

# S. SILVESTRE CIDADE DO PORTO

## 28 de DEZEMBRO de 1996

Dorsal	Nome	Tempo Tradicional	Controlo		Tempo Chip (*)	Dorsal	Nome	Tempo Tradicional	Controlo		Tempo Chip (*)	Dorsal	Nome	Tempo Tradicional	Controlo		Tempo Chip (*)	
			Intermédio 1	Intermédio 2					Intermédio 1	Intermédio 2					Intermédio 1	Intermédio 2		
42	Luke Kipkoskey	29:10	3:58	17:27	29:10	429	Carlos Soutinho	38:00	5:35	23:44	37:88	681	Antonio Casimiro	41:32	5:30	25:10	41:28	
41	Phillipe Kamei	29:13	3:58	17:30	29:12	714	Luis Pereira	38:01	4:39	22:30	38:00	269	Manuel Loureiro	41:33	5:32	25:17	41:31	
39	James Moibben	29:30	3:59	17:42	29:29	720	Jose Henriques	38:04	5:36	24:08	37:97	672	Manuel Carneiro	41:35	5:28	24:38	41:27	
19	Joao Lopes	29:40	3:59	17:41	29:40				(1 000)			627	Augusto Barros	41:37	5:34	25:25	41:34	
5	Carlos Monteiro	29:55	3:58	17:51	29:55	675	Antonio Leite	38:07	4:53	23:09	38:07	358	Mamede Fernandes	41:38	5:51	24:44	41:27	
18	Joaquim Silva	29:58	4:00	18:01	29:55	607	Jose Lima	38:11	4:53	23:21	38:09	541	Pedro Franco	41:40	5:48	25:03	41:31	
38	Riad Mohamed	30:00	3:59	17:42	30:00	700	Antonio Martins	38:15	4:47	22:51	38:14	378	Cesar Ramos	41:42	5:41	24:15	41:26	
7	Thadeo Nada	30:02	3:59	18:01	30:02	623	Rui Lobo	38:16	5:06	23:09	38:12	120	Renato Barbosa	41:43	5:40	25:09	41:36	
630	Abilio Costa	30:04	4:03	18:02	30:03	432	Fernando Lima	38:18	5:35	23:45	38:09	450	Fernando Santiago	41:44	5:11	25:00	41:43	
32	Avelino Frias	30:26	4:00	18:22	30:26	207	Manuel Augusto	38:22	5:20	23:07	38:17	121	Joaquim Pinheiro	41:50	5:40	25:09	41:45	
26	Fernando Couto	30:28	3:59	18:08	30:28	678	Augusto Batista	38:26	5:08	23:19	38:21	316	Manuel Magalhaes	41:52	5:32	25:18	41:48	
21	Juvenal Ribeiro	30:31	3:59	18:13	30:31	318	Albino Ferreira	38:28	5:03	23:03	38:24	645	Filipe Torcato	41:55	5:23	25:15	41:53	
6	Ikaji Salum	30:37	4:08	18:32	30:37	596	Vitor Alves	38:31	5:30	23:23	38:19	257	Alexandra Almeida	41:56	5:47	25:30	41:49	
28	Joaquim Ramos	30:40	4:02	18:22	30:40	110	Nuno Soares	38:33	5:18	23:11	38:22	453	Artur Reis	41:56	5:43	25:13	41:44	
717	Aires Sousa	30:45	3:59	18:15	30:45	701	Carlos Pereira	38:35	4:48	22:50	38:34	336	Jose Gamaelas	41:57	5:39	25:30	41:57	
598	Joao Valente	31:00	4:03	18:28	30:59	267	Antonio Soberano	38:43	4:56	23:07	38:39	203	Vitor Silva	41:58	5:23	25:02	41:56	
43	Eliisio Rios	31:09	4:04	18:48	31:09	401	Francisco Mendes	38:45	5:28	23:36	38:38	323	Antonio Duarte	41:58	5:45	25:18	41:53	
37	John Gathogo	31:11	3:59	18:28	31:11	705	Porfirio Saraiva	38:49	5:10	23:11	38:25	145	Jose Inacio	42:02	5:41	25:28	41:94	
