Primeira Divisão: 1989–90

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	G	W–D–L	GF–GA	Pts
FC Porto	19/8/1989 **2–0** CD Nacional	26/8/1989 2–0 FC Penafiel	10/9/1989 2–1 GD Chaves	24/9/1989 **4–0** Portimonense SC	15/10/1989 0–1 Sporting CP	22/10/1989 **1–0** SL Benfica	28/10/1989 0–0 CS Maritimo	5/11/1989 **3–0** SC Braga	19/11/1989 4–1 CD Feirense	26/11/1989 **7–0** FC Tirsense	2/12/1989 1–0 Boavista FC	16/12/1989 **1–0** União da Madeira	23/12/1989 1–1 Estrela Amadora	30/12/1989 **3–0** Os Belenenses	7/1/1990 1–0 Vitória Setúbal	14/1/1990 **1–1** Vitória Guimarães	21/1/1990 1–0 SC Beira–Mar	27/1/1990 3–0 CD Nacional	11/2/1990 **4–0** FC Penafiel	18/2/1990 **4–1** GD Chaves	25/2/1990 1–0 Portimonense SC	4/3/1990 **3–2** Sporting CP	11/3/1990 0–0 SL Benfica	18/3/1990 **4–1** CS Maritimo	25/3/1990 2–1 SC Braga	1/4/1990 **3–1** CD Feirense	8/4/1990 2–1 FC Tirsense	14/4/1990 **3–1** Boavista FC	22/4/1990 2–0 União da Madeira	25/4/1990 **2–0** Estrela Amadora	29/4/1990 0–1 Os Belenenses	6/5/1990 **1–0** Vitória Setúbal	13/5/1990 2–0 Vitória Guimarães	20/5/1990 **2–2** SC Beira–Mar	34	27–5–2 H:15–2–0 A:12–3–2	72–16 H:48–9 A:24–7	86.76% 59
SL Benfica	26/8/1989 1–1 Vitória Guimarães	10/9/1989 **5–0** SC Beira–Mar	23/9/1989 4–1 CD Nacional	14/10/1989 **7–0** FC Penafiel	22/10/1989 0–1 FC Porto	28/10/1989 **5–0** Portimonense SC	5/11/1989 1–0 Sporting CP	19/11/1989 0–0 GD Chaves	25/11/1989 **4–0** CS Maritimo	3/12/1989 4–0 SC Braga	13/12/1989 **5–1** Vitória Setúbal	16/12/1989 **3–1** CD Feirense	23/12/1989 1–1 FC Tirsense	30/12/1989 **1–1** Boavista FC	7/1/1990 3–0 União da Madeira	14/1/1990 **2–0** Estrela Amadora	21/1/1990 0–0 Os Belenenses	28/1/1990 2–1 Vitória Setúbal	11/2/1990 **2–0** Vitória Guimarães	18/2/1990 2–0 SC Beira–Mar	25/2/1990 **1–1** CD Nacional	3/3/1990 4–0 FC Penafiel	11/3/1990 **0–0** FC Porto	17/3/1990 3–2 Portimonense SC	25/3/1990 **2–1** Sporting CP	31/3/1990 **2–0** GD Chaves	8/4/1990 1–1 CS Maritimo	14/4/1990 **3–1** SC Braga	22/4/1990 1–1 CD Feirense	25/4/1990 **1–0** FC Tirsense	28/4/1990 0–1 Boavista FC	6/5/1990 **4–2** União da Madeira	13/5/1990 1–0 Estrela Amadora	20/5/1990 **1–0** Os Belenenses	34	23–9–2 H:14–3–0 A:9–6–2	76–18 H:48–8 A:28–10	80.88% 55
Sporting CP	20/8/1989 **3–2** Vitória Guimarães	27/8/1989 1–0 SC Beira–Mar	10/9/1989 **2–0** CD Nacional	24/9/1989 0–0 FC Penafiel	15/10/1989 **1–0** FC Porto	22/10/1989 2–0 Portimonense SC	29/10/1989 1–2 GD Chaves	5/11/1989 **0–1** SL Benfica	18/11/1989 2–1 CS Maritimo	26/11/1989 **0–0** SC Braga	3/12/1989 2–1 CD Feirense	16/12/1989 **1–0** FC Tirsense	23/12/1989 0–0 Boavista FC	30/12/1989 **2–0** União da Madeira	6/1/1990 0–0 Estrela Amadora	14/1/1990 **1–0** Os Belenenses	20/1/1990 1–1 Vitória Setúbal	28/1/1990 1–1 Vitória Guimarães	10/2/1990 **2–0** SC Beira–Mar	17/2/1990 1–1 CD Nacional	25/2/1990 **2–1** FC Penafiel	4/3/1990 2–3 FC Porto	10/3/1990 **1–0** Portimonense SC	18/3/1990 **1–1** GD Chaves	25/3/1990 1–2 SL Benfica	1/4/1990 **1–0** CS Maritimo	8/4/1990 1–1 SC Braga	14/4/1990 **3–2** CD Feirense	22/4/1990 1–1 FC Tirsense	25/4/1990 **2–2** Boavista FC	29/4/1990 0–0 União da Madeira	6/5/1990 **2–0** Estrela Amadora	13/5/1990 0–1 Os Belenenses	20/5/1990 **2–0** Vitória Setúbal	34	17–12–5 H:13–3–1 A:4–9–4	42–24 H:26–9 A:16–15	67.65% 46
Vitória Guimarães	20/8/1989 2–3 Sporting CP	26/8/1989 **1–1** SL Benfica	10/9/1989 3–2 CS Maritimo	24/9/1989 **2–0** SC Braga	15/10/1989 0–0 CD Feirense	22/10/1989 **1–0** FC Tirsense	29/10/1989 2–1 Boavista FC	5/11/1989 **3–0** União da Madeira	12/11/1989 0–0 CD Nacional	19/11/1989 2–1 Estrela Amadora	25/11/1989 **2–1** Os Belenenses	3/12/1989 1–0 Vitória Setúbal	16/12/1989 **1–0** GD Chaves	23/12/1989 **2–0** SC Beira–Mar	29/12/1989 **2–0** FC Penafiel	14/1/1990 1–1 FC Porto	21/1/1990 **2–0** Portimonense SC	28/1/1990 **1–1** Sporting CP	11/2/1990 0–2 SL Benfica	18/2/1990 **0–0** CS Maritimo	25/2/1990 3–1 SC Braga	4/3/1990 **4–0** CD Feirense	11/3/1990 0–0 FC Tirsense	18/3/1990 **0–1** Boavista FC	25/3/1990 1–1 União da Madeira	1/4/1990 **0–0** Estrela Amadora	8/4/1990 0–4 Os Belenenses	14/4/1990 **2–1** Vitória Setúbal	21/4/1990 0–0 GD Chaves	25/4/1990 2–0 SC Beira–Mar	29/4/1990 **2–2** CD Nacional	6/5/1990 1–2 FC Penafiel	13/5/1990 **0–2** FC Porto	20/5/1990 3–1 Portimonense SC	34	17–11–6 H:10–5–2 A:7–6–4	46–28 H:25–9 A:21–19	66.18% 45
GD Chaves	20/8/1989 **3–2** FC Penafiel	26/8/1989 0–2 Boavista FC	3/9/1989 0–0 SC Beira–Mar	10/9/1989 **1–2** FC Porto	23/9/1989 1–1 União da Madeira	15/10/1989 **4–2** Portimonense SC	22/10/1989 1–1 Estrela Amadora	29/10/1989 **2–1** Sporting CP	4/11/1989 0–3 Os Belenenses	19/11/1989 **0–0** SL Benfica	26/11/1989 1–4 Vitória Setúbal	3/12/1989 **2–1** CS Maritimo	16/12/1989 0–1 Vitória Guimarães	23/12/1989 **1–1** SC Braga	7/1/1990 **0–0** CD Feirense	14/1/1990 **3–3** CD Nacional	21/1/1990 1–0 FC Tirsense	28/1/1990 0–0 FC Penafiel	10/2/1990 **1–0** Boavista FC	18/2/1990 1–4 FC Porto	25/2/1990 **2–1** União da Madeira	4/3/1990 1–0 Portimonense SC	11/3/1990 **0–1** Estrela Amadora	18/3/1990 1–1 Sporting CP	24/3/1990 **1–1** Os Belenenses	31/3/1990 0–2 SL Benfica	8/4/1990 **2–0** Vitória Setúbal	14/4/1990 0–0 CS Maritimo	21/4/1990 **1–0** Vitória Guimarães	25/4/1990 0–1 SC Beira–Mar	29/4/1990 **2–1** SC Beira–Mar	6/5/1990 2–1 CD Feirense	13/5/1990 1–1 CD Nacional	20/5/1990 **3–0** FC Tirsense	34	12–14–8 H:9–6–2 A:3–8–6	38–38 H:27–16 A:11–22	55.88% 38
