

13.35,00	Hélio Gomes	84		Sporting CP	7	
13.58,29	Samuel Barata	93		SL Benfica	4	
13.59,45	Rui Pinto	92		SL Benfica	17	
14.06,62	Samuel Barata	93		SL Benfica	4	C Eur. Sel.
14.13,68	Samuel Barata	93		SL Benfica	1	C Portugal
14.14,08	Eduardo Mbengani	85		SL Benfica	3	Meet. SLB
14.15,14	Eduardo Mbengani	85		SL Benfica	2	C Portugal
14.19,43	Rui Pinto	92		SL Benfica	3	C Portugal
14.22,03	Samuel Barata	93		SL Benfica	1	CN I Div.
14.25,50	Nuno Lopes	87		CA Seia	4	C Portugal
14.28,19	Hugo Correia	91		Sporting CP	5	C Portugal
14.29,80	Cristiano Pereira	96	S23	CP Mangualde	1	CM IPC
14.30,05	Bruno Albuquerque	89		Sporting CP	2	CN I Div.
14.34,42	Miguel Marques	95	S23	Sporting CP	1	M V Tavares
14.37,55	Andralino Furtado	92		Sporting CP	1	
14.39,42	Miguel Marques	95	S23	Sporting CP	6	C Portugal
14.40,14	Andralino Furtado	92		Sporting CP	7	C Portugal
14.40,21	Andralino Furtado	92		Sporting CP	1	M Maia
14.40,34	Luís Saraiva	93		SC Braga	3	CN I Div.
14.40,37	Rui Pedro Silva	81	M35	Sporting CP	1	CN CI-ap
14.41,49	Nuno Lopes	87		CA Seia	4	Meet. SLB
14.43,04	Miguel Marques	95	S23	Sporting CP	1	CN s'23
14.43,05	Johan Caldeira	93		Campismo SJM	2	M Maia
14.43,88	Paulo Pinheiro	89		Sporting CP	2	
14.44,33	António Silva	87		Sporting CP	1B	
	(até 14.45,00)					
	(25 marcas / 15 atletas)					
14.45,85	Davide Silva	95	S23	Campismo SJM	2	CN s'23
14.48,08	Jorge Santa Cruz	89		SC Braga	1	
14.49,50	Miguel Ribeiro	87		CAO Vianense	1	CN CI-ap
14.49,88	Roberto Prioste	83		GD Estreito	4	CN I Div.
14.51,45	João Bértolo	94		Maratona CP	8	C Portugal
	(20)					
14.52,37	Ricardo Pereira	90		A Jard. Serra	5	CN I Div.
14.52,41	Jorge Varela	80	M35	Areias S João	2	M V Tavares
14.52,44	Filipe Vitorino	98	JN	CN Rio Maior	2	
14.53,09	Nuno Carraça	89		URC Abrunheira	3	M V Tavares
14.53,21	Bruno Batista	96	S23	CN Rio Maior	3	
14.53,92	Luís Macau	89		J Vidigalense	6	CN I Div.
14.55,94	Bruno Moniz	91		ADR Ág. Pena	2	CN CI-ap
14.56,89	Alexandre Figueiredo	99	JN	Maratona V Chã	1	CN Jun.
14.59,37	Filipe Fialho	97	S23	GD Diana	6	Meet. SLB
14.59,39	Cristiano Pereira	96	S23	CP Mangualde	2	CN CI-ap
	(30)					

Huelva-ESP	14-06
Ninove-BEL	15-07
Huelva-ESP	14-06
Vaasa-FIN	24-06
Vagos	10-06
Lisboa-I	17-06
Vagos	10-06
Vagos	10-06
Leiria	22-07
Vagos	10-06
Vagos	10-06
Londres-GBR	23-07
Leiria	22-07
Faro	13-05
Lisboa-I	16-07
Vagos	10-06
Vagos	10-06
Maia	08-07
Leiria	22-07
Vendas Novas	27-05
Lisboa-I	17-06
Pombal	01-07
Maia	08-07
Lisboa-I	16-07
Lee Valley-GBR	03-06

Pombal	01-07
Maia	14-06
Guimarães	27-05
Leiria	22-07
Vagos	10-06

Leiria	22-07
Faro	13-05
Maia	14-06
Faro	13-05
Maia	14-06
Leiria	22-07
Ribeira Brava	27-05
Marinha Grande	08-07
Lisboa-I	17-06
Guimarães	27-05