31	Luis Novo	31:16	4:00	18:15	31:14	338	Filipe Miranda	38:50	4:53	22:44	38:44	291	Eduardo Martins	42:06	5:41	25:04	41:90	
27	Jose Lameiras	31:27	4:02	18:28	31:27	374	Nuno Filipe	38:52	6:08	23:42	38:24	349	Fernando Pereira	42:09	6:14	25:44	41:98	
22	Carlos Pereira	31:35	4:05	18:55	31:35	277	Joaquim Soares	38:54	5:48	24:03	38:40		(200)					
23	Pedro Sampaio	31:35	4:07	18:53	31:34	445	Fernando Mendes	38:55	5:13	23:25	38:52	367	Antonio Pinto	42:11	6:11	25:39	41:93	
30	Vitor Silva	31:39	4:08	18:53	31:39	608	Belmiro Costa	38:56	5:42	23:39	38:43	335	Jorge Costa	42:13	5:39	25:30	42:13	
703	Joaquim Lopes	31:44	4:05	19:16	31:43	414	Quintino Bacelo	39:00	5:22	23:40	38:94	205	Luis Machado	42:14	5:40	25:34	42:09	
24	Jose Teixeira	31:53	4:14	18:58	31:53	454	Domingos Resende	39:01	5:06	23:53	38:97	356	Vasco Faria	42:18	5:52	25:40	42:07	
25	Baltazar Sousa	31:53	4:10	19:13	31:53	617	Joao Rodrigues	39:02	4:54	22:59	38:96	357	Carlos Palma	42:19	5:51	25:41	42:10	
636	Jose Silva	32:10	4:08	19:16	32:09	673	Constantino Santos	39:05	5:00	23:27	39:02		268	Jose Silva	42:20	5:51	25:25	42:09
631	Zeferino Neto	32:16	4:06	19:13	32:16							152	Manuel Silva	42:21	5:39	25:35	42:17	
600	Vitor Ribeiro	32:30	4:11	19:34	32:28							158	Serafim Martins	42:21	5:39	25:32	42:18	
431	Francisco Lima	32:35	4:09	19:24	32:35							113	Paulo Ribeiro	42:22	5:38	25:43	42:19	
632	Manuel Costa	32:42	4:17	19:45	32:39							348	Manuel Rocha	42:23	6:15	25:43	42:12	
646	Domingos Barros	32:47	4:12	19:45	32:47							192	Abel Santos	42:24	6:25	26:07	42:09	
86	Antonio Rocha	32:58	4:17	19:45	32:56							123	Americo Ferreira	42:25	5:47	25:40	42:20	
2	Julia Negura	33:21	4:25	19:55	33:20							420	Alfredo Magalhães	42:28	5:50	25:50	42:19	
386	Jorge Rego	33:27	4:11	19:50	33:27							290	Fernando Pereira	42:29	5:56	25:41	42:18	
406	Luis Araujo	33:30	4:24	20:14	33:29							191	Norberto Pires	42:32	5:37	25:31	42:28	
601	Nuno Guerra	33:35	4:15	20:07	33:33							270	Jose Correia	42:36	5:33	25:30	42:34	
416	Jose Braga	33:36	4:24	20:15	33:32							312	Fernando Lima	42:41	5:44	25:40	42:37	
407	Nuno Cepa	33:39	4:15	20:08	33:39							619	Carlos Almeida	42:42	5:49	25:57	42:35	
194	Antonio Pereira	33:42	4:20	20:10	33:41							711	Rui Goncalves	42:43	6:07	26:04	42:25	
683	Pinto Soares	33:45	4:25	20:11	33:44	314	Jose Barbosa	39:06	5:03	23:22	39:04	324	Ilidio Santos	42:45	5:45	25:31	42:38	
397	Prudencio Pereira	33:47	4:32	20:19	33:45	653	Armandino Taborada	39:07	5:04	23:32	39:03	195	Jose Pereira	42:47	6:06	25:39	42:31	
4	Marina Bastos	33:48	4:25	20:11	33:47	159	Manuel Ferreira	39:09	5:12	23:48	39:05	13	Paulo Pereira	42:49	6:05	26:09	42:40	
