

1ª SUNSET RUN RIBEIRINHA 2016
BAIXA DA BANHEIRA

Classificação Colectiva		
Class	Equipa	Pontos
1	46 Clube Desportivo e Recreativo Ribeirinho	222
2	11 Academia do Korpo	44
3	14 Núcleo de Árbitros de Futebol do Barreiro	40
4	7 Zimbra Fox Runners	36
5	5 Run Crew Trail Montijo	29
6	8 Kangaroo Runners	21
7	2 Clube União Musical Benaventense	19
8	9 Grupo Desportivo "O Independente"	17
9	1 Núcleo Oeiras / Sport Zone	10
10	1 Clube Pedro Pessoa Escola de Atletismo	10
11	1 Sport Lisboa e Benfica	10
12	1 BRRnightRUNNERS	9
13	5 Bombeiros Sul e Sueste	6
14	1 Multirunners	5
15	1 Montes Saloios	3
16	1 Clube de Praças da Armada	2
17	3 SBR Team	1
18	4 Ex Federados	1

Classificação Geral - Juniores, Seniores e Veteranos

Class	Marca	Dorsal	Nome	Equipa	Pt	T
1	32.51	2	Miguel Marques	SLB	10	
2	33.10	92	Marco Miguel	CDRRibei	9	
3	33.31	95	Ricardo Abreu	CPPEAtle	10	
4	34.39	52	José Guerra	CDRRibei	8	
5	34.53	64	Augusto Pires	CUABenav	10	
6	34.56	159	Edgar Oliveira	KangRunn	7	
7	35.03	8	Filipe José Carvalho Correia	CDRRibei	6	
8	35.07	22	Paulo Alexandre Liz Damásio Cantante	CDRRibei	9	
9	35.13	170	Martim Nunes	ZFRunner	9	
10	35.27	61	José Caramelo	CDRRibei	8	
11	35.39	99	Joaquim Belchior	CDRRibei	10	
12	35.40	171	Carlos Albano	ZFRunner	9	
13	36.01	93	Ivo Coelho	CDRRibei	5	
14	36.58	53	Marck Ribeiro	CDRRibei	4	
15	37.33	12	David Pereira	GDIND	3	
16	37.45	97	Ricardo Parada	ZFRunner	8	
17	38.42	148	Paulo Ferreira	A.Korpo	7	
18	38.43	149	Miguel Sobral	A.Korpo	7	
19	38.50	122	Miguel Jacob	NAFUTBRR	6	
20	38.52	209	Helder Varanda	A.Korpo	5	
21	38.54	162	Eduardo Carmona	KangRunn	6	
22	39.04	151	Paulo Reis	A.Korpo	10	
23	39.11	213	Rui Bento Maia	CDRRibei	2	
24	39.12	82	Rafael da Rosa Marçalo	CDRRibei	9	
25	39.12	150	Gustavo Gasopo	A.Korpo	1	
26	39.14	85	Guilherme José Fernandes	CDRRibei	8	
27	39.46	78	Hugo Medronheira	CDRRibei	4	
28	39.52	172	Luís Gomes	INDIV	5	
29	40.05	174	José Amigo	INDIV	10	
30	40.17	24	João Cardoso	CDRRibei	10	
31	40.27	58	Joaquim Inácio Gomes	CDRRibei	9	
32	40.38	70	Jorge Soares	CDRRibei	7	
33	40.33	20	Joaquim Alberto de Figueiredo	CDRRibei	10	
34	40.45	118	Nuno Roque	NAFUTBRR	4	
35	40.45	160	João Velez	KangRunn	3	
36	40.57	169	Pedro Cachão	ZFRunner	0	
37	41.00	189	Silvestre António Bilro Demétrio	CDRRibei	8	
38	41.12	101	António Soares	INDIV	8	
39	41.16	109	Paulo Sousa	INDIV	3	

