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|---------|------------|-------|-----------|----------|-----------------|--|--|
| Data: | 26-03-2011 | Hora: | 11h00 | Local: | V. N. Famalicão | | |
| Corrida | 5.000 mt | BTT: | 18.000 mt | Corrida: | 2.500 mt | | |

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|----------|---------------|------------------|-------|
| Ranking: | Ranking Geral | Hora de Partida: | 00h00 |
|----------|---------------|------------------|-------|

| Lu | Dors | Lic | Nome | PEN | Escal | Nome de clube | Total | Diff |
|----|------|------|---------------------------|-----|-------|----------------------------|----------|----------|
| 1 | 4402 | 849 | Joaquim Carlos Lopes | - | V1 | Amiciclo | 01:06:10 | |
| 2 | 5631 | | José Rodrigues | - | SEN | Individual | 01:07:55 | 00:01:45 |
| 3 | 4103 | 1821 | Paulo Ferreira | - | V1 | Individual | 01:09:20 | 00:03:10 |
| 4 | 3754 | 1015 | Luis Filipe Santos | - | SEN | DUNIK.PT-Clube dos Galitos | 01:09:28 | 00:03:18 |
| 5 | 3189 | 1305 | Tiago Teixeira | - | SEN | DUNIK.PT-Clube dos Galitos | 01:09:57 | 00:03:47 |
| 6 | 3769 | 1303 | João Pereira | - | SEN | DUNIK.PT-Clube dos Galitos | 01:10:07 | 00:03:57 |
| 7 | 5453 | | Óscar Daniel G. Mendes | - | SEN | Individual | 01:10:32 | 00:04:22 |
| 8 | 5263 | | António Maia | - | SEN | Individual | 01:10:47 | 00:04:37 |
| 9 | 3156 | 1075 | Pedro Pereira | - | SEN | Assoc. Académica S. Mamede | 01:11:45 | 00:05:35 |
| 10 | 5209 | | Telmo Sampaio | - | SEN | Individual | 01:11:49 | 00:05:38 |
| 11 | 3304 | 482 | Ivan Pinto da Silva | - | SEN | Clube Triatlo de Perosinho | 01:11:51 | 00:05:41 |
| 12 | 5452 | | Vitor Ribeiro | - | V1 | Individual | 01:11:54 | 00:05:44 |
| 13 | 5637 | | António Paiva | - | SEN | Individual | 01:11:59 | 00:05:49 |
| 14 | 3128 | 616 | José Ferreira | - | SEN | McDonalds/TriBraga | 01:12:26 | 00:06:16 |
| 15 | 5415 | | Paulo Vides | - | SEN | Individual | 01:12:30 | 00:06:20 |
| 16 | 3695 | 654 | Emanuel Matos | - | SEN | McDonalds/TriBraga | 01:12:45 | 00:06:35 |
| 17 | 5476 | | José Reis | - | V2 | Individual | 01:12:54 | 00:06:44 |
| 18 | 5195 | | Jorge Paulo Oliveira | - | V2 | Individual | 01:12:58 | 00:06:48 |
| 19 | 3131 | 382 | João Ferreira | - | SEN | McDonalds/TriBraga | 01:13:02 | 00:06:52 |
| 20 | 3753 | 1014 | Rui Santos | - | SEN | DAR - SlowDown | 01:13:49 | 00:07:39 |