11	Vitor Soares	34:00	4:25	20:26	33:97	100	Arnaldo Rodrigues	39:10	5:14	23:35	39:06	200	Guilherme Garcia	42:49	6:40	31:06	42:30	
483	Artur Nascimento	34:04	4:25	20:13	34:03	337	Mario Ministro	39:11	5:05	23:33	39:06	218	Julio Sabino	42:51	5:55	26:08	42:38	
722	Jose Dias	34:06	4:21	20:11	34:05	175	Paulo Neves	39:19	5:07	23:30	39:15	148	Antonio Ruela	42:53	5:43	25:35	42:46	
33	Jose Oliveira	34:08	4:28	20:31	34:06	427	Fernando Oliveira	39:23	5:18	23:48	39:17	260	Antonio Santos	42:54	6:41	26:19	42:35	
36	Conceicao Ferreira	34:15	4:34	20:35	34:14	149	Paulo Pinho	39:27	5:34	24:02	39:20	593	Alberto Melo	42:55	5:53	26:07	42:46	
331	Venancio Marques	34:19	4:33	20:31	34:16	150	Joao Oliveira	39:27	5:34	24:02	39:21	355	Paulo Oliveira	42:56	5:55	25:52	42:45	
35	Gennet Georgis	34:36	4:25	20:32	34:36	476	Emilio Santos	39:30	5:15	23:48	39:24	136	Jose Corval	42:58	5:56	25:47	42:46	
9	Lucrecio Cunha	34:53	4:26	21:04	34:53	345	Jose Machado	39:39	5:13	23:49	39:35	184	Joaquim Silva	43:00	6:09	26:19	42:86	
10	Francisco Mesquita	34:55	4:36	21:11	34:52	404	Benjamin Pinho	39:39	5:21	24:02	39:37	126	Manuel Silva	43:01	5:29	26:00	42:98	
623	Jose Sa	34:58	4:30	21:01	34:55	375	Nuno Gouveia	39:39	5:25	24:07	39:33	191	Virgilio Silva	43:04	6:15	26:09	42:90	
462	Mario Barbosa	35:11	4:28	21:06	35:11	480	Antonio Campos	39:46	5:35	23:46	39:29	261	Luis Abreu	43:05	6:47	26:02	42:97	
558	Ricardo Manuel	35:14	4:25	21:01	35:13	389	Jose Fonseca	39:51	5:05	23:58	39:48	539	Eduardo Fonseca	43:11	6:05	26:26	43:06	
233	Manuel Varela	35:18	4:25	20:48	35:15	360	Manuel Silva	39:54	5:34	24:05	39:41	419	Henrique Pestana	43:12	5:50	25:51	43:05	
408	Francisco Novais	35:18	4:33	21:10	35:17	695	Candido Pitta	39:59	5:21	24:40	39:46	540	Beca da Silva	43:12	6:05	26:31	43:04	
18	Rafaela Maraoui	35:28	4:27	20:46	35:27	466	Martinho Pacheco	40:05	5:28	24:20	39:99	287	Jose Martins	43:14	6:07	26:24	43:06	
251	Jose Castelo	35:38	4:45	21:47	35:35	208	Dellim Pinto	40:08	5:37	24:27	40:02	299	Jose Monteiro	43:14	6:16	26:25	42:94	
405	Jose Machado	35:38	4:30	21:10	35:37	477	Mario Augusto	40:12	5:22	24:07	40:08	391	Americo Pinto	43:20	5:36	26:14	43:16	
299	David Santos	35:40	4:35	21:12	35:38	467	Fernando Santos	40:18	5:14	24:16	40:10	618	Jose Pina	43:21	5:49	26:01	43:15	
249	Fernando Santos	35:46	4:44	21:48	35:44	286	Silverio Guedes	40:21	5:25	24:20	40:16	283	Armando Oliveira	43:23	5:30	26:09	43:16	
206	Fernando Oliveira	35:49	4:42	21:38	35:45	441	Jose Teixeira	40:24	5:27	24:14	40:17	474	Abel Rodrigues	43:25	5:43	26:00	43:19	
