

28.40,19	Samuel Barata	93		SL Benfica	3	
29.06,13	Bruno Albuquerque	89		Sporting CP	1/5	C Port/T. Ib
29.40,92	António Silva	87		Sporting CP	21	
29.50,71	Nuno Lopes	87		CA Seia	5	M F Ribeiro
29.51,27	Miguel Marques	95	S23	Sporting CP	2/12	C Port/T. Ib
29.54,89	Samuel Barata	93		SL Benfica	5	Universíadas
30.00,20	Nuno Lopes	87		CA Seia	3/15	C Port/T. Ib
30.20,21	Miguel Ribeiro	87		Olímp. Vianense	4/18	C Port/T. Ib
30.38,07	Hugo Correia	91		Sporting CP	5/20	C Port/T. Ib
30.46,12	Nuno Carraça	89		URC Abrunheira	6	C. Port.
30.49,82	Roberto Prioste	83		GD Estreito	1	
30.55,70	Bruno Moniz	91		ADR Ág Pena	2	
31.00,08	Davide Silva	95	S23	Campismo SJM	1	
31.05,73	Filipe Vitorino	98	JN	CN Rio Maior	1	
31.08,92	Miguel Marques	95	S23	Sporting CP	18	CE s'23
31.16,92	Carlos Rodrigues	93		CSR D Santiago	1	
31.21,94	Mussa Djau	95	S23	Beja AC	7	C. Port.
31.23,12	Jorge Moreira	97	S23	Sporting CP	8	C. Port.
31.23,52	Filipe Vitorino	98	JN	CN Rio Maior	9	C. Port.
31.26,41	Alexandre Figueiredo	99	JN	Marat. V. Chã	2	
31.36,41	Paulo Barbosa	94		CSR D Santiago	2	
31.44,98	Filipe Vitorino	98	JN	CN Rio Maior	6	CE Jun.
31.50,40	Alexandre Figueiredo	99	JN	Marat. V. Chã	10	C. Port.
31.54,26	Simão Bastos	99	JN	CF Oliv. Douro	3	
(até 32.00,00)						
(24 marcas / 18 atletas)						
32.13,29	Nelson Cruz	77	M40	CI Pd Pessoa	1	
32.29,01	André Marques	86		ACR V Cambra	2	
(20)						
32.29,09	Paulo Mendes	92		CA Seia	9	C. Port.
32.30,40	Nelson Oliveira	81	M35	Académica Coimb.	1	
32.30,88	Marco Miguel	90		CDR Ribeirinho	1	
32.31,73	Miguel Quaresma	83		Ingleses FC	10	C. Port.
32.41,10	Filipe Ferreira	89		ACR V Cambra	3	
32.44,05	Fernando Lemos	83		ACD S J Serra	3	
32.44,67	Luís Rações	76	M40	Ingleses FC	1	
32.45,23	Pedro Ferreira	98	JN	SL Benfica	4	
32.47,27	Edwin Nunes	89		ADR Ág Pena	3	
32.49,49	Luís Oliveira	99	JN	CD Feirense	4	
(30)						

Londres-GBR	20-05
Huelva-ESP	08-04
Londres-GBR	20-05
Maia	12-07
Huelva-ESP	08-04
Taipé-CHN	24-08
Huelva-ESP	08-04
Huelva-ESP	08-04
Huelva-ESP	08-04
Huelva-ESP	08-04
Ribeira Brava	18-03
Ribeira Brava	18-03
Luso	22-04
Maia	06-05
Bydgoszcz-POL	13-07
Maia	25-03
Huelva-ESP	08-04
Huelva-ESP	08-04
Huelva-ESP	08-04
Maia	06-05
Maia	25-03
Grosseto-ITA	20-07
Huelva-ESP	08-04
Maia	06-05

Setúbal	14-05
Luso	22-04

Huelva-ESP	08-04
Lisboa-N	01-04
Setúbal	14-05
Huelva-ESP	08-04
Luso	22-04
Maia	25-03
Lisboa-N	01-04
Maia	06-05
Ribeira Brava	18-03
Luso	22-04
