

S. SILVESTRE DO PORTO - 1996

RESULTADOS COMPLETOS
30 de Dezembro de 1995

Organização: C.A. Terbel

Informações Chip

Nome	Informações Chip				Tempo Chip										
	Tempo Tradicional	5km	Perda na Partida	Tempo Chip		39:18	19:20	02	39:16	ANTONIO VALENTE	43:14	21:24	02	43:12	
CARLOS MONTEIRO	31:33	15:41	00	31:33	FRANCISCO PINTO	39:23	19:20	05	39:18	ALBINO COSTA	43:16	21:20	08	43:08	
ANTONIO PINTO	31:36	15:41	00	31:36	FRANCISCO MESQUITA	39:23	19:20	02	39:21	MANUEL PEREIRA	43:17	21:26	12	43:05	
JOAQUIM SILVA	31:38	15:41	00	31:38	AURELIANA POLONIA	39:25	18:59	01	39:24	JOAQUIM AMARO	43:20	20:38	03	43:17	
FERNANDO COUTO	31:41	15:41	01	31:40	JOSE ALBINO	39:31	19:20	01	39:30	EDMUNDO MENESES	43:25	21:27	15	43:10	
JOAO LOPES	31:44	15:41	01	31:43	ANTONIO VIEIRA	39:35	19:20	02	39:33	CARLOS A. SILVA	43:26	21:24	03	43:23	
JAMES MODEN	31:49	15:41	02	31:47	AMADEU PEREIRA	39:39	19:19	01	39:38	CARLOS NATIVIDADE	43:29	21:41	08	43:21	
HENRIQUE CRISOSTOMO	31:50	15:41	00	31:50	ROBERTO MARQUES	39:45	19:11	02	39:43	ARTUR FERREIRA	43:30	21:42	08	43:22	
ANTONIO PEREZ PERALES	31:51	15:41	00	31:51	JOSE FALCAO	39:50	19:13	01	39:49	FERNANDO LIMA	43:33	21:13	03	43:30	
RUI VIEIRA	31:53	15:41	00	31:53	PAULO ALMEIDA	39:52	18:48	02	39:50	MANUEL BARBOSA	43:33	20:50	03	43:30	
PAULO CATARINO	32:00	15:42	00	32:00	MARIO DUARTE	39:54	19:27	05	39:49	ANTONIO COENTRAO	43:34	21:08	02	43:32	
DELFIN CONCEICAO	32:32	15:41	00	32:32	JOSE CARLOS	39:56	19:52	02	39:54	FERNANDO VIDAL	43:38	20:45	04	43:34	
ELIZARDO DE LA TORRE	32:35	15:42	00	32:35	LUCIANO SILVA	39:57	19:19	02	39:55	EDMUNDO GUEDES	43:41	21:13	06	43:35	
PAULO FERREIRA	32:40	15:42	00	32:40	ABILIO MARQUES	40:07	19:22	03	40:04	MANUEL OLIVEIRA	43:42	21:20	09	43:33	
JOAQUIM RAMOS	32:45	15:42	01	32:44	ARNALDO RODRIGUES	40:11	19:31	04	40:07	ALBERTO BATISTA	43:47	21:24	03	43:44	
JOAO VALENTE	33:00	15:46	00	33:00	MANUEL URBANO	40:13	19:51	02	40:11	MANUEL TAVARES	43:50	21:02	05	43:45	
RUI BORGES	33:26	15:41	00	33:26	ANTONIO SANTOS	40:14	19:21	03	40:11	FIRMINO GUEDES	43:56	21:12	05	43:51	
JOAQUIM CARDOSO	33:36	16:14	01	33:35	EUSEBIO JESUS	40:20	19:17	01	40:19	LUIS VILELA	43:58	20:27	01	43:57	
