

## PROMOÇÃO

<b>Dorsal</b>	<b>Nome</b>	<b>Tempo</b>
148	Belmiro Moreira	2,03,27
165	José Pimenta	2,18,00
149	Luis Carlos	2,18,38
147	Ricardo Mendes	2,18,55
161	Emanuel Amorim	2,23,15
158	David Barros	2,23,40
154	José Barros	2,24,20
209	Miguel Machado	2,28,05
160	Luis Almeida	2,29,57
162	Pedro Barros	2,34,23
137	Nelson Carvalho	2,56,40
198	José Oliveira	2,57,00
140	Pedro Machado	2,57,25
146	João Barbosa	3,05,38
135	Joana Moreira	3,05,45
142	Nuno Vitorino	3,05,50
131	Antonio Girão	3,07,00
133	Miguel Martins	3,07,20
153	Marco Marques	3,09,40
159	Ricardo Araújo	3,11,53
155	Orlando Braga	3,12,00
134	António Pimenta	3,13,15
200	Daniel Carvalho	3,18,30
139	Pedro Rocha	3,20,50
132	Joaquim Silva	3,21,30
139	Liliana Silva	3,21,30
152	Antonio Silva	3,30,40
157	João Barros	3,32,23
144	Pedro Marinho	3,33,50
168	Diogo Silva	3,33,55
169	Eduardo Barros	3,33,55
136	Ricardo Gonçalves	3,35,20
145	Alfredo Pinheiro	3,36,50
143	Sérgio Costa	3,37,20
141	Nuno Moscato	3,37,53
138	António Magalhães	3,39,08
170	Manuel Pereira	3,42,20
150	Vitor Silva	3,42,20
156	Hugo Roque	3,42,52
164	António Jesus	3,59,00
166	Manuel Pimenta	4,00,00
167	José Gonçalo Pimenta	4,00,00
163	Gilberto Fernandes	
130	Manuel Saldanha	
151	Rodrigo Machado	