| 21 | 5545 | | Carlos Santos | - | SEN | Individual | 01:13:59 | 00:07:49 |
| 22 | 5208 | | Pedro José Oliveira | - | SEN | Individual | 01:14:45 | 00:08:35 |
| 23 | 5147 | | André Joaquim Silva | - | SEN | Individual | 01:14:46 | 00:08:36 |
| 24 | 3318 | 1518 | Leandro Pinto | - | SEN | McDonalds/TriBraga | 01:14:53 | 00:08:43 |
| 25 | 5553 | | José Oliveira | - | SEN | Individual | 01:14:56 | 00:08:46 |
| 26 | 5100 | | Paulo Ruben Costa | - | SEN | Individual | 01:15:11 | 00:09:01 |
| 27 | 5485 | | João Veiga da Cruz | - | SEN | Individual | 01:15:37 | 00:09:27 |
| 28 | 3065 | 1828 | Joel Gouveia | - | SEN | DAR - SlowDown | 01:16:15 | 00:10:05 |
| 29 | 3098 | 1979 | Hugo Pinho | - | SEN | DAR - SlowDown | 01:16:17 | 00:10:07 |
| 30 | 3697 | 729 | Patrick Silva | - | SEN | McDonalds/TriBraga | 01:16:20 | 00:10:10 |
| 31 | 3758 | 1019 | Celso Moreira | - | SEN | DAR - SlowDown | 01:16:30 | 00:10:20 |
| 32 | 5384 | | Mário Fonseca | - | SEN | Individual | 01:16:32 | 00:10:22 |
| 33 | 5527 | | Marco Aurélio Sousa | - | SEN | Individual | 01:16:33 | 00:10:23 |
| 34 | 5588 | | Pedro Costa | - | SEN | Individual | 01:17:00 | 00:10:50 |
| 35 | 5437 | | Pedro Machado | - | SEN | Individual | 01:17:09 | 00:10:59 |
| 36 | 5444 | | Rui Veloso | - | SEN | Individual | 01:17:25 | 00:11:15 |
| 37 | 5202 | | Nuno Miguel Novais | - | S23 | Individual | 01:17:42 | 00:11:32 |
| 38 | 4242 | 2050 | Análberto Santos | - | V1 | CFV | 01:17:44 | 00:11:34 |
| 39 | 5456 | | Geraldo Fernandes | - | SEN | Individual | 01:17:46 | 00:11:36 |
| 40 | 5344 | | Jorge Manuel Salgado | - | JUN | Individual | 01:17:52 | 00:11:42 |
| 41 | 4462 | 1632 | Nuno Manuel Pinheiro | - | V1 | Individual | 01:18:18 | 00:12:08 |
| 42 | 5127 | | Paulo Sérgio Tavares | - | SEN | Individual | 01:18:41 | 00:12:31 |
| 43 | 5546 | | Agostinho Costa | - | V2 | Individual | 01:18:42 | 00:12:32 |
| 44 | 5380 | | Manuel Ferreira | - | V3 | Individual | 01:19:35 | 00:13:25 |
| 45 | 5196 | | Nelson Sousa e Silva | - | SEN | Individual | 01:19:46 | 00:13:36 |
| 46 | 5101 | | Simão Filipe Mendes | - | SEN | Individual | 01:20:06 | 00:13:55 |
| 47 | 3460 | 1343 | André Pinto | - | SEN | Assoc. Académica S. Mamede | 01:20:26 | 00:14:16 |
| 48 | 4050 | 1762 | António Marcelino Freitas | - | V1 | Individual | 01:20:29 | 00:14:19 |
| 49 | 5192 | | Benjamim Silva | - | V4 | Individual | 01:20:35 | 00:14:25 |