DOMINGOS NEVES	34:07	16:27	02	34:05	JOAO RODRIGUES	40:22	19:51	06	40:16	AMERICO FERREIRA	44:05	21:37	10	43:55	
LINO PINTO	34:07	16:40	03	34:04	ISABEL SOUSA	40:22	19:20	01	40:21	ARMANDO GUEDES	44:07	21:25	02	44:05	
AUGUSTO LOPES	34:14	16:40	00	34:14	ANGELO MENESES	40:33	19:57	06	40:27	DARIO PEREIRA	44:09	21:39	06	44:03	
DELFIN MOREIRA	34:15	16:41	00	34:15	PAULO OLIVEIRA	40:38	19:32	01	40:37	RENATO BARBOSA	44:09	21:20	01	44:08	
ILIDIO SILVA	34:16	16:29	01	34:15	MANUEL GOMES	40:40	20:03	05	40:35	JOSE LOPES	44:10	21:45	02	44:08	
HORACIO ARAUJO	34:23	16:40	01	34:22	FERNANDO SANTOS	40:44	20:12	12	40:32	VITOR PESCADINHA	44:11	21:24	04	44:07	
VITOR SILVA	34:26	16:28	01	34:25	JOAQUIM PEREIRA	40:46	20:03	05	40:41	CARLOS FELGUEIRAS	44:13	22:09	03	44:10	
FRANCISCO PEREIRA	34:28	16:40	01	34:27	DUARTE NOGUEIRA	40:51	19:36	03	40:48	AUGUSTO BARROS	44:17	21:50	04	44:13	
VITOR RIBEIRO	34:32	16:45	01	34:31	MANUEL SOUSA	40:52	19:50	05	40:47	PAULINO FARIA	44:22	21:30	03	44:19	
JOSE LAMEIRAS	34:48	16:29	02	34:46	MANUEL PINTO	40:54	20:04	06	40:48	JOAQUIM MENDES	44:23	21:37	03	44:20	
PEDRO SAMPAIO	34:52	16:29	01	34:51	AUGUSTO BATISTA	40:58	20:12	03	40:55	ADRIANO QUEIROS	44:25	21:55	09	44:16	
CARLOS SILVA	34:55	17:03	01	34:54	JOAO OLIVEIRA	41:01	20:23	04	40:57	JULIO SABINO	44:30	22:57	08	44:22	
MANUEL NETO	34:58	17:02	02	34:56	JOAQUIM SOARES	41:05	19:50	04	41:01	ANTONIO FLORES	44:36	22:42	06	44:30	
MARCELO CASCAVELO	35:02	16:47	01	35:01	FERNANDO GONCALVES	41:09	20:07	08	41:01	MANUEL MAGALHAES	44:40	21:26	03	44:37	
NUNO SOUSA	35:16	17:09	00	35:16	FERNANDO VIEIRA	41:12	19:49	04	41:08	MANUEL SOARES	44:42	22:10	00	44:42	
PEDRO SOARES	35:37	17:09	00	35:37	MANUEL AMORIM	41:13	19:50	00	41:13	ABEL SANTOS	44:44	21:57	09	44:35	
BERNARDINO SILVA	35:51	17:25	02	35:49	JOAQUIM SILVA	41:16	19:56	03	41:13	MARIO JORGE	44:47	22:01	04	44:43	
PEDRO TERRA	35:56	17:37	01	35:55	CARLOS JESUS	41:17	20:06	07	41:10	JOSE ANDRE	44:47	21:55	06	44:41	
HORACIO ARAUJO	35:56	17:36	01	35:55	JOAO FERREIRA	41:18	20:14	03	41:15	TAVARES ELVAS	44:47	21:55	04	44:43	
LOURENCO CUNHA	36:05	17:35	02	36:03	MATEUS SANTOS	41:20	20:04	02	41:18	ANTONIO BRANDAO	44:48	22:01	05	44:43	
JOAQUIM ROCHA	36:13	18:00	01	36:12	PEREIRA LOPES	41:25	20:16	06	41:19	FERNANDO PEREIRA	44:53	22:44	07	44:46	
