | 00:14:41. | 00:15:21. |
| 102 | Carlos Cruz | 00:14:53. | 00:15:19 | 00:15:13 | 00:15:01 | 00:15:28. | 00:15:23. |
| 74 | Pedro Miguel Andrade Figueira | 00:15:56. | 00:14:42 | 00:14:50 | 00:15:33 | 00:16:01. | 00:16:23. |
| 175 | Nuno Lascas | 00:16:23. | 00:16:20 | 00:15:09 | 00:15:25 | 00:16:01. | 00:15:19. |
| 75 | Mário Artur Pereira | 00:15:53. | 00:14:58 | 00:15:32 | 00:15:59 | 00:16:52. | 00:16:52. |
| 61 | ricardo miguel ourives mauricio | 00:15:10. | 00:16:08 | 00:16:04 | 00:16:09 | 00:16:43. | 00:16:34. |
| 124 | Paulo Monteiro | 00:15:20. | 00:17:10 | 00:17:35 | 00:16:36 | 00:16:45. | 00:16:52. |
| 129 | luis miguel marques mendes | 00:16:44. | 00:17:33 | 00:16:54 | 00:17:51 | 00:17:01. | 00:17:30. |

| | | | | | | | |
|-----|----------------------------------------|-----------|--------------|----------|--------------|--------------|-----------|
| 160 | FILIFE FERNANDES | 00:16:46. | 00:17:27 | 00:17:26 | 00:17:29 | 00:17:36. | 00:17:43. |
| 177 | Bruno Luis Correia Malagueta | 00:17:55. | 00:18:55 | 00:18:13 | 00:17:19 | 00:16:49. | 00:17:36. |
| 77 | Tiago Realinho | 00:17:29. | 00:18:45 | 00:17:58 | 00:18:10 | 00:19:43. | 00:18:44. |
| 176 | António Luís Solano Rodrigues Vitorino | 00:18:05. | 00:19:06 | 00:18:36 | 00:18:21 | 00:18:44. | 00:19:10. |
| 156 | FRANCISCO FERREIRA | 00:18:07. | 00:19:18 | 00:18:25 | 00:18:24 | 00:19:38. | 00:20:55. |
| 158 | PEDRO TORRES | 00:19:37. | 00:21:26 | 00:20:58 | 00:20:59 | 00:22:38.655 | |
| 178 | Ricardo Galveias Ferreira | 00:19:57. | 00:24:31 | 00:24:30 | 00:24:12 | 00:22:54.029 | |
| 179 | RICARDO RODRIGUES | 00:18:09. | 00:21:14 | 00:20:54 | 00:42:49.954 | | |
| 72 | Marcos Sousa | 00:18:57. | 00:22:13.520 | | | | |