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|---------|------------|-------|-----------|----------|-----------------|--|--|--|
| Data: | 26-03-2011 | Hora: | 11h00 | Local: | V. N. Famalicão | | | |
| Corrida | 5.000 mt | BTT: | 18.000 mt | Corrida: | 2.500 mt | | | |

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|----------|---------------|------------------|-------|
| Ranking: | Ranking Geral | Hora de Partida: | 00h00 |
|----------|---------------|------------------|-------|

| Lu | Dors | Lic | Nome | PEN | Escal | Nome de clube | Total | Diff |
|----|------|------|-------------------------|-----|-------|----------------------------|----------|----------|
| 50 | 5403 | | Nuno Miguel Campos | - | SEN | Individual | 01:20:41 | 00:14:31 |
| 51 | 3334 | 1158 | Rui Filipe Costa | - | SEN | Porto Runners | 01:20:43 | 00:14:33 |
| 52 | 5541 | | Joaquim Sá | - | V2 | Individual | 01:20:45 | 00:14:35 |
| 53 | 3044 | 1767 | João Pinheiro | - | SEN | Porto Runners | 01:20:46 | 00:14:36 |
| 54 | 5193 | | Bruno Alexandre Mendes | - | SEN | Individual | 01:20:52 | 00:14:42 |
| 55 | 5547 | | José Gomes | - | V2 | Individual | 01:20:55 | 00:14:45 |
| 56 | 5481 | | Jorge Miguel Liquito | - | S23 | Individual | 01:21:10 | 00:15:00 |
| 57 | 5317 | | Helder Campos | - | SEN | Individual | 01:21:22 | 00:15:11 |
| 58 | 5332 | | João Renato Teixeira | - | JUN | Individual | 01:21:31 | 00:15:21 |
| 59 | 4412 | 1021 | Vasco Micaelo | - | V5 | DAR - SlowDown | 01:21:37 | 00:15:27 |
| 60 | 5249 | | Alfredo Azevedo | - | V1 | Individual | 01:21:42 | 00:15:32 |
| 61 | 3805 | 1455 | Nuno Ribeiro | - | SEN | Porto Runners | 01:21:50 | 00:15:40 |
| 62 | 3544 | 1671 | Miguel Oliveira | - | SEN | DAR - SlowDown | 01:21:53 | 00:15:43 |
| 63 | 5351 | | José António Duarte | - | SEN | Individual | 01:21:55 | 00:15:45 |
| 64 | 5258 | | André Silva | - | S23 | Individual | 01:21:58 | 00:15:48 |
| 65 | 5548 | | Vasco Costa | - | SEN | Individual | 01:21:59 | 00:15:49 |
| 66 | 5457 | | Pedro Miguel Silva | - | S23 | Individual | 01:22:02 | 00:15:52 |
| 67 | 5442 | | Rui Baldaia Mendes | - | SEN | Individual | 01:22:02 | 00:15:52 |
| 68 | 5194 | | Joaquim Manuel Barbosa | - | V2 | Individual | 01:22:07 | 00:15:57 |
| 69 | 3064 | 1827 | João Arede | - | SEN | DAR - SlowDown | 01:22:12 | 00:16:02 |
| 70 | 5570 | | Jorge Castanheira | - | SEN | Individual | 01:22:14 | 00:16:04 |
| 71 | 5375 | | Luis Leite | - | SEN | Individual | 01:22:23 | 00:16:13 |
| 72 | 5154 | | Pedro Manuel Gomes | - | SEN | Individual | 01:22:28 | 00:16:17 |
| 73 | 5408 | | Paulo Reis | - | V1 | Individual | 01:22:28 | 00:16:18 |
| 74 | 5314 | | Gonçalo Araújo | - | SEN | Individual | 01:22:33 | 00:16:23 |
| 75 | 5173 | | José Afonso Ferreira | - | SEN | Individual | 01:22:44 | 00:16:34 |
| 76 | 5123 | | Amândio José Silva | - | SEN | Individual | 01:22:46 | 00:16:36 |
| 77 | 5190 | | Armando Araújo | - | SEN | Individual | 01:22:47 | 00:16:37 |
| 78 | 5247 | | A F Gouveia | - | SEN | Individual | 01:22:49 | 00:16:39 |
| 79 | 5468 | | Eduardo Gilberto Sousa | - | SEN | Individual | 01:23:17 | 00:17:07 |
| 80 | 5487 | | José Carlos Moreira | - | SEN | Individual | 01:23:20 | 00:17:10 |
| 81 | 5628 | | Bruno Oliveira | - | SEN | Individual | 01:23:22 | 00:17:11 |
| 82 | 5535 | | João Barbosa | - | SEN | Individual | 01:24:03 | 00:17:53 |
| 83 | 5170 | | Miguel Adolfo Novais | - | SEN | Individual | 01:24:12 | 00:18:02 |
| 84 | 5554 | | Joaquim Costa | - | SEN | Individual | 01:24:23 | 00:18:13 |
| 85 | 5555 | | Paulo Ferreira | - | V2 | Individual | 01:24:23 | 00:18:13 |
| 86 | 5459 | | Miguel Faustino Coelho | - | SEN | Individual | 01:24:44 | 00:18:34 |
| 87 | 5117 | | Mário Alberto Neves | - | V3 | Individual | 01:24:50 | 00:18:40 |
| 88 | 5168 | | Victor Manuel Almeida | - | SEN | Individual | 01:25:02 | 00:18:52 |
| 89 | 4411 | 1020 | Victor Campos | - | V5 | DAR - SlowDown | 01:25:10 | 00:19:00 |
| 90 | 5124 | | José Alberto Costa | - | SEN | Individual | 01:25:25 | 00:19:15 |
| 91 | 5260 | | António Augusto Lopes | - | V1 | Individual | 01:25:32 | 00:19:21 |
| 92 | 5294 | | Fernando Manuel Freitas | - | SEN | Individual | 01:25:42 | 00:19:32 |
| 93 | 5112 | | José Manuel Ribeiro | - | S23 | Individual | 01:25:42 | 00:19:32 |
| 94 | 5191 | | Ana Rocha | - | SEN | Individual | 01:25:49 | 00:19:39 |
| 95 | 1009 | 1385 | Francisco Cunha | - | CAD | Clube Triatlo de Perosinho | 01:26:02 | 00:19:52 |
| 96 | 5338 | | Joaquim Ferreira | - | V1 | Individual | 01:26:07 | 00:19:57 |
| 97 | 5221 | | António José Ferreira | - | V2 | Individual | 01:26:12 | 00:20:02 |
| 98 | 5460 | | Nuno Pereira Raposo | - | SEN | Individual | 01:26:15 | 00:20:04 |

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|---------|------------|-------|-----------|----------|-----------------|--|--|
| Data: | 26-03-2011 | Hora: | 11h00 | Local: | V. N. Famalicão | | |
| Corrida | 5.000 mt | BTT: | 18.000 mt | Corrida: | 2.500 mt | | |