CELSO PAIVA	36:24	17:36	02	36:22	JOAQUIM FERREIRA	41:34	19:38	03	41:31	ALFREDO LIMA	44:54	21:31	04	44:50	
CASIMIRO GALHARDO	36:28	17:25	01	36:27	CARLOS PINHEIRO	41:40	20:08	02	41:38	MANUEL BRITO	44:55	21:36	05	44:50	
PRUDENCIO PEREIRA	36:31	17:40	02	36:29	PEDRO FRANCO	41:44	20:19	02	41:42	JOSE MACHADO	44:56	22:12	07	44:49	
CARMINDO SOARES	36:50	17:59	07	36:43	ANGELO CEREJA	41:46	20:23	04	41:42	ALZIRA SOUSA	44:56	21:20	04	44:52	
TORCATO MOREIRA	36:50	17:58	00	36:50	MANUEL MARTINS	41:49	20:08	07	41:42	CARLA SOUSA	44:56	21:21	05	44:51	
CONCEICAO FERREIRA	36:52	17:59	01	36:51	JOSE MARQUES	41:50	19:47	01	41:49	MANUEL CONDE	44:57	22:11	06	44:51	
LUCINIO CRUZ	37:07	17:55	01	37:06	ANTONIO SA	41:55	20:20	04	41:51	PAULO PEREIRA	44:57	22:12	07	44:50	
ABILIO PEREIRA	37:08	18:00	01	37:07	FERNANDO RAMOS	42:03	20:39	01	42:02	ANTONIO PAULO	44:58	21:58	03	44:55	
FATIMA CABRAL	37:12	18:05	01	37:11	ANTONIO FARIA	42:09	20:15	04	42:05						
ROSA OLIVEIRA	37:16	18:11	01	37:15	FERNANDO OLIVEIRA	42:13	20:04	03	42:10	AMERICO SILVA	44:59	22:55	02	44:57	
ANTONIO SILVA	37:26	17:57	01	37:25	JOAO COSTA	42:13	20:15	02	42:11	PEDRO JORGE	44:59	22:10	13	44:46	
JOSE RAMOS	37:28	17:56	02	37:26	RUI LOBO	42:14	21:14	04	42:10	CANDIDO PITTA	45:01	21:44	11	44:50	
	(50)				MANUEL CARNEIRO	42:14	20:07	03	42:11	MANUEL SILVA	45:06	21:29	03	45:03	
PAULO PINHO	37:45	18:04	03	37:42	DOMINGOS SOUSA	42:15	20:37	04	42:11	AGOSTINHO CORREIA	45:07	21:50	06	45:01	
CARLOS FERREIRA	37:52	18:33	02	37:50	JOSE PINHO	42:16	20:22	06	42:10	ANTONIO RUELA	45:12	21:59	06	45:06	
RUBEN CRUZ	37:56	18:23	00	37:56	CONST. VALENTIM	42:17	20:17	04	42:13	JOAQUIM NUNES	45:16	22:06	11	45:05	
JOSE VIDRAGO	37:58	18:11	02	37:56	JOAQUIM COUTINHO	42:18	20:38	05	42:13	VITOR ALVES	45:19	22:03	12	45:07	
FRANCISCO TAVARES	37:59	18:38	01	37:58	JOSE CARVALHO	42:20	20:23	01	42:19	JOAQUIM MOUTINHO	45:21	23:05	10	45:11	
ANIBAL SILVA	38:05	18:06	00	38:05	GUILHERME GONCALVES	42:27	20:37	02	42:25	MANUEL DIAS	45:30	21:59	09	45:21	
ANTONIO J. SOARES	38:10	19:08	11	37:59	PAULO NEVES	42:34	20:52	05	42:29	ANTONIO LEITE	45:31	22:09	08	45:23	
DAVID FERNANDES	38:14	18:52	04	38:10	ARMANDINO TABORDA	42:37	20:32	10	42:27	IDALINO FERNANDO	45:32	22:18	07	45:25	