40	41.28	181 João Góis Gomes	INDIV	7
41	41.28	54 Fernando Mendes	CDRRibei	6
42	41.39	164 Orlando Russo	KangRunn	5
43	41.43	155 João Limão	INDIV	2
44	41.49	111 João Jacob	NAFUTBRR	0
45	42.31	17 Carlos Pereirinha	GDIND	1
46	42.32	134 Sérgio Amaro	INDIV	4
47	42.34	133 Carlos Batista	INDIV	0
48	42.44	59 Vitorino Henrique dos Anjos	CDRRibei	7
49	42.57	194 Valter Realista	INDIV	2
50	42.58	94 Duarte Bandeiras	CDRRibei	1
51	43.18	15 Nuno Pais	GDIND	0
52	43.24	75 Leonardo Nogueira	INDIV	6
53	43.24	83 Jorge Silva	CDRRibei	0
54	43.29	121 Rui Teixeira	NAFUTBRR	0
55	43.30	86 Filipe José Jesus Neves	CDRRibei	3
56	43.33	166 Sérgio PÓvoa	KangRunn	0
57	43.49	47 João Caldeira	INDIV	0
58	43.58	88 Luís Mariano	CDRRibei	6
59	44.01	16 Hugo Salvadinho	GDIND	0
60	44.03	124 Paulo Barradas	NAFUTBRR	0
61	44.09	57 Maria Lopes	NO/SZone	10
62	44.22	161 Bruno Nunes	KangRunn	0
63	44.22	185 Hugo Simões	ZFRunner	0
64	44.27	50 António Moita	BRRnRunn	9
65	44.37	132 José Matos	CPArmada	2
66	44.42	184 Inês Castelo	ZFRunner	10
67	44.50	198 Catarina Anastácio	CDRRibei	10
68	44.56	152 Emanuel Gomes	A.Korpo	0
69	45.03	13 Vítor Anselmo	GDIND	0
70	45.25	157 Carlos Nunes	KangRunn	0
71	45.27	39 Edson Oliveira	INDIV	0
72	45.29	187 Alexandra Silva	INDIV	10
73	45.32	26 Alberto Manuel de Sousa Covas	CDRRibei	8
74	45.38	136 Francisco Reis	CDRRibei	0
75	45.57	43 Nuno Gomes	INDIV	0
76	46.00	51 Pedro Miguel Chora	INDIV	0
77	46.02	36 João Calisto	INDIV	7
78	46.15	60 Hermínio Bento	INDIV	6
79	46.22	190 Nuno Pinto	INDIV	0
80	46.57	104 Paulo Costa	HOLETEAM	0
81	47.00	146 Paulo Sousa	BSULSUES	0

82	47.13	141 Fernando Santos	BSULSUES	0
83	47.17	72 João Dias	INDIV	5
84	47.40	34 Augusto Pancas	CDRRibei	5
85	47.45	202 Pedro Nunes	A.Korpo	0
86	47.47	130 João Oliveira	ZFRunner	0
87	47.54	215 Daniel Raposo	MULTIRUN	5
88	48.27	203 Abdul Ali	INDIV	0
89	48.31	81 Rosa Fernandes	INDIV	9
90	48.37	76 António Ramalho	INDIV	4
91	48.39	207 João Filipe	SSCGD	0
92	48.50	214 António Castanheira	GDIND	3
93	48.51	117 Silvana Sebastião	NAFUTBRR	9
94	48.56	110 Susana Bernardo	RUNCREW	8
95	49.03	168 Sónia Maurício	RUNCREW	8
96	49.04	156 Cláudio Fragoso	KangRunn	0
97	49.08	46 Patrícia Falcão	RUNCREW	7
98	49.10	186 Joaquim Barroso	INDIV	4
99	49.11	205 Carlos Pinelas	INDIV	0
100	49.21	211 Paulo Figueira	INDIV	0
101	49.24	128 Marco Santos	INDIV	0
102	49.30	167 José Leitão	RUNCREW	0
103	49.31	65 Ana Coelho	RUNCREW	6
104	49.31	27 Carlos Nita	EXFEDERA	1
105	49.32	135 António Valente	INDIV	2
106	49.51	77 Samuel	CDRRibei	9
107	49.58	87 Carlos Seco	CDRRibei	1
108	49.59	31 Luís Cunha	EXFEDERA	0
109	50.03	106 Duarte Freire	HOLETEAM	0
110	50.25	38 Paulo Missas	INDIV	0
111	50.35	80 Raquel Bettencourt	CDRRibei	5
112	50.42	19 Samuel Trancoso	INDIV	0
113	51.07	49 Romão Moita	SALIOS	3
114	51.13	14 Luís Anselmo	GDIND	0
115	51.15	143 Daniel	BSULSUES	4
116	51.20	123 Sílvia Domingos	NAFUTBRR	7
117	51.27	25 Gil Gomes Alves	CDRRibei	8
118	51.39	18 Marcelino Falé	GDIND	7
119	51.41	180 Luís Nunes	INDIV	0
120	51.43	35 José Martins	INDIV	0
121	51.47	91 Edite Pires	CUABenav	9
122	51.57	112 Fábio Varanda	NAFUTBRR	0
123	51.57	173 Margarida Amigo	INDIV	8