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|----------|---------------|------------------|-------|
| Ranking: | Ranking Geral | Hora de Partida: | 00h00 |
|----------|---------------|------------------|-------|

| Lu | Dors | Lic | Nome | PEN | Escal | Nome de clube | Total | Diff |
|-----|------|------|---------------------------|-----|-------|----------------------------|----------|----------|
| 99 | 5266 | | Bruno Fontão | - | SEN | Individual | 01:26:17 | 00:20:07 |
| 100 | 5467 | | Pedro Filipe Teixeira | - | SEN | Individual | 01:26:22 | 00:20:12 |
| 101 | 5493 | | Fernando Jorge Guimarães | - | SEN | Individual | 01:26:23 | 00:20:13 |
| 102 | 5111 | | Carlos Manuel Fernandes | - | V1 | Individual | 01:26:50 | 00:20:40 |
| 103 | 5164 | | Paulo Monteiro Veloso | - | CAD | Individual | 01:26:53 | 00:20:43 |
| 104 | 5158 | | Carlos Miguel Figueiredo | - | SEN | Individual | 01:27:23 | 00:21:13 |
| 105 | 5461 | | Dinis Barbosa | - | SEN | Individual | 01:27:30 | 00:21:20 |
| 106 | 4094 | 1780 | Hernâni Amaral | - | V4 | DUNIK.PT-Clube dos Galitos | 01:27:37 | 00:21:27 |
| 107 | 5142 | | José Norberto Lima | - | V2 | Individual | 01:27:55 | 00:21:45 |
| 108 | 5237 | | Hélio Joaquim Machado | - | SEN | Individual | 01:28:06 | 00:21:56 |
| 109 | 5574 | | Manuel Joaquim Ferreira | - | SEN | Individual | 01:28:20 | 00:22:10 |
| 110 | 5343 | | Jorge Manuel Meneses | - | SEN | Individual | 01:28:30 | 00:22:20 |
| 111 | 5534 | | Ricardo Mendes | - | SEN | Individual | 01:28:34 | 00:22:24 |
| 112 | 5215 | | Hélder Filipe Ferreira | - | SEN | Individual | 01:28:48 | 00:22:38 |
| 113 | 5274 | | Carlos Manuel Ferreira | - | V2 | Individual | 01:28:50 | 00:22:40 |
| 114 | 5116 | | José Paulo Oliveira | - | V1 | Individual | 01:28:53 | 00:22:43 |
| 115 | 5378 | | Manuel Casimiro Tavares | - | V2 | Individual | 01:28:58 | 00:22:48 |
| 116 | 5298 | | Filipe Manuel Torres | - | S23 | Individual | 01:28:58 | 00:22:48 |
| 117 | 5562 | | Venceslau Fernandes | - | V4 | Individual | 01:29:07 | 00:22:57 |
| 118 | 5639 | | Fábio Oliveira | - | SEN | Individual | 01:29:37 | 00:23:27 |
| 119 | 5270 | | Carlos Alberto Abreu | - | V3 | Individual | 01:29:39 | 00:23:29 |
| 120 | 5450 | | Vitor Manuel Coelho | - | SEN | Individual | 01:29:46 | 00:23:36 |
| 121 | 5416 | | Pedro Alexandre Silva | - | SEN | Individual | 01:29:51 | 00:23:41 |
| 122 | 5322 | | João Paulo Costa | - | V1 | Individual | 01:29:55 | 00:23:45 |
| 123 | 5370 | | Luis Carlos Pinto | - | SEN | Individual | 01:29:56 | 00:23:46 |
| 124 | 5491 | | Marco António Moreira | - | SEN | Individual | 01:30:04 | 00:23:54 |
| 125 | 5161 | | Fernando Fernandes | - | V2 | Individual | 01:30:05 | 00:23:55 |
| 126 | 5409 | | Paulo Rua | - | SEN | Individual | 01:30:08 | 00:23:58 |
| 127 | 5105 | | António Franklim Oliveira | - | SEN | Individual | 01:30:20 | 00:24:10 |
| 128 | 3715 | 618 | Pedro Reis | - | SEN | Individual | 01:30:21 | 00:24:11 |
| 129 | 3129 | 2036 | Leandro Caetano | - | SEN | Porto Runners | 01:30:28 | 00:24:18 |
| 130 | 5629 | | Hélder Silva | - | SEN | Individual | 01:30:34 | 00:24:24 |
| 131 | 5163 | | José Manuel Santos | - | V2 | Individual | 01:30:43 | 00:24:33 |
| 132 | 5448 | | Vitor Castro | - | V1 | Individual | 01:30:51 | 00:24:41 |
| 133 | 5138 | | Délio Renato Ferreira | - | SEN | Individual | 01:30:58 | 00:24:48 |
| 134 | 5580 | | Nuno Abreu | - | SEN | Individual | 01:31:01 | 00:24:51 |
| 135 | 5634 | | Gilberto Enes | - | SEN | Individual | 01:31:10 | 00:25:00 |
| 136 | 5172 | | Tania Catarina Costa | - | SEN | Individual | 01:31:19 | 00:25:09 |
| 137 | 5169 | | Fernando Octávio Andrade | - | V1 | Individual | 01:31:19 | 00:25:09 |
| 138 | 5538 | | José Andrade Pinto | - | V3 | Individual | 01:31:32 | 00:25:22 |
| 139 | 5318 | | Hélder Rafael Queirós | - | SEN | Individual | 01:31:34 | 00:25:24 |
| 140 | 3645 | 107 | Miguel Torres | - | SEN | CFV | 01:31:38 | 00:25:28 |
| 141 | 5495 | | Rui Amaral Bastos | - | V2 | Individual | 01:31:42 | 00:25:32 |
| 142 | 5445 | | Rui Vitor Meireles | - | SEN | Individual | 01:31:59 | 00:25:49 |
| 143 | 5573 | | Filipe Oliveira | - | SEN | Individual | 01:32:03 | 00:25:53 |
| 144 | 5465 | | José Miguel Soares | - | SEN | Individual | 01:32:06 | 00:25:56 |
| 145 | 5470 | | Carlos Pereira | - | V2 | Individual | 01:32:13 | 00:26:03 |
| 146 | 5160 | | Carlos Alberto Pontes | - | V2 | Individual | 01:32:13 | 00:26:03 |
| 147 | 5229 | | Manuel Jesus Granja | - | V2 | Individual | 01:32:13 | 00:26:03 |