ANTONIO FONSECA	38:19	18:56	05	38:14	NUNO GOUVEIA	42:39	21:25	06	42:33	MANUEL CANARIO	45:35	21:51	00	45:35	
JOAQUIM PENTIEIRO	38:21	18:48	05	38:16	CARLOS SOARES	42:39	20:37	05	42:34	RUFINO BELO	45:38	22:58	08	45:30	
PEDRO LEAL	38:24	18:36	01	38:23	ALEXANDRE BARBOSA	42:40	20:39	01	42:39	FERNANDO SEIA	45:39	22:59	07	45:32	
FATIMA SILVA	38:33	18:41	01	38:32	ASSIS AZEVEDO	42:43	21:03	04	42:39	ARTUR CARVALHO	45:43	22:09	02	45:41	
CARLOS OLIVEIRA	38:36	19:17	03	38:33	MARIO SILVA	42:49	20:44	03	42:46	ALFREDO FERREIRA	45:45	21:50	04	45:41	
RICARDO ROCHA	38:37	18:48	02	38:35	FERNANDO FERREIRA	42:50	20:03	02	42:48	FATIMA GOMES	45:48	23:04	05	45:43	
CARLOS BATISTA	38:43	18:52	01	38:42	FERNANDO MENDES	42:55	21:29	09	42:46	MANUEL ROCHA	45:48	22:56	10	45:38	
JOSE SILVA	38:45	18:29	02	38:43	JOSE SILVA	42:55	21:32	07	42:48	ARTUR CAMPOS	45:49	22:24	07	45:42	
EDUARDO ELVAS	38:46	19:03	03	38:43	MARTINHO PACHECO	42:56	21:32	06	42:50	ALBERTO NELO	45:51	22:47	08	45:43	
CARLOS SANTOS	38:47	19:22	06	38:41	MANUEL FERREIRA	43:05	20:47	06	42:59	JOSE FREITAS	45:52	22:47	08	45:44	
OSCAR LOUREIRO	38:53	18:48	01	38:52	ADERITO TEIXEIRA	43:08	20:52	14	42:54	ANTONIO RONDA	45:54	22:41	03	45:51	
FERNANDO SANTOS	38:54	18:48	02	38:52	ANTONIO MOTA	43:10	21:15	05	43:05	MANUEL SILVA	45:55	22:10	02	45:53	
ANTONIO LEITE	39:00	18:41	00	39:00	MARIO CALDAS	43:11	21:20	08	43:03	ARLINDO PINHEIRO	45:57	22:27	03	45:54	
ISAC VIEIRA	39:02	19:18	01	39:01	JOSE MOTA	43:12	21:41	05	43:07	JOSE MARTINS	46:01	23:11	07	45:54	
ORLANDO SA	39:05	18:52	03	39:02	IRINA BOUKAROVA	43:13	21:20	07	43:06	MANUEL LOPES	46:02	23:04	04	45:58	
MANUEL VIEIRA	39:07	18:58	01	39:06		(150)				JOAQUIM ALMADA	46:05	22:54	08	45:57	
ANTONIO MOREIRA	39:08	19:20	10	38:58	VITOR SOARES	43:13	21:25	03	43:10	PEDRO MORAIS	46:07	22:18	03	46:04	
					PAULO PEREIRA	43:14	21:20	06	43:08	VITORINO ADERITO	46:08	22:57	09	45:59	

SALVIO NORA	46:10	22:41	11	45:59	SERAFIM MARTINS	49:41	23:46	03	49:38	ARMANDO OLIVEIRA	54:41	26:42	05	54:36
ALBERTINO COUTO	46:12	23:03	05	46:07	JOAQUIM FONSECA	49:45	24:00	02	49:43	NELSON MOREIRA	54:44	27:59	06	54:28
MANUEL RILHO	46:16	22:31	03	46:13	JOSE SILVA	49:53	23:48	03	49:50	JULIO PACHECO	54:44	27:26	13	54:31