50	Sally Chepkorir	35:53	4:28	21:21	35:53	473	Idalino Reis	40:26	5:30	24:20	40:18	444	Joaquim Almeida	43:28	6:25	26:41	43:12	
693	Antonio Palhares	35:55	4:39	21:41	35:52	682	Alcino Aguiar	40:26	5:12	24:06	40:17	478	Carlos Duarte	43:32	5:48	26:09	43:26	
604	Joao Fonte	36:02	4:38	21:37	36:01	168	Germano Casimiro	40:26	5:14	24:06	40:23	313	Antonio Paulo	43:35	5:59	26:16	43:25	
1	Fátima Silva	36:02	4:28	21:37	36:02		Oscar Loureiro	40:27	5:20	24:20	40:22	243	Jose Baixinho	43:36	6:16	26:20	43:18	
78	Nuno Malta	36:03	4:36	21:37	36:01	611	Antonio Tavares	40:27	5:34	24:19	40:17	185	Gilberto Fernandes	43:39	6:23	26:41	43:28	
76	Paulo Pereira	36:14	4:49	21:56	36:10	310	Heruciano Lapa	40:28	5:46	24:39	40:21	591	Alberto Gomes (1949)	43:41	6:07	26:18	43:32	
32	Joao Tavares	36:16	4:31	21:39	36:14	381	Ernesto Boushosa	40:40	5:34	24:42	40:30	382	Joaquim Nunes	43:42	5:45	26:36	43:30	
10	Alonso Silva	36:18	4:44	21:54	36:16	533	Bernardino Silva	40:41	5:55	24:56	40:27		Manuel Conde	43:44	6:05	26:40	43:36	
20	Aurora Cunha	36:22	4:49	21:56	36:21	209	Manuel Sousa	40:42	5:56	24:56	40:36	183	Manuel Neiva	43:46	5:53	26:34	43:43	
38	Antonio Cabreira	36:22	4:35	21:46	36:22	308	Antonio Coentrão	40:42	5:10	24:45	40:41	412	Celeste Parente	43:48	6:06	26:43	43:40	
56	Eduardo Elvas	36:22	4:															

	Controlo					Dorsal	Controlo					Dorsal	Controlo				
	Tempo Tradicional	Tempo Intermediário 1	Tempo Intermediário 2	Tempo Chip (*)	Tempo Tradicional		Tempo Intermediário 1	Tempo Intermediário 2	Tempo Chip (*)	Tempo Tradicional	Tempo Intermediário 1		Tempo Intermediário 2	Tempo Chip (*)			
362	Basílio Palma	44:22	6:04	26:49	44:10	165	Manuel Carneiro	46:45	6:13	28:07	46:37	321	Armando Rodrigues	50:06	6:22	29:19	49:93
146	Fernando Seia	44:23	6:24	27:21	44:23	512	Joao Lourenco	46:45	5:37	27:56	46:33	470	Silviano Ferreira	50:07	5:53	29:30	50:04
264	Manuel Luis	44:26	6:22	26:59	44:16	531	Jose Silva	46:47	6:15	28:28	46:27	235	Vitor Barbosa	50:19	6:53	30:28	50:04
621	Nelson Tartaruga	44:27	6:07	26:54	44:15	127	Jose Ribeiro	46:48	5:57	28:09	46:43	328	Henrique Oliveira	50:20	7:05	30:28	50:07
612	Antonio Gonçalves	44:29	5:41	26:26	44:22	421	Francisco Forte	46:48	6:21	28:56	46:40	236	Armando Bordonhos	50:21	6:54	30:27	50:07
262	Antonio Oliveira	44:31	6:40	27:12	44:12	302	Jose Macario	46:49	6:31	28:22	46:36	248	Daniel Silva	50:21	7:16	31:26	50:05
578	Manuel Sousa	44:32	5:55	26:59	44:27	435	Joaquim Fonseca	46:50	5:52	27:46	46:49	296	Augusto Ribeiro	50:23	7:15	30:19	50:01
181	Eugenio	44:33	6:10	26:41	44:11	197	Carlos Lopes	46:51	6:13	28:07	46:44	688	Jorge Figueiredo	50:26	5:41	26:17	50:14