Os Belenenses	20/8/1989 0–0 CS Maritimo	26/8/1989 **2–1** SC Braga	9/9/1989 0–1 CD Feirense	23/9/1989 **1–0** FC Tirsense	14/10/1989 2–4 Boavista FC	22/10/1989 **2–0** União da Madeira	29/10/1989 1–4 Estrela Amadora	4/11/1989 **3–0** GD Chaves	19/11/1989 **0–0** Vitória Setúbal	25/11/1989 1–2 Vitória Guimarães	3/12/1989 **1–0** SC Beira–Mar	23/12/1989 **2–1** FC Penafiel	30/12/1989 0–3 FC Porto	7/1/1990 **1–0** Portimonense SC	14/1/1990 0–1 Sporting CP	21/1/1990 **0–0** SL Benfica	24/1/1990 0–3 CD Nacional	28/1/1990 **1–0** CS Maritimo	11/2/1990 0–3 SC Braga	18/2/1990 **1–0** CD Feirense	25/2/1990 0–1 FC Tirsense	4/3/1990 **1–0** Boavista FC	11/3/1990 0–1 União da Madeira	18/3/1990 **2–1** Estrela Amadora	24/3/1990 1–1 GD Chaves	1/4/1990 2–0 Vitória Setúbal	8/4/1990 **4–0** Vitória Guimarães	14/4/1990 0–1 SC Beira–Mar	21/4/1990 **1–0** CD Nacional	25/4/1990 0–1 FC Penafiel	29/4/1990 **1–0** FC Porto	6/5/1990 1–3 Portimonense SC	13/5/1990 **1–0** Sporting CP	20/5/1990 0–1 SL Benfica	34	16–4–14 H:15–2–0 A:1–2–14	32–33 H:24–3 A:8–30	52.94% 36
Vitória Setúbal	26/8/1989 **2–1** CS Maritimo	9/9/1989 3–0 SC Braga	24/9/1989 **2–0** CD Feirense	15/10/1989 1–2 FC Tirsense	21/10/1989 **1–0** Boavista FC	28/10/1989 1–1 União da Madeira	5/11/1989 **2–1** Estrela Amadora	19/11/1989 0–0 Os Belenenses	26/11/1989 **4–1** GD Chaves	3/12/1989 **0–1** Vitória Guimarães	13/12/1989 1–5 SL Benfica	16/12/1989 0–0 SC Beira–Mar	23/12/1989 **3–0** CD Nacional	31/12/1989 0–1 FC Penafiel	7/1/1990 **0–1** FC Porto	13/1/1990 1–0 Portimonense SC	20/1/1990 **1–1** Sporting CP	28/1/1990 **1–2** SL Benfica	11/2/1990 0–0 CS Maritimo	18/2/1990 **1–0** SC Braga	4/3/1990 **4–2** FC Tirsense	11/3/1990 2–1 Boavista FC	17/3/1990 **0–0** União da Madeira	24/3/1990 1–0 Estrela Amadora	1/4/1990 **0–2** Os Belenenses	8/4/1990 0–2 GD Chaves	14/4/1990 1–2 Vitória Guimarães	21/4/1990 **0–0** SC Beira–Mar	25/4/1990 1–3 CD Nacional	29/4/1990 **3–1** FC Penafiel	3/5/1990 0–0 CD Feirense	6/5/1990 0–1 FC Porto	13/5/1990 **3–1** Portimonense SC	20/5/1990 0–2 Sporting CP	34	14–8–12 H:10–3–4 A:4–5–8	39–34 H:27–14 A:12–20	52.94% 36