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|---------|------------|-------|-----------|----------|-----------------|--|--|--|
| Data: | 26-03-2011 | Hora: | 11h00 | Local: | V. N. Famalicão | | | |
| Corrida | 5.000 mt | BTT: | 18.000 mt | Corrida: | 2.500 mt | | | |

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|----------|---------------|------------------|-------|
| Ranking: | Ranking Geral | Hora de Partida: | 00h00 |
|----------|---------------|------------------|-------|

| Lu | Dors | Lic | Nome | PEN | Escal | Nome de clube | Total | Diff |
|-----|------|------|---------------------------|-----|-------|--------------------|----------|----------|
| 148 | 5426 | | Pedro Filipe Freitas | - | SEN | Individual | 01:32:22 | 00:26:12 |
| 149 | 5230 | | Manuel Santos Silva | - | V1 | Individual | 01:32:33 | 00:26:23 |
| 150 | 5480 | | Rui Paulo Martins | - | SEN | Individual | 01:32:38 | 00:26:28 |
| 151 | 5278 | | César Silva | - | SEN | Individual | 01:33:08 | 00:26:58 |
| 152 | 5128 | | Rui Joaquim Teixeira | - | SEN | Individual | 01:33:12 | 00:27:02 |
| 153 | 5496 | | António Carlos Trindade | - | V2 | Individual | 01:33:12 | 00:27:02 |
| 154 | 5227 | | José António Oliveira | - | SEN | Individual | 01:33:36 | 00:27:25 |
| 155 | 5584 | 1695 | Paulo de Jesus Oliveira | - | V1 | Individual | 01:33:38 | 00:27:28 |
| 156 | 5240 | | Jesus António Campos | - | SEN | Individual | 01:33:46 | 00:27:36 |
| 157 | 5339 | | Joaquim Oliveira da Silva | - | V4 | Individual | 01:33:52 | 00:27:42 |
| 158 | 5466 | | Nelson Alexandre Jesus | - | SEN | Individual | 01:34:02 | 00:27:52 |
| 159 | 5578 | | Cristiano Oliveira | - | SEN | Individual | 01:34:04 | 00:27:54 |
| 160 | 4119 | 1846 | António Magalhães | - | V2 | McDonalds/TriBraga | 01:34:19 | 00:28:09 |
| 161 | 5463 | | Paulo Sérgio Correia | - | SEN | Individual | 01:34:25 | 00:28:15 |
| 162 | 5135 | | Jose Augusto Fernandes | - | SEN | Individual | 01:34:28 | 00:28:18 |
| 163 | 5245 | | Tiago Miguel Cunha | - | SEN | Individual | 01:34:29 | 00:28:19 |
| 164 | 5307 | | Francisco Carvalho | - | V1 | Individual | 01:34:52 | 00:28:42 |
| 165 | 5478 | | João Rui Guimarães | - | SEN | Individual | 01:35:07 | 00:28:56 |
| 166 | 5455 | | Vitor Hugo Mendes | - | S23 | Individual | 01:35:26 | 00:29:16 |
| 167 | 5633 | | Tiago Couto | - | SEN | Individual | 01:35:30 | 00:29:20 |
| 168 | 3778 | 1288 | Renato Cardoso | - | SEN | Porto Runners | 01:35:49 | 00:29:39 |
| 169 | 5232 | | Paulo Alexandre Cunha | - | V1 | Individual | 01:35:56 | 00:29:46 |
| 170 | 5235 | | Rui Manuel Lima | - | V2 | Individual | 01:35:56 | 00:29:46 |