674	Joaquim Paulino	44:36	6:02	26:43	44:23	465	Jose Morais	46:54	6:13	27:32	46:46	629	Joao Marques	50:28	7:07	30:59	50:15
438	Manuel Pereira	44:37	5:52	27:20	44:36	501	Jose Mendes	46:56	6:31	28:52	46:47	626	Manuel Braz	50:29	7:08	31:06	50:12
676	Manuel Borges	44:39	6:41	27:30	44:23	633	Alfredo Ribeiro	46:57	6:45	29:11	46:43	702	Jose Martins	50:33	5:38	28:59	50:30
143	Fernando Paiva	44:43	5:56	26:41	44:37	245	Quiñro Pregaica	47:00	6:28	28:51	46:81	446	Olivia Elvas	50:42	7:09	30:59	50:27
532	Mario Sampaio	44:45	5:40	26:54	44:45	443	Alvaro Pereira	47:00	7:01	28:58	46:83	449	Mario Jorge	50:42	7:08	30:59	50:27
201	Eduardo Silva	44:46	5:53	26:42	44:40	614	Inacio Maia	47:02	6:11	28:11	46:93	448	Antonio Brandao	50:43	7:09	31:02	50:20
620	Jorge Ramos	44:49	5:55	27:06	44:43	709	Antero Machado	47:02	6:05	28:14	46:96	436	Joao Costa	50:45	7:08	31:00	50:23
592	Abel Fernando	44:50	6:14	27:15	44:37	154	Angelo Silva	47:04	6:17	28:35	47:03	557	Avellino Familiar	50:52	6:52	30:39	50:49
509	Artur Carvalho	44:51	5:33	26:41	44:50	526	Jose Abreu	47:05	6:19	28:43	47:00	225	Albino Pinto	50:53	6:04	30:33	50:51
274	Arcelio Mendes	44:52	5:54	26:56	44:41	392	Jose Sa	47:06	6:37	28:35	46:96	370	Pedro Ezequiel	50:53	7:18	31:00	50:34
677	Carlos Borges	44:55	6:41	27:29	44:43	428	Hermínia Silva	47:08	6:47	28:50	47:00	240	Carlos Queiroz	51:06	6:28	30:29	51:04
214	Carlos Sousa	44:56	6:16	27:17	44:45	430	Abilio Lima	47:08	6:47	28:50	47:00	237	Jose de Freitas	51:07	6:03	30:29	51:05
538	Lidio Freitas	44:56	6:04	27:13	44:51	368	Francisco Azevedo	47:09	6:18	27:50	46:87	252	Jose Silva	51:10	6:51	31:03	51:05
568	António Gonçalves	44:57	6:24	27:16	44:36			(4000)				496	Avellino Ferreira	51:10	6:33	30:12	51:04
151	Antonio Rocha	44:58	5:52	27:24	44:51	288	Jorge Silva	47:13	6:30	28:19	46:98	295	Agostinho Vasconcelos	51:11	7:28	31:21	50:91
219	Ruino Belo	44:59	6:36	27:44	44:45	479	Rui Silva	47:18	5:20	26:27	47:15	571	Fernando Rocha	51:12	7:10	31:29	50:94
	(3000)					102	Jose Leiros	47:19	6:04	27:53	47:13	484	Manuel Gomes	51:20	6:54	30:54	51:13
649	Jose Gomes	44:59	5:52	26:51	44:53	101	Manuel Roma	47:21	6:41	29:02	47:06	559	Anibal Oliveira	51:22	7:12	31:39	51:03
504	Mario Fernando	45:00	6:06	26:44	44:97	656	Albano Sousa	47:21	6:41	29:11	47:11	563	Arnaldo Brandao	51:23	7:12	31:39	51:06
637	Modesto Rodrigues	45:00	6:30	27:48	44:82	361	Samuel Cabral	47:24	6:21	28:22	47:11	297	Jose Ricardo	51:27	7:15	29:58	51:09
211	Agostinho Costa	45:03	6:27	27:30	44:88	363	Fernando Lopes	47:25	6:21	28:22	47:10	495	Antonio Soares	51:29	6:48	30:54	51:20