Boavista FC	20/8/1989 1–1 FC Tirsense	26/8/1989 **2–0** GD Chaves	9/9/1989 **5–1** União da Madeira	24/9/1989 2–3 Estrela Amadora	14/10/1989 **4–2** Os Belenenses	21/10/1989 0–1 Vitória Setúbal	29/10/1989 **1–2** Vitória Guimarães	5/11/1989 0–2 SC Beira–Mar	19/11/1989 **4–1** CD Nacional	26/11/1989 1–2 FC Penafiel	2/12/1989 **0–1** FC Porto	16/12/1989 2–0 Portimonense SC	23/12/1989 **0–0** Sporting CP	30/12/1989 1–1 SL Benfica	7/1/1990 **1–1** CS Maritimo	14/1/1990 0–0 SC Braga	22/1/1990 **4–0** CD Feirense	28/1/1990 **0–0** FC Tirsense	10/2/1990 0–1 GD Chaves	18/2/1990 1–1 União da Madeira	25/2/1990 **2–0** Estrela Amadora	4/3/1990 0–1 Os Belenenses	11/3/1990 **1–2** Vitória Setúbal	18/3/1990 1–0 Vitória Guimarães	25/3/1990 **1–2** SC Beira–Mar	1/4/1990 1–2 CD Nacional	8/4/1990 **3–0** FC Penafiel	14/4/1990 1–3 FC Porto	22/4/1990 **1–0** Portimonense SC	25/4/1990 2–2 Sporting CP	28/4/1990 **1–0** SL Benfica	6/5/1990 1–3 CS Maritimo	13/5/1990 **2–0** SC Braga	20/5/1990 3–1 CD Feirense	34	13–8–13 H:10–3–4 A:3–5–9	49–36 H:32–12 A:17–24	50.00% 34
FC Tirsense	20/8/1989 **1–1** Boavista FC	27/8/1989 0–0 União da Madeira	9/9/1989 **0–0** Estrela Amadora	23/9/1989 0–1 Os Belenenses	15/10/1989 **2–1** Vitória Setúbal	22/10/1989 0–1 Vitória Guimarães	29/10/1989 **2–0** SC Beira–Mar	5/11/1989 0–0 CD Nacional	19/11/1989 **1–1** FC Penafiel	26/11/1989 0–7 FC Porto	3/12/1989 **1–0** Portimonense SC	16/12/1989 0–1 Sporting CP	23/12/1989 **1–1** SL Benfica	30/12/1989 0–0 CS Maritimo	7/1/1990 **0–0** SC Braga	13/1/1990 0–0 CD Feirense	21/1/1990 **0–1** GD Chaves	28/1/1990 0–0 Boavista FC	11/2/1990 **3–0** União da Madeira	18/2/1990 0–2 Estrela Amadora	25/2/1990 **1–0** Os Belenenses	4/3/1990 2–4 Vitória Setúbal	11/3/1990 **0–0** Vitória Guimarães	18/3/1990 0–1 SC Beira–Mar	24/3/1990 **1–0** CD Nacional	1/4/1990 0–0 FC Penafiel	8/4/1990 **1–2** FC Porto	14/4/1990 1–1 Portimonense SC	22/4/1990 **1–1** Sporting CP	25/4/1990 0–1 SL Benfica	29/4/1990 **1–0** CS Maritimo	6/5/1990 1–1 SC Braga	13/5/1990 **1–1** CD Feirense	20/5/1990 0–3 GD Chaves	34	7–16–11 H:7–8–2 A:0–8–9	21–32 H:17–9 A:4–23	44.12% 30
CS Marítimo	20/8/1989 **0–0** Os Belenenses	26/8/1989 1–2 Vitória Setúbal	10/9/1989 **2–3** Vitória Guimarães	24/9/1989 0–0 SC Beira–Mar	15/10/1989 **2–2** CD Nacional	22/10/1989 1–0 FC Penafiel	28/10/1989 **0–0** FC Porto	5/11/1989 2–2 Portimonense SC	18/11/1989 **1–2** Sporting CP	25/11/1989 0–4 SL Benfica	3/12/1989 1–2 GD Chaves	16/12/1989 **1–1** SC Braga	23/12/1989 0–2 CD Feirense	30/12/1989 **0–0** FC Tirsense	7/1/1990 1–1 Boavista FC	14/1/1990 **1–0** União da Madeira	21/1/1990 0–3 Estrela Amadora	28/1/1990 0–1 Os Belenenses	11/2/1990 **0–0** Vitória Setúbal	18/2/1990 0–0 Vitória Guimarães	25/2/1990 **1–0** SC Beira–Mar	4/3/1990 0–0 CD Nacional	10/3/1990 **2–1** FC Penafiel	18/3/1990 1–4 FC Porto	24/3/1990 **1–1** Portimonense SC	1/4/1990 0–1 Sporting CP	8/4/1990 **1–1** SL Benfica	14/4/1990 **0–0** GD Chaves	22/4/1990 0–3 SC Braga	25/4/1990 **2–0** CD Feirense	29/4/1990 0–1 FC Tirsense	6/5/1990 **3–1** Boavista FC	13/5/1990 0–0 União da Madeira	20/5/1990 **1–0** Estrela Amadora	34	7–15–12 H:6–9–2 A:1–6–10	25–38 H:18–12 A:7–26	42.65% 29
