

Absolutos F					
1	Ana Catarina Magalhães	1554	CAD	Adi-ílhavo	01:20:16
2	Idalina Alcântara Martins	3146	30-34	Adi-ílhavo	01:24:04
3	Maria Alberta Pereira	4227	40-44	G. D. GOMA	01:25:47

Escaloes F					
CAD F					
1	Ana Catarina Magalhães	1554	CAD	Adi-ílhavo	01:20:16
JUN F					
1	Maria Pedroso	2084	JUN	A.A.S.M.	01:27:40
30-34 F					
1	Idalina Alcântara Martins	3146	30-34	Adi-ílhavo	01:24:04
2	Joana Cunha	3413	30-34	A.A.S.M.	01:36:21
35-39 F					
1	Catarina Regalo	3437	35-39	Clube de Triatlo de Viseu	01:33:25
2	Karina Ferreira Oliveira	3084	35-39	Adi-ílhavo	01:35:17
40-44 F					
1	Maria Alberta Pereira	4227	40-44	G. D. GOMA	01:25:47
2	SOFIA PAULA SOARES	5269	40-44	G. D. GOMA	01:25:55
3	Elisabete Silva	5344	40-44	S. C. Espinho - S.p.d.e.	01:31:27
45-49 F					
1	Ana Rita Pires Monteiro	4357	45-49	G. D. GOMA	01:48:08
50-54 F					
1	Conceição Baptista Tavares	4291	50-54	Adi-ílhavo	01:40:31
2	Ermesinda Conceição Carvalho	5201	50-54	A.A.S.M.	01:52:07

Absolutos M					
1	Nelson Manuel Correia Gomes	3502	35-39	G. D. GOMA	01:05:09
2	Ricardo Miguel Estima	3585	30-34	Dar-recardães Expansion	01:05:20
3	Tiago Manuel Santos Pinho	3840	30-34	C F Vilacondense	01:05:51

Escaloes M					
JUN M					
1	Miguel Jacinto Lopes Silva	2096	JUN	Adi-ílhavo	01:05:57
2	Tomás Martins Cerejo Azevedo	2135	JUN	A.A.S.M.	01:14:32
3	Gonçalo Brito	2089	JUN	S. C. Espinho - S.p.d.e.	01:18:46
20-24 M					
1	Cristiano Oliveira	2539	20-24	Dar-recardães Expansion	01:07:16
2	João Miguel Costa Génio	2627	20-24	Clube Dos Galitos	01:37:32
25-29 M					
1	Bruno Godinho de Oliveira	3829	25-29	C F Vilacondense	01:07:59
2	João Bernardo Campos Cunha	3880	25-29	Mc Donald´s/Tribraga	01:08:01
3	João Manuel Rodrigues	3858	25-29	A. R. Casaense	01:08:31
30-34 M					
1	Ricardo Miguel Estima	3585	30-34	Dar-recardães Expansion	01:05:20
2	Tiago Manuel Santos Pinho	3840	30-34	C F Vilacondense	01:05:51
3	José António Carvalho	3121	30-34	Mc Donald´s/Tribraga	01:06:54

35-39 M					
1	Nelson Manuel Correia Gomes	3502	35-39	G. D. GOMA	01:05:09
2	Igor Castro	3856	35-39	A. R. Casaense	01:06:47
3	António José Pinto Mesquita	3118	35-39	Mc Donald's/Tribraga	01:07:03
40-44 M					
1	Marco Paulo Pacheco Vides	5281	40-44	Mc Donald's/Tribraga	01:07:08
2	Luís Miguel Jesus Martins	4475	40-44	Dar-recardães Expansion	01:08:28
3	Hugo Filipe Campos Gomes	5288	40-44	Clube de Triatlo de Viseu	01:08:34
45-49 M					
1	João Jorge Vilela Ferreira	4627	45-49	Mc Donald's/Tribraga	01:08:11
2	Rui Pedro Ferreira Alves	4265	45-49	Clube Zupper	01:08:30
3	Rui Alexandre D. Silva	4486	45-49	A. R. Casaense	01:13:35
50-54 M					
1	Joaquim Carlos Lopes	4402	50-54	Boavista Futebol Clube	01:06:35
2	Vasco Alexandre Borges	4508	50-54	A. R. Casaense	01:18:18
3	José Carlos Leite Ramalho	4305	50-54	G. D. GOMA	01:24:30
55-59 M					
1	Fernando Gomes Silva	5072	55-59	Mozinho Rt Valvoline	01:29:33
2	José Graça Rodrigues	4599	55-59	A.A.S.M.	01:30:12
3	Fernando Rodrigues	5379	55-59	Veteranos do Porto	01:31:42
60-64 M					
1	paulo de castro rocha	4255	60-64	Veteranos do Porto	01:33:55
70-74 M					
1	Vasco Martins Micaelo	4210	70-74	Dar-recardães Expansion	01:23:42
75-79 M					
1	Carlos Leite	4067	75-79	ACRRibeira Ovar	01:23:01