124	52.10	113 Mauro Santos	NAFUTBRR	0
125	52.13	37 Júlia Calisto	INDIV	7
126	52.14	125 Miguel Viegas	INDIV	0
127	52.32	126 Flávio Lopes	INDIV	0
128	53.10	105 Pedro Nazário	HOLETEAM	0
129	53.12	98 Alexandre Gomes	INDIV	0
130	53.25	129 Bruno Lourenço	INDIV	0
131	53.27	79 Sofia Medronheira	CDRRibe	4
132	53.33	199 Rui Santiago	CDRRibe	0
133	53.35	10 Bruno Alves	CDRRibe	0
134	53.55	114 António Jorge	NAFUTBRR	6
135	53.58	71 João Gomes	INDIV	0
136	53.59	67 Bruno Lopes	INDIV	0
137	54.29	210 Gabriel Francisco Tomás Horta	CDRRibe	5
138	54.29	40 Luís Miguel Costa	INDIV	0
139	54.32	114 António Jorge	NAFUTBRR	4
140	54.36	5 Tânia Garcia	CDRRibe	6
141	54.37	29 Orlando Santos	EXFEDERA	0
142	54.55	153 Teresa Paisana	A.Korpo	5
143	54.56	147 Jorge Santos	A.Korpo	0
144	55.06	66 Ricardo Batista	INDIV	3
145	55.14	195 Sérgio Pires	INDIV	0
146	55.25	84 Sérgio Rolo	CDRRibe	0
147	55.26	68 Rodrigo Casinha	INDIV	0
148	55.26	90 José Borracha	CDRRibe	0
149	55.26	92 Marco Miguel	CDRRibe	0
150	55.27	206 Miguel Baião	SBRTTEAM	0
151	55.27	44 Filipe Tiago	CDRRibe	0
152	56.49	127 Ricardo Viegas	INDIV	0
153	57.04	120 Luís Vaz	NAFUTBRR	0
154	57.38	28 João Nita	EXFEDERA	0
155	59.51	63 António Joaquim Tomás Horta	CDRRibe	3
156	59.51	62 Teresa Silva	CDRRibe	3
157	1.01.05	197 Cristina Maria Alves Duarte Leonor	CDRRibe	6
158	1.01.21	196 Rui Júnior	CDRRibe	0
159	1.01.31	7 Ana Filipa Jacinto	INDIV	4
160	1.01.56	154 Carolina Pinho	A.Korpo	9
161	1.02.20	84 Sérgio Rolo	CDRRibe	0
162	1.02.56	11 Paula Anselmo	GDIND	3
163	1.02.56	188 Josélia Almeida	INDIV	5
164	1.03.43	116 Marta Teixeira	NAFUTBRR	2

165	1.05.14	201 Nuno Paisana	A.Korpo	0
166	1.05.54	3 Paula Santos	INDIV	4
167	1.06.56	139 Sónia Martins	BSULSUES	2
168	1.07.02	138 Caetano Beja	BSULSUES	0
169	1.07.24	45 Hugo Rodrigues	CDRRibei	0
170	1.07.46	115 João Nogueira	NAFUTBRR	2
171	1.08.14	193 Ângela Bandejas	SBRTTEAM	1
172	1.08.15	191 Lídia Ratão	SBRTTEAM	0

Classificação por Escalões - Juniores, Seniores e Veteranos

JUNIORES FEMININOS

Class	Marca	Dorsal	Nome	Equipa	Pt	T
1	44.50	198	Catarina Anastácio	CDRRibei	10	
2	1.01.56	154	Carolina Pinho	A.Korpo	9	