SC Beira–Mar	19/8/1989 2–2 Portimonense SC	27/8/1989 **0–1** Sporting CP	3/9/1989 **0–0** GD Chaves	10/9/1989 0–5 SL Benfica	24/9/1989 **0–0** CS Maritimo	8/10/1989 **1–0** CD Nacional	15/10/1989 0–2 SC Braga	22/10/1989 **1–0** CD Feirense	29/10/1989 0–2 FC Tirsense	5/11/1989 **2–0** Boavista FC	18/11/1989 1–4 União da Madeira	26/11/1989 **1–0** Estrela Amadora	3/12/1989 0–1 Os Belenenses	16/12/1989 **0–0** Vitória Setúbal	23/12/1989 0–2 FC Tirsense	14/1/1990 0–0 FC Penafiel	21/1/1990 **0–1** FC Porto	28/1/1990 **0–0** Portimonense SC	10/2/1990 0–2 Sporting CP	18/2/1990 **0–2** SL Benfica	25/2/1990 0–1 CS Maritimo	4/3/1990 **3–1** SC Braga	10/3/1990 2–1 CD Feirense	18/3/1990 **1–0** FC Tirsense	25/3/1990 2–1 Boavista FC	1/4/1990 **1–0** União da Madeira	8/4/1990 1–3 Estrela Amadora	14/4/1990 **1–0** Os Belenenses	22/4/1990 0–0 Vitória Setúbal	25/4/1990 **0–2** Vitória Guimarães	29/4/1990 1–2 GD Chaves	6/5/1990 0–2 CD Nacional	13/5/1990 **0–0** FC Penafiel	20/5/1990 2–2 FC Porto	34	10–9–15 H:8–5–4 A:2–4–11	22–39 H:11–7 A:11–32	42.65% 29
SC Braga	19/8/1989 **1–0** Estrela Amadora	26/8/1989 1–2 Os Belenenses	9/9/1989 **0–3** Vitória Setúbal	24/9/1989 0–2 Vitória Guimarães	15/10/1989 **2–0** SC Beira–Mar	22/10/1989 0–0 CD Nacional	28/10/1989 **3–0** FC Penafiel	5/11/1989 0–3 FC Porto	19/11/1989 **3–1** Portimonense SC	26/11/1989 0–0 Sporting CP	3/12/1989 **0–4** SL Benfica	16/12/1989 1–1 CS Maritimo	23/12/1989 1–1 GD Chaves	30/12/1989 **3–1** CD Feirense	7/1/1990 0–0 FC Tirsense	14/1/1990 **0–0** Boavista FC	21/1/1990 0–0 União da Madeira	28/1/1990 0–0 Estrela Amadora	11/2/1990 **3–0** Os Belenenses	18/2/1990 0–1 Vitória Setúbal	25/2/1990 **1–3** Vitória Guimarães	4/3/1990 1–3 SC Beira–Mar	11/3/1990 **2–0** CD Nacional	18/3/1990 0–1 FC Penafiel	25/3/1990 **1–2** FC Porto	1/4/1990 0–1 Portimonense SC	8/4/1990 **1–1** Sporting CP	14/4/1990 1–3 SL Benfica	22/4/1990 **3–0** GD Chaves	25/4/1990 **1–1** CD Feirense	29/4/1990 1–3 FC Tirsense	6/5/1990 **1–1** Boavista FC	13/5/1990 0–2 Vitória Setúbal	20/5/1990 **1–1** União da Madeira	34	8–12–14 H:8–5–4 A:0–7–10	32–41 H:26–18 A:6–23	41.18% 28