ANTONIO SANTOS	46:25	22:49	10	46:15	AGOSTINHO COSTA	49:56	23:54	09	49:47	JOSE A. SOUSA	54:50	26:22	05	54:46
LUIS SILVA	46:26	23:11	11	46:15	CARLOS ALBERTO	49:57	24:08	11	49:46	FILIFE MIRANDA	54:51	25:38	04	54:41
ARTUR PIRES	46:28	22:52	08	46:20	JOAQUIM COSTA	49:59	24:27	08	49:51	HELDER JORGE	55:04	28:23	04	55:00
ALBERTO CERQUEIRA	46:37	23:27	11	46:26	RICARDO SILVA	50:03	25:03	00	50:03	JOSE MANUEL	55:07	27:35	12	54:53
AMILCAR OLIVEIRA	46:42	22:24	06	46:36	VITOR SILVA	50:11	24:14	07	50:04	ALVARO ALMEIDA	55:09	26:39	11	54:58
PEDRO SILVA	46:47	23:04	07	46:40	ANTONIO FERREIRA	50:13	24:45	13	50:00	DAVID CHILRO	55:12	27:26	13	54:59
JOSE CUNHA	46:48	22:45	08	46:40	MANUEL SOUSA	50:15	24:27	03	50:12	FERNANDO ABREU	55:20	28:26	15	55:16
EDUARDO FONSECA	46:50	23:25	06	46:44	RUI COUTO	50:17	23:53	06	50:11	FERNANDO MOTA	55:27	28:47	13	55:14
MANUEL FONTES	46:52	23:11	03	46:49	FERNANDO ANTONIO	50:17	25:12	06	50:11	JOAO CASAS	55:41	26:06	07	55:34
ADRIANO REIS	46:53	23:12	10	46:43	LUIS M. RIBEIRO	50:18	26:02	12	50:06	MARIO PEREIRA	55:44	25:36	03	55:41
LUIS ABREU	46:57	22:49	08	46:49	ANTONIO CARDOSO	50:26	24:29	14	50:12	AMADEU SILVA	55:46	26:41	03	55:43
FERNANDO CANARIO	47:00	22:50	07	46:53	MANUEL AMORIM	50:29	24:27	05	50:24	ANTONIO DUARTE	55:50	28:31	09	55:43
MANUEL J. CRUZ	47:02	22:49	06	46:56	JOSE RIBEIRO	50:32	24:36	13	50:19	ANIBAL OLIVEIRA	55:51	27:59	14	55:39
AGOSTINHO FLORES	47:03	23:28	06	46:57	ANTONIO COUTO	50:34	23:00	05	50:29	MARGARIDA QUARESMA	55:54	27:44	09	55:63
VASCO FARIA	47:04	22:09	03	47:01	BELMIRO AGUIAR	50:36	25:13	13	50:23	JOSE CASTRO	55:55	25:57	10	55:46
AMERICO FERREIRA	47:04	23:29	13	46:51	ANTONIO R. PINTO	50:38	25:46	11	50:27	ARLINDO MATOS	56:09	26:00	00	56:00
JOSE CALDAS	47:06	23:27	05	47:01	JOSE LIMA	50:39	25:56	08	50:31	JOAQUIM LOPES	56:15	26:42	04	56:11
(250)					ANTONIO FIGUEIRA	50:43	25:10	10	50:33	JOSE MARTINS	56:17	27:36	10	56:07
JOSE SENGO	47:08	23:25	06	47:02	ALBERTO SILVA	50:44	23:45	06	50:38	ARMANDO PATAIAS	56:21	27:31	01	56:20
JOSE SANTOS	47:11	22:56	06	47:05	MANUEL RODRIGUES	50:44	24:35	03	50:41	DARIO BRAGA	56:21	27:31	12	56:00
GILBERTO GONCALVES	47:13	22:58	08	47:05	JOSE GOMES	50:45	25:01	13	50:32	JOAO MARTINS	56:24	26:33	09	56:16