| 171 | 5180 | | Rui Miguel Pereira | - | SEN | Individual | 01:36:47 | 00:30:37 |
| 172 | 5362 | | Júlio Oliveira | - | V2 | Individual | 01:37:07 | 00:30:57 |
| 173 | 5474 | | Pedro António Silva | - | SEN | Individual | 01:37:23 | 00:31:13 |
| 174 | 5357 | | José Calheiros Dias | - | V2 | Individual | 01:37:30 | 00:31:19 |
| 175 | 5528 | | Joaquim Santos | - | V1 | Individual | 01:37:37 | 00:31:27 |
| 176 | 5132 | | André Marques Castro | - | SEN | Individual | 01:37:49 | 00:31:39 |
| 177 | 5447 | | Tiago Pereira | - | SEN | Individual | 01:38:05 | 00:31:55 |
| 178 | 5400 | | Nuno Luis Novo | - | SEN | Individual | 01:38:18 | 00:32:08 |
| 179 | 5636 | | Filipe Costa | - | SEN | Individual | 01:38:44 | 00:32:34 |
| 180 | 5150 | | Fernando Lopes | - | V3 | Individual | 01:38:49 | 00:32:39 |
| 181 | 5148 | | Antero Moreira | - | V2 | Individual | 01:38:49 | 00:32:39 |
| 182 | 5498 | | António Augusto Silva | - | V2 | Individual | 01:38:49 | 00:32:39 |
| 183 | 5282 | | Cristina Pereira | - | S23 | Individual | 01:39:04 | 00:32:54 |
| 184 | 5121 | | Paulo Manuel Ribeiro | - | V1 | Individual | 01:39:32 | 00:33:22 |
| 185 | 5304 | | Filipe Ricardo Silva | - | SEN | Individual | 01:39:46 | 00:33:36 |
| 186 | 5395 | | Nuno Amaral Bastos | - | V1 | Individual | 01:40:57 | 00:34:47 |
| 187 | 5140 | | José da Costa e Silva | - | V3 | Individual | 01:41:00 | 00:34:50 |
| 188 | 5165 | | Pedro Israel Araújo | - | SEN | Individual | 01:41:11 | 00:35:01 |
| 189 | 5136 | | Carla Alexandra Seiceira | - | SEN | Individual | 01:41:37 | 00:35:27 |
| 190 | 5141 | | José Miguel Silva | - | SEN | Individual | 01:41:55 | 00:35:45 |
| 191 | 5374 | | Luis Filipe Novais | - | S23 | Individual | 01:41:58 | 00:35:48 |
| 192 | 5181 | | Artur Jorge Bastardo | - | V1 | Individual | 01:42:03 | 00:35:53 |
| 193 | 5183 | | Orlando CândidoLemos | - | V4 | Individual | 01:42:03 | 00:35:53 |
| 194 | 5149 | | Fernando Gomes Martins | - | V2 | Individual | 01:42:17 | 00:36:07 |
| 195 | 5151 | | Francisco Augusto Silva | - | V1 | Individual | 01:42:17 | 00:36:07 |
| 196 | 5638 | | Nuno Ribeiro | - | SEN | Individual | 01:42:23 | 00:36:13 |

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|---------|------------|-------|-----------|----------|-----------------|--|--|--|
| Data: | 26-03-2011 | Hora: | 11h00 | Local: | V. N. Famalicão | | | |
| Corrida | 5.000 mt | BTT: | 18.000 mt | Corrida: | 2.500 mt | | | |

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|----------|---------------|------------------|-------|
| Ranking: | Ranking Geral | Hora de Partida: | 00h00 |
|----------|---------------|------------------|-------|