Estrela Amadora	19/8/1989 0–1 SC Braga	27/8/1989 **3–0** CD Feirense	9/9/1989 0–0 FC Tirsense	24/9/1989 **3–2** Boavista FC	14/10/1989 2–1 União da Madeira	22/10/1989 **1–1** GD Chaves	29/10/1989 **4–1** Os Belenenses	5/11/1989 1–2 Vitória Setúbal	19/11/1989 **1–2** Vitória Guimarães	26/11/1989 0–1 SC Beira–Mar	3/12/1989 **3–0** CD Nacional	16/12/1989 0–1 FC Penafiel	23/12/1989 **1–1** FC Porto	30/12/1989 0–1 Portimonense SC	6/1/1990 **0–0** Sporting CP	14/1/1990 0–2 SL Benfica	17/1/1990 **3–0** CS Maritimo	28/1/1990 **0–0** SC Braga	10/2/1990 1–1 CD Feirense	18/2/1990 **2–0** FC Tirsense	25/2/1990 0–2 Boavista FC	4/3/1990 **1–1** União da Madeira	11/3/1990 1–0 GD Chaves	18/3/1990 1–2 Os Belenenses	24/3/1990 **0–1** Vitória Setúbal	1/4/1990 0–0 Vitória Guimarães	8/4/1990 **3–1** SC Beira–Mar	14/4/1990 0–1 CD Nacional	22/4/1990 **0–1** FC Penafiel	25/4/1990 0–2 FC Porto	29/4/1990 **4–2** Portimonense SC	6/5/1990 0–2 Sporting CP	13/5/1990 **0–1** SL Benfica	20/5/1990 0–1 CS Maritimo	34	10–8–16 H:8–5–4 A:2–3–12	35–34 H:29–14 A:6–20	41.18% 28
CD Nacional	19/8/1989 0–2 FC Porto	27/8/1989 **1–1** Portimonense SC	10/9/1989 0–2 Sporting CP	23/9/1989 **1–4** SL Benfica	8/10/1989 0–1 SC Beira–Mar	15/10/1989 2–2 CS Maritimo	22/10/1989 **0–0** SC Braga	28/10/1989 1–1 CD Feirense	5/11/1989 **0–0** FC Tirsense	12/11/1989 **0–0** Vitória Guimarães	19/11/1989 1–4 Boavista FC	26/11/1989 **0–0** União da Madeira	3/12/1989 0–3 Estrela Amadora	23/12/1989 0–3 Vitória Setúbal	14/1/1990 3–3 GD Chaves	20/1/1990 **1–1** FC Penafiel	24/1/1990 **3–0** Os Belenenses	27/1/1990 **0–3** FC Porto	11/2/1990 1–2 Portimonense SC	17/2/1990 **1–1** Sporting CP	25/2/1990 1–1 SL Benfica	4/3/1990 **0–0** CS Maritimo	11/3/1990 0–2 SC Braga	17/3/1990 **3–0** CD Feirense	24/3/1990 2–0 FC Tirsense	1/4/1990 **2–1** Boavista FC	7/4/1990 2–3 União da Madeira	14/4/1990 **1–0** Estrela Amadora	22/4/1990 0–1 Os Belenenses	25/4/1990 **3–1** Vitória Setúbal	29/4/1990 2–2 Vitória Guimarães	6/5/1990 **2–0** SC Beira–Mar	13/5/1990 **1–1** GD Chaves	20/5/1990 2–0 FC Penafiel	34	7–14–13 H:6–9–2 A:1–5–11	34–46 H:19–13 A:15–33	41.18% 28
FC Penafiel	20/8/1989 2–3 GD Chaves	26/8/1989 **0–2** FC Porto	9/9/1989 1–2 Portimonense SC	24/9/1989 **0–0** Sporting CP	14/10/1989 0–7 SL Benfica	22/10/1989 **0–1** CS Maritimo	28/10/1989 0–3 SC Braga	5/11/1989 **2–0** CD Feirense	19/11/1989 1–1 FC Tirsense	26/11/1989 **2–1** Boavista FC	3/12/1989 1–2 União da Madeira	16/12/1989 **1–0** Estrela Amadora	23/12/1989 1–2 Os Belenenses	31/12/1989 **1–0** Vitória Setúbal	7/1/1990 0–2 Vitória Guimarães	14/1/1990 **0–0** SC Beira–Mar	20/1/1990 1–1 CD Nacional	28/1/1990 **0–0** GD Chaves	11/2/1990 0–4 FC Porto	18/2/1990 **2–0** Portimonense SC	25/2/1990 1–2 Sporting CP	3/3/1990 **0–4** SL Benfica	10/3/1990 1–2 CS Maritimo	18/3/1990 **1–0** SC Braga	24/3/1990 2–1 CD Feirense	1/4/1990 **0–0** FC Tirsense	8/4/1990 0–3 Boavista FC	14/4/1990 **0–0** União da Madeira	22/4/1990 1–0 Estrela Amadora	25/4/1990 **1–0** Os Belenenses	29/4/1990 1–3 Vitória Setúbal	6/5/1990 **2–1** Vitória Guimarães	13/5/1990 0–0 SC Beira–Mar	20/5/1990 **0–2** CD Nacional	34	9–8–17 H:8–5–4 A:1–3–13	24–50 H:12–11 A:12–39	38.24% 26