JOSE FERREIRA	47:15	23:02	04	47:11	MARIO SILVA	50:47	25:16	09	50:38	JOSE FRAN. AMORIM	56:30	27:05	15	56:15
JOSE MARIA FONTES	47:17	22:06	12	47:05	DOMINGOS RODRIGUES	50:47	25:15	09	50:38	JOSE GARCIA	56:30	25:32	10	56:23
ARMANDO BORDONHOS	47:17	23:14	06	47:11	CARLOS FERREIRA	50:48	25:21	10	50:38	JOSE LIMA	56:33	27:55	12	56:21
CARLOS ALMEIDA	47:18	23:29	11	47:07	ARMINDO BARROS	50:52	24:32	04	50:48	JOAQUIM CANDIDO	56:37	27:55	13	56:24
JOSE EVARISTO	47:18	24:46	00	47:18	MANUEL NEVES	50:53	25:13	10	50:43	ARNALDO GARCIA	56:41	27:21	05	56:36
LUIS MIGUEL	47:18	20:55	06	47:12	CARLOS SOARES	50:54	25:25	05	50:49	ANTONIO LEBRE	56:50	28:04	04	56:46
FERNANDO SANTIAGO	47:19	23:19	06	47:13	MANUEL BARBOSA	50:56	24:37	01	50:55	PAULO MANUEL	56:53	27:52	04	56:49
MARIO SAMPAIO	47:22	22:45	00	47:22	ARTUR CORREIA	50:56	24:34	10	50:46	JORGE SILVA	56:56	27:30	11	56:45
JOSE MAGALHAES	47:22	22:36	03	47:19	ANTONIO PEREIRA	51:01	25:58	09	50:52	ADELINO SILVA	56:57	27:57	10	56:47
ARMANDINO JOSE	47:27	23:12	07	47:20	CARLOS ALVES	51:01	25:16	15	50:46	MARIO SIMOES	56:58	27:30	10	56:48
MANUEL JOAO SILVA	47:29	23:28	12	47:17	CAMILO COSTA	51:02	25:58	08	50:54	ALBANO PEREIRA	57:01	27:55	06	56:55
CARLOS LOPES	47:32	23:09	07	47:25	(350)				ANABELA MONTEIRO	57:07	28:33	01	57:06	
JOSE CORVAL	47:35	22:48	09	47:26	AMANDIO LOUREIRO	51:02	23:10	06	50:56	PEDRO MIGUEL	57:13	27:54	10	57:03
ROLANDO DIAS	47:42	23:52	03	47:39	PEDRO ALVES	51:06	25:27	12	50:54	ALVARO FERREIRA	57:15	28:07	02	57:13
COUTO SOARES	47:46	23:45	05	47:41	ANTONIO URBANO	51:07	24:55	07	51:00	ALEXANDRE MAGALHAES	57:21	27:34	10	57:11
FERNANDO PAIVA	47:46	23:46	11	47:35	JOSE DIAS	51:09	25:16	08	51:01	ALBANO SOUSA	57:26	27:54	15	57:11
MANUEL LOPES	47:47	23:29	11	47:36	JOSE RIBEIRO	51:13	25:56	07	51:06	FRANCISCO ABREU	57:42	28:26	15	57:27
JOAQUIM SILVA	47:48	23:26	08	47:40	JOSE SILVA	51:14	25:30	06	51:08	HERMINIO SILVA	57:43	28:49	14	57:29
MANUEL BATISTA	47:50	23:04	04	47:46	ANTONIO LOURENCO	51:14	23:49	05	51:09	NELSON NEVES	58:01	27:22	04	57:57
DARCILIO CALCADA	47:51	23:08	04	47:47	ANTONIO GONCALVES	51:16	25:29	14	51:02	LAURINDO PEREIRA	58:02	27:56	12	57:59