| Lu | Dors | Lic | Nome | PEN | Escal | Nome de clube | Total | Diff |
|-----|------|------|--------------------------|-----|-------|----------------------------|----------|----------|
| 197 | 5492 | | Jorge Manuel Rocha | - | V2 | Individual | 01:42:38 | 00:36:28 |
| 198 | 5494 | | José António Lapa | - | V2 | Individual | 01:42:38 | 00:36:28 |
| 199 | 5429 | | Pedro José Magalhães | - | V1 | Individual | 01:42:43 | 00:36:33 |
| 200 | 5217 | | Alfredo Augusto Lima | - | SEN | Individual | 01:43:41 | 00:37:31 |
| 201 | 5475 | | Rui Manuel Mendes | - | V1 | Individual | 01:43:48 | 00:37:38 |
| 202 | 5473 | | Joel Gouveia | - | SEN | Individual | 01:43:49 | 00:37:39 |
| 203 | 5389 | | Mário Pinto | - | SEN | Individual | 01:44:03 | 00:37:53 |
| 204 | 5446 | | Tiago Branco Andrade | - | SEN | Individual | 01:44:22 | 00:38:12 |
| 205 | 5471 | | Diogo Pereira | - | S23 | Individual | 01:44:54 | 00:38:44 |
| 206 | 5469 | | Alfredo Azevedo | - | V1 | Individual | 01:44:59 | 00:38:49 |
| 207 | 5293 | | Fernando Barbedo | - | V1 | Individual | 01:45:12 | 00:39:02 |
| 208 | 5454 | | Carlos Fernando Ferreira | - | S23 | Individual | 01:45:15 | 00:39:05 |
| 209 | 5144 | | Manuel João Silva | - | SEN | Individual | 01:45:23 | 00:39:13 |
| 210 | 5530 | | Manuel Costa Alves | - | SEN | Individual | 01:45:25 | 00:39:15 |
| 211 | 5269 | | Cândido Novais Sá | - | V4 | Individual | 01:45:54 | 00:39:44 |
| 212 | 5560 | | Ricardo Carvalho | - | JUN | Individual | 01:46:37 | 00:40:27 |
| 213 | 5529 | | Paulo Abreu | - | SEN | Individual | 01:46:55 | 00:40:45 |
| 214 | 5152 | | Manuel Anselmo | - | V3 | Individual | 01:47:05 | 00:40:55 |
| 215 | 5499 | | José Luis Moreira | - | V3 | Individual | 01:47:52 | 00:41:41 |
| 216 | 5243 | | José António Cunha | - | SEN | Individual | 01:48:10 | 00:42:00 |
| 217 | 5139 | | Joaquim José Oliveira | - | V2 | Individual | 01:49:04 | 00:42:54 |
| 218 | 5306 | | Francisco Araújo | - | SEN | Individual | 01:49:04 | 00:42:54 |
| 219 | 5262 | | Antonio Faria | - | V3 | Individual | 01:49:22 | 00:43:12 |
| 220 | 5356 | | José Antóno Azevedo da | - | SEN | Individual | 01:50:44 | 00:44:34 |
| 221 | 5464 | | Sofia Raquel Figueiredo | - | SEN | Individual | 01:51:47 | 00:45:37 |
| 222 | 5556 | | Rui Veloso | - | SEN | Individual | 01:51:47 | 00:45:37 |
| 223 | 5319 | | Hugo Alexandre Queiroz | - | SEN | Individual | 01:53:25 | 00:47:15 |
| 224 | 5439 | | Ricardo Manuel Lirio | - | SEN | Individual | 01:53:25 | 00:47:15 |
| 225 | 5443 | | Rui Machado | - | SEN | Individual | 01:53:29 | 00:47:19 |
| 226 | 5145 | | Paulo Manuel Pinheiro | - | V1 | Individual | 01:53:45 | 00:47:35 |
| 227 | 5635 | | Pedro Oliveira | - | SEN | Individual | 01:54:01 | 00:47:51 |
| 228 | 5244 | | Ricardo Manuel Pereira | - | SEN | Individual | 01:54:33 | 00:48:23 |
| 229 | 5632 | | David Ferreira | - | SEN | Individual | 01:55:20 | 00:49:10 |
| 230 | 5497 | | Anibal Fernando Amaral | - | V2 | Individual | 01:56:09 | 00:49:59 |
| 231 | 4229 | 1339 | Elisabete Gonçalves | - | V1 | Porto Runners | 01:56:33 | 00:50:23 |
| 232 | 5155 | | Sergia Ariana Pinto | - | SEN | Individual | 01:57:35 | 00:51:25 |
| 233 | 5369 | | Luis Alves | - | SEN | Individual | 02:09:32 | 01:03:22 |
| | 5228 | | Justino Inácio Marques | DQ | V2 | Individual | 01:32:51 | 00:26:41 |
| | 5277 | | Carlos Paulo Costa | DQ | V1 | Individual | 01:24:43 | 00:18:32 |
| | 5536 | | Teresa Oliveira | DQ | SEN | Individual | 01:32:22 | 00:26:12 |
| | 1531 | 23 | Pedro Araújo Mendes | DNF | JUN | Individual | | - |
| | 5248 | | Alexandra Fernandes | DNF | SEN | Individual | | - |
| | 1301 | 847 | Rita Maria Lopes | DNS | CAD | Amiciclo | | - |
| | 1514 | 1386 | João Campos Cunha | DNS | JUN | Clube Triatlo de Perosinho | | - |
| | 3023 | 1706 | Rui Gomes | DNS | SEN | Individual | | - |
| | 3141 | 2051 | Victor Teixeira | DNS | SEN | CFV | | - |
| | 4102 | 1607 | Luis Lima | DNS | V3 | CFV | | - |
| | 4133 | 1910 | Helena Lobo | DNS | V1 | Amiciclo | | - |
| | 5103 | | Victor Rafael Ferreira | DNS | SEN | Individual | | - |