221	Joao Camilo	45:06	6:36	27:45	44:95	385	Antonio Lima	47:27	6:24	28:56	47:07	131	Paulo Gama	51:31	7:16	31:21	51:09
199	Mario Caldas	45:09	6:39	27:38	44:91	565	Manuel Amorim	47:27	6:44	28:36	47:09	371	Nuno Alves	51:36	7:18	30:45	51:16
657	Joaquim Teixeira	45:10	6:39	27:35	44:95	244	Paulo Soares	47:28	6:46	28:51	47:10			(5000)			
163	Joaquim Duarte	45:11	6:30	27:32	44:99	560	Joaquim Costa	47:31	6:43	28:36	47:16	579	Jose Sousa	51:46	7:04	31:12	51:35
167	Couto Soares	45:11	6:30	27:32	44:96	166	Edmundo Alvaro	47:35	6:22	28:24	47:29	115	Luis Oliveira	51:48	7:00	31:47	51:32
241	Armando Cramez	45:11	6:40	27:37	44:93	686	Carlos Salgado	47:37	6:38	28:54	47:26	589	Rui Silva	51:50	7:00	31:47	51:37
388	Jose Magalhaes	45:11	5:46	26:48	45:05	186	Alberto Silva	47:45	6:29	28:36	47:37	346	Antonio Cardoso	52:02	6:49	31:46	51:88
624	Fernando Santos	45:16	6:44	28:00	44:97	177	Albertino Couto	47:46	6:29	28:31	47:41	506	Jose Rodrigues	52:02	6:33	31:26	51:88
180	Luis Soares	45:18	6:38	27:32	45:02	585	Luis Ribeiro	47:47	6:15	28:47	47:34	119	Maria Isabel	52:09	7:00	31:47	51:94
394	Alberto Sampaio	45:20	6:35	27:33	45:10	518	Paulo Garcia	47:48	5:42	27:10	47:41	386	Jose Martins	52:10	6:52	30:44	51:94
615	Jose Monteiro	45:21	5:15	26:22	45:19	273	Constantino Vieira	47:54	5:57	28:42	47:43	139	Arlindo Matos	52:13	7:09	31:22	51:85
692	Pedro Santos	45:24	6:45	27:49	45:06	613	Antonio Pinto	47:54	6:10	28:43	47:49	497	Alvaro Costa	52:30	6:43	31:37	52:26
284	Florencio Cardoso	45:26	6:20	27:33	45:18	712	Ivo Goncalves	47:56	6:45	28:54	47:38	643	Carlos Rocha	52:32	5:45	30:15	52:28
320	Manuel Cruz	45:29	6:08	27:08	45:20							566	Augusto Amorim	52:36	7:21	32:04	52:16
12	Alfredo Fraga	45:31	6:32	27:50	45:16							580	Ricardo Silva	52:37	6:49	31:32	52:20
721	Paulo Vieira	45:32	5:52	27:24	45:25							235	Antonio Andrade	52:43	6:22	31:14	52:36
463	Orlando Ribeiro	45:33	6:11	26:50	45:25							494	Carlos Carreira	52:48	6:18	30:48	52:39
457	Manuel Rinho	45:34	6:14	27:40	45:24							255	Jose Couto	52:54	7:19	32:15	52:35
135	Rafael Andrade	45:35	6:55	28:18	45:17							505	Domingos Rodrigues	53:05	6:43	31:38	52:35
138	Manuel Andrade	45:37	6:50	28:19	45:23							364	Antonio Moreira	53:06	7:10	31:28	52:83
647	Pedro Lereño	45:40	6:36	27:53	45:25							584	Carlos Alves	53:14	7:33	31:47	52:91
350	Jose Manuel	45:41	6:25	27:51	45:32							547	Manuel Pereira	53:41	7:17	32:16	53:24
594	Fernando Canario	45:42	6:23	27:51	45:28							164	Joaquim Lopes	53:46	6:21	31:46	53:43
628	Alberto Sa	45:44	6:45	28:00	45:25							247	Jose Cabeca	53:49	6:34	31:55	53:31