ANTERO MACHADO	48:01	23:12	03	47:58	JOAO MARQUES	51:23	26:06	00	51:23	LUIS A. MARCELO	58:04	28:16	08	57:56
LIDIO FREITAS	48:04	23:19	05	47:59	UWE ZICKERMANN	51:27	25:02	08	51:19	JOSE MANUEL	58:07	28:20	10	57:57
PAULO RIBEIRO	48:04	23:31	06	47:58	ANTONIO LIMA	51:34	25:24	10	51:24	ALVARO SILVA	58:08	28:20	08	58:00
VITOR MOTA	48:05	23:52	09	47:56	EDMUNDO ALVARO	51:38	25:16	08	51:30	VERISSIMO RIBEIRO	58:19	28:31	14	58:05
JORGE M. GOMES	48:05	24:42	13	47:52	BENILDE BARBOSA	51:41	24:35	05	51:36	JOSE M. SILVA	58:31	28:27	10	58:02
VITOR COSTA	48:09	22:24	07	48:02	FRANCISCO ROCHA	51:41	24:35	01	51:40	JOSE PINTO	58:36	28:24	06	58:30
JAIME RAMOS	48:12	22:54	09	48:03	FRANCISCO FORTE	51:48	25:05	13	51:35	(450)				
JOSE PINA	48:16	23:47	04	48:12	JORGE LIMA	51:49	25:18	10	51:39	CARLOS MARTINHO	58:37	28:33	05	58:32
JOSE MENDES	48:18	24:10	09	48:09	ARTUR PIRES	51:51	24:57	08	51:43	ABILIO PINTO	58:41	28:34	07	58:34
ALEXANDRA ALMEIDA	48:26	23:20	10	48:16	FERNANDO LOPES	51:57	24:34	11	51:46	MARIO BRITO	59:08	29:00	02	59:06
MARIO PINTO	48:27	23:19	02	48:25	MANUEL CARNEIRO	52:05	25:03	05	52:00	ISABEL PATACAO	59:18	28:50	12	59:06
JOSE TEIXEIRA	48:33	23:49	05	48:28	ALBERTO CORREIA	52:07	25:34	14	51:53	VITOR MATIAS	59:20	28:45	10	59:10
CARLOS PINHO	48:35	24:27	06	48:29	FERNANDO CASEIRA	52:10	25:18	07	52:03	FILIFE AFONSO	59:20	28:45	12	59:06
EDMUNDO ALVARO	48:37	23:54	11	48:26	ZULMIRO FAMILIAR	52:10	25:51	09	52:01	INACIO PINTO	1:00:00	28:31	05	59:55
VITOR CASIMIRO	48:38	24:27	05	48:33	EDUARDO AMARAL	52:15	25:50	08	52:07	FERNANDA CUNHA	1:00:14	28:34	03	1:00:11
ANIBAL ALMEIDA	48:40	24:28	05	48:35	ARNALDO BRANDAO	52:17	25:30	15	52:02	ARTUR FERREIRA	1:00:15	26:13	05	1:00:10
JOSE MANUEL	48:41	23:53	08	48:33	ALBERTO SA	52:18	26:12	12	52:06	JOAQUIM SILVA	1:00:35	29:05	09	1:00:26
EDUARDO SILVA	48:42	23:53	09	48:33	JOSE SILVA	52:22	25:50	12	52:10	LISA SANTOS	1:00:41	29:24	11	1:00:30
ALBERTO COUTO	48:42	23:45	05	48:37	MANUEL ALMEIDA	52:25	25:19	09	52:16	VITOR LARANJEIRA	1:00:42	28:51	14	1:00:28
NORBERTO PIRES	48:44	23:22	02	48:42	MANUEL PEREIRA	52:27	26:01	11	52:16	JOSE PINTO	1:00:50	28:35	04	1:00:46
ANTONIO ROCHA	48:45	23:55	10	48:35	LUIS MALHEIRO	52:28	25:41	08	52:20	JOSE REIS	1:01:32	29:15	09	1:01:28