União da Madeira	19/8/1989 0–1 CD Feirense	27/8/1989 **0–0** FC Tirsense	9/9/1989 1–5 Boavista FC	23/9/1989 **1–1** GD Chaves	14/10/1989 **1–2** Estrela Amadora	22/10/1989 0–2 Os Belenenses	28/10/1989 **1–1** Vitória Setúbal	5/11/1989 0–3 Vitória Guimarães	11/11/1989 **2–0** Portimonense SC	18/11/1989 **4–1** SC Beira–Mar	26/11/1989 0–0 CD Nacional	3/12/1989 **2–1** FC Penafiel	16/12/1989 0–1 FC Porto	30/12/1989 0–2 Sporting CP	7/1/1990 **0–3** SL Benfica	14/1/1990 0–1 CS Maritimo	21/1/1990 **0–0** SC Braga	28/1/1990 **1–1** CD Feirense	11/2/1990 0–3 FC Tirsense	18/2/1990 **1–1** Boavista FC	25/2/1990 1–2 GD Chaves	4/3/1990 1–1 Estrela Amadora	11/3/1990 **1–0** Os Belenenses	17/3/1990 0–0 Vitória Setúbal	25/3/1990 **1–1** Vitória Guimarães	1/4/1990 0–1 SC Beira–Mar	7/4/1990 **3–2** CD Nacional	14/4/1990 0–0 FC Penafiel	22/4/1990 **0–2** FC Porto	25/4/1990 0–2 Portimonense SC	29/4/1990 **0–0** Sporting CP	6/5/1990 2–4 SL Benfica	13/5/1990 **0–0** CS Maritimo	20/5/1990 1–1 SC Braga	34	5–14–15 H:5–9–3 A:0–5–12	24–45 H:18–16 A:6–29	35.29% 24†
Portimonense SC	19/8/1989 **2–2** SC Beira–Mar	27/8/1989 1–1 CD Nacional	9/9/1989 **2–1** FC Penafiel	24/9/1989 0–4 FC Porto	15/10/1989 2–4 GD Chaves	22/10/1989 **0–2** Sporting CP	28/10/1989 0–5 SL Benfica	5/11/1989 **2–2** CS Maritimo	11/11/1989 0–2 União da Madeira	19/11/1989 1–3 SC Braga	26/11/1989 **2–0** CD Feirense	3/12/1989 0–1 FC Tirsense	23/12/1989 **0–2** Boavista FC	30/12/1989 **1–0** Estrela Amadora	7/1/1990 0–1 Os Belenenses	13/1/1990 **0–1** Vitória Setúbal	21/1/1990 0–2 Vitória Guimarães	28/1/1990 0–0 SC Beira–Mar	11/2/1990 **2–1** CD Nacional	18/2/1990 0–2 FC Penafiel	25/2/1990 **0–1** FC Porto	4/3/1990 **0–1** GD Chaves	10/3/1990 0–1 Sporting CP	17/3/1990 **2–3** SL Benfica	24/3/1990 1–1 CS Maritimo	1/4/1990 **1–0** SC Braga	7/4/1990 1–1 CD Feirense	14/4/1990 **1–1** FC Tirsense	22/4/1990 0–1 Boavista FC	25/4/1990 **2–0** União da Madeira	29/4/1990 2–4 Estrela Amadora	6/5/1990 **3–1** Os Belenenses	13/5/1990 1–3 Vitória Setúbal	20/5/1990 **1–3** Vitória Guimarães	34	7–7–20 H:7–3–7 A:0–4–13	30–57 H:21–21 A:9–36	30.88% 21
CD Feirense	19/8/1989 **1–0** União da Madeira	27/8/1989 0–3 Estrela Amadora	9/9/1989 **1–0** Os Belenenses	24/9/1989 0–2 Vitória Setúbal	15/10/1989 **0–0** Vitória Guimarães	22/10/1989 0–1 SC Beira–Mar	28/10/1989 **1–1** CD Nacional	5/11/1989 0–2 FC