17	Antonio Urbano	45:45	6:32	27:51	45:31							162	Avellino Roxo	53:54	7:17	32:24	53:34
15	Manuel Dourado	45:46	6:31	27:50	45:31							492	Alberto Correia	54:02	6:53	32:33	53:89
529	Renato Pinto	45:46	5:51	27:22	45:44	157	Francisco Serrano	47:57	6:23	27:29	47:42	567	Manuel Joaquim	54:17	7:13	32:16	54:00
114	Fernando Rocha	45:47	6:39	27:53	45:27	417	Paulo Ramos	47:57	5:47	27:19	47:54	685	Artur Rodrigues	54:18	7:29	32:44	54:10
196	Albino Martins	45:47	6:50	28:21	45:30	317	Jose Patusco	47:58	6:00	29:06	47:51	111	Vitor Laranjeira	54:19	7:30	33:08	53:96
226	Eduardo Barbosa	45:51	6:06	27:32	45:48	572	Amaro Valente	47:58	6:40	28:58	47:45	300	Ana Monteiro	54:24	7:34	33:43	54:05
471	Francisco Forte	45:53	6:10	27:44	45:49	564	Antonio Brandao	48:02	6:42	29:17	47:85	112	Laranjeira Filho	54:25	7:32	33:06	54:05
461	Vitorino Aderito	45:54	6:26	27:52	45:41	442	Mario Almeida	48:06	6:13	28:23	48:03	117	Alexandre Magalhaes	54:25	7:23	32:53	54:09
132	Salvio Nora	45:55	6:36	27:59	45:41	326	Américo Ferreira	48:11	6:03	28:49	48:09	198	Joachim Tabuaco	54:27	7:30	33:05	54:13
303	Alvaro Francisco	46:00	6:21	27:35	45:85	641	Joaquim Ferreira	48:16	5:03	23:41	48:11	253	Nuno Silva	54:36	6:27	32:03	54:29
153	Virgolino Bastos	46:01	6:14	27:49	45:92	511	Joao Monteiro	48:17	6:22	29:30	48:06	687	Manuel Moreira	54:59	7:30	33:03	54:52
311	Darcilio Calçada	46:04	6:10	27:33	45:94	609	Jose Cacao	48:18	6:36	29:10	48:04	254	Luis Marcelo	55:03	7:13	33:38	54:88
315	Benjamin Fontes	46:05	6:09	27:29	45:98	502	Jorge Lima	48:19	6:37	29:13	48:10	351	Natalina Peixoto	55:10	7:31	33:05	54:94
228	Antonio Ribeiro	46:07	6:48	28:46	45:94	102	Horacio Queiros	48:20	6:48	29:08	48:07	353	Olga Cardoso	55:10	7:30	33:04	54:94
190	Antonio Ribeiro	46:08	5:45	26:07	46:01	503	Jose Lima	48:23	6:37	29:14	48:17	491	Armando Sousa	55:10	7:14	33:55	55:00
227	Adriano Queiroz	46:08	6:55	28:46	45:87	516	Anabela Dias	48:25	6:22	29:30	48:16	347	Leonel Ribeiro	55:30	7:03	32:29	55:15
229	Serafim Lima	46:08	6:46	28:46	45:94	204	Manuel Cunha	48:26	5:25	28:15	48:26	306	Carlos Pires	55:38	7:19	32:10	55:19
232	Mateus Santos	46:08	6:48	28:46	45:95	271	Fernando Verdete	48:30	6:48	29:12	48:11	507	Amadeu Silva	55:45	6:36	33:12	55:35
583	Vitor Casimiro	46:08	6:43	28:34	45:89	122	Manuel Barbosa	48:32	6:06	29:09	48:29	140	Filipe Valente	55:53	6:14	31:09	55:46
144	Isidoro Neto	46:09	6:42	27:59	45:94	376	Emanuel Martins	48:35	7:10	29:38	48:14	551	Antonio Lebre	56:03	7:30	33:39	55:96
231	Fernando Pimenta	46:09	6:47	28:47	45:99	390	Humberto Silva	48:37	6:33	29:16	48:23	293	Albano Pereira	56:08	7:39	34:11	