JOSE RAMOS	48:45	23:29	10	48:35	JOSE PEREIRA	52:36	25:51	09	52:27	ANTONIO BARBOSA	1:01:43	27:35	08	1:01:36
ANTONIO ALVES	48:47	23:27	03	48:44	PAULO FERREIRA	52:52	25:36	11	52:41	PEDRO MARINHO	1:02:12	29:26	12	1:02:01
AMERICO FERREIRA	48:50	23:51	08	48:42	ANA AURORA	53:02	25:57	05	52:57	MANUEL BRAS	1:02:12	29:27	11	1:02:01
MANUEL SOUSA	48:52	23:25	08	48:44	SERAFIM FONSECA	53:02	25:58	13	52:49	JORGE SILVA	1:02:12	29:27	15	1:01:57
ANTONIO CARDOSO	48:56	23:53	09	48:47	MARIO ALMEIDA	53:09	25:47	19	52:50	MANUEL BRANDAO	1:02:42	30:20	07	1:02:35
EDUARDO MOREIRA	48:57	23:25	07	48:50	JOSE ADEGAS	53:12	25:59	07	53:05	CANDIDO MOREIRA	1:02:42	30:20	07	1:02:35
(300)					JOSE FONSECA	53:15	26:24	06	53:09	LEONEL RIBEIRO	1:04:00	29:41	12	1:03:40
JORGE SILVA	48:57	23:53	07	48:50	ARCELIO MENDES	53:16	25:49	11	53:05	ANTONIO SANTOS	1:04:48	30:26	05	1:04:45
EUGENIO CORDEIRO	48:58	23:55	08	48:50	OLGA PEREIRA	53:19	25:46	09	53:10	ILIDIO MIRANDA	1:05:44	33:10	04	1:05:40
JOSE COSTA	48:59	23:04	10	48:49	ANTONIO ALMEIDA	53:19	26:03	11	53:08	JOSE A. M. FREITAS	1:05:57	29:28	04	1:05:53
ELISABETE PEREIRA	49:07	23:53	09	48:58	ANGELO PINHO	53:24	25:31	01	53:23	DIRK ZICKERMANN	1:05:59	31:59	08	1:05:51
FERNANDO PEREIRA	49:08	23:53	09	48:59	MANUEL GOMES	53:31	26:19	06	53:25	LUIS BATISTA	1:06:27	32:12	10	1:06:17
JOSE OLIVEIRA	49:09	24:11	08	49:01	EDUARDO MARTINS	53:32	26:28	06	53:26	BEATE ZICKERMANN	1:06:31	32:00	07	1:06:24
BASILIO PALMA	49:10	24:07	11	48:59	OLIVIA ELVAS	53:33	26:02	09	53:24	FERNANDO SILVA	1:07:22	32:27	03	1:07:19
EDUARDO SILVA	49:21	23:58	01	49:20	DOMINGOS CARVALHO	53:44	26:39	13	53:31	ALFREDO PINHEIRO	1:08:30	31:35	12	1:08:19
ARMANDO VIDAL	49:26	23:59	07	49:19	DAVID SOUSA	53:45	25:35	10	53:35	JOAO MIGUEL	1:17:26	36:28	13	1:17:13
JOSE MOUTINHO	49:29	24:05	11	49:18	JOAQUIM ALMEIDA	53:52	26:05	07	53:45	CARLA MENDES	1:17:29	35:06	08	1:17:21
ADERITO SANTOLHAO	49:30	24:34	10	49:20	SANDRO CASALINHO	54:14	25:17	07	54:07	MANUEL OLIVEIRA	1:17:35	34:44	10	1:17:25
NATALINO LIMA	49:30	24:05	04	49:26	ANTONIO QUELJO	54:16	26:12	13	54:03	VERISSIMO MOURAO	1:17:35	36:28	13	1:17:22
CARLOS CARVALHO	49:31	24:03	03	49:28	AVELINO FAMILIAR	54:26	26:10	04	54:22	MANUEL PAIVA	1:17:36	36:27	14	1:17:22