| | | | | | | | | |
|---------|------------|-------|-----------|----------|-----------------|--|--|--|
| Data: | 26-03-2011 | Hora: | 11h00 | Local: | V. N. Famalicão | | | |
| Corrida | 5.000 mt | BTT: | 18.000 mt | Corrida: | 2.500 mt | | | |

| | | | |
|----------|---------------|------------------|-------|
| Ranking: | Ranking Geral | Hora de Partida: | 00h00 |
|----------|---------------|------------------|-------|

| Lu | Dors | Lic | Nome | PEN | Escal | Nome de clube | Total | Diff |
|----|------|-----|-------------------------|-----|-------|---------------|-------|------|
| | 5125 | | Nuno Jorge Martins | DNS | SEN | Individual | | - |
| | 5133 | | Amadeu José Silva | DNS | SEN | Individual | | - |
| | 5153 | | Ricardo Victor Pereira | DNS | S23 | Individual | | - |
| | 5159 | | João Carlos Bastos | DNS | V1 | Individual | | - |
| | 5203 | | Paulo Machado | DNS | SEN | Individual | | - |
| | 5250 | | Álvaro Oliveira | DNS | V1 | Individual | | - |
| | 5255 | | Ana Maria Vilas Boas | DNS | SEN | Individual | | - |
| | 5256 | | Ana Moura | DNS | SEN | Individual | | - |
| | 5267 | | Bruno Pontes | DNS | SEN | Individual | | - |
| | 5268 | | Bruno Silva | DNS | SEN | Individual | | - |
| | 5272 | | Carlos Manuel Ferreira | DNS | SEN | Individual | | - |
| | 5275 | | Carlos Miguel Fernandes | DNS | SEN | Individual | | - |
| | 5283 | | Daniel Rocha | DNS | SEN | Individual | | - |
| | 5291 | | Elisabete Vilas Boas | DNS | SEN | Individual | | - |
| | 5296 | | Fernando Monteiro | DNS | SEN | Individual | | - |
| | 5297 | | Filipe Costa | DNS | S23 | Individual | | - |
| | 5309 | | Francisco José Machado | DNS | S23 | Individual | | - |
| | 5320 | | Iago Leiros Carrera | DNS | SEN | Individual | | - |
| | 5321 | | Inês Marques Bastos | DNS | JUN | Individual | | - |
| | 5326 | | João Pedro Barbosa | DNS | SEN | Individual | | - |
| | 5347 | | Jorge Moniz | DNS | V2 | Individual | | - |
| | 5353 | | José António Miranda da | DNS | V1 | Individual | | - |
| | 5358 | | José Manuel Pinto | DNS | V3 | Individual | | - |
| | 5381 | | Manuel Ramiro Batista | DNS | V3 | Individual | | - |
| | 5382 | | Marco Antonio Monteiro | DNS | V1 | Individual | | - |
| | 5394 | | Milton José Cabral | DNS | SEN | Individual | | - |
| | 5396 | | Nuno Coelho | DNS | SEN | Individual | | - |
| | 5406 | | Otelo Fontes | DNS | SEN | Individual | | - |
| | 5410 | | Paulo Ruivo | DNS | V3 | Individual | | - |
| | 5413 | | Paulo Sérgio Rodrigues | DNS | SEN | Individual | | - |
| | 5425 | | Pedro Esteves | DNS | SEN | Individual | | - |
| | 5438 | | Pedro Moreira | DNS | SEN | Individual | | - |
| | 5440 | | Ricardo Manuel Mendes | DNS | SEN | Individual | | - |
| | 5441 | | Rui Alves | DNS | V2 | Individual | | - |
| | 5449 | | Vitor Filipe Silva | DNS | V1 | Individual | | - |
| | 5451 | | Vitor Miguel Araújo | DNS | V3 | Individual | | - |
| | 5458 | | João Pedro Pinheiro | DNS | V1 | Individual | | - |
| | 5479 | | Manuel Augusto Martins | DNS | V1 | Individual | | - |
| | 5488 | | José Miguel Oliveira | DNS | SEN | Individual | | - |
| | 5490 | | Paulo Fernando Ribeiro | DNS | SEN | Individual | | - |
| | 5630 | | Luis Oliveira | DNS | SEN | Individual | | - |