JUNIORES MASCULINO

Class	Marca	Dorsal	Nome	Equipa	Pt	T
1	39.04	151	Paulo Reis	A.Korpo	10	
2	39.12	82	Rafael da Rosa Marçalo	CDRRibei	9	
3	39.14	85	Guilherme José Fernandes	CDRRibei	8	
4	40.38	70	Jorge Soares	CDRRibei	7	
5	43.24	75	Leonardo Nogueira	INDIV	6	
6	47.54	215	Daniel Raposo	MULTIRUN	5	
7	51.15	143	Daniel	BSULSUES	4	
8	55.06	66	Ricardo Batista	INDIV	3	

SENIORES FEMININOS

Class	Marca	Dorsal	Nome	Equipa	Pt	T
1	44.42	184	Inês Castelo	ZFRunner	10	
2	48.51	117	Silvana Sebastião	NAFUTBRR	9	
3	48.56	110	Susana Bernardo	RUNCREW	8	
4	51.20	123	Silvia Domingos	NAFUTBRR	7	
5	54.36	5	Tânia Garcia	CDRRibei	6	
6	54.55	153	Teresa Paisana	A.Korpo	5	
7	1.01.31	7	Ana Filipa Jacinto	INDIV	4	
8	1.02.56	11	Paula Anselmo	GDIND	3	
9	1.06.56	139	Sónia Martins	BSULSUES	2	

SENIORES MASCULINOS

Class	Marca	Dorsal	Nome	Equipa	Pt	T
1	32.51	2	Miguel Marques	SLB	10	
2	33.10	92	Marco Miguel	CDRRibei	9	
3	34.39	52	José Guerra	CDRRibei	8	
4	34.56	159	Edgar Oliveira	KangRunn	7	
5	35.03	8	Filipe José Carvalho Correia	CDRRibei	6	
6	36.01	93	Ivo Coelho	CDRRibei	5	
7	36.58	53	Marck Ribeiro	CDRRibei	4	
8	37.33	12	David Pereira	GDIND	3	
9	39.11	213	Rui Bento Maia	CDRRibei	2	

10	39.12	150 Gustavo Gasopo	A.Korpo	1
11	40.57	169 Pedro Cachão	ZFRunner	0
12	41.49	111 João Jacob	NAFUTBRR	0
13	43.29	121 Rui Teixeira	NAFUTBRR	0
14	43.49	47 João Caldeira	INDIV	0
15	44.03	124 Paulo Barradas	NAFUTBRR	0
16	45.03	13 Vítor Anselmo	GDIND	0
17	45.27	39 Edson Oliveira	INDIV	0
18	45.38	136 Francisco Reis	CDRRibei	0
19	46.22	190 Nuno Pinto	INDIV	0
20	47.00	146 Paulo Sousa	BSULSUES	0
21	47.13	141 Fernando Santos	BSULSUES	0
22	50.25	38 Paulo Missas	INDIV	0
23	51.57	112 Fábio Varanda	NAFUTBRR	0
24	52.10	113 Mauro Santos	NAFUTBRR	0
25	52.32	126 Flávio Lopes	INDIV	0
26	53.12	98 Alexandre Gomes	INDIV	0
27	53.25	129 Bruno Lourenço	INDIV	0
28	53.35	10 Bruno Alves	CDRRibei	0
29	53.58	71 João Gomes	INDIV	0
30	53.59	67 Bruno Lopes	INDIV	0
31	55.14	195 Sérgio Pires	INDIV	0
32	55.26	68 Rodrigo Casinha	INDIV	0
33	55.26	92 Marco Miguel	CDRRibei	0
34	56.49	127 Ricardo Viegas	INDIV	0
35	1.01.21	196 Rui Júnior	CDRRibei	0
36	1.07.24	45 Hugo Rodrigues	CDRRibei	0

VETERANOS 1 MASCULINOS

Class	Marca	Dorsal	Nome	Equipa	Pt	T
1	33.31	95	Ricardo Abreu	CPPEAtle	10	
2	35.13	170	Martim Nunes	ZFRunner	9	
3	37.45	97	Ricardo Parada	ZFRunner	8	
4	38.43	149	Miguel Sobral	A.Korpo	7	
5	38.50	122	Miguel Jacob	NAFUTBRR	6	
6	38.52	209	Hélder Varanda	A.Korpo	5	
7	39.46	78	Hugo Medronheira	CDRRibei	4	
8	40.45	160	João Velez	KangRunn	3	
9	42.57	194	Valter Realista	INDIV	2	
10	42.58	94	Duarte Bandeiras	CDRRibei	1	
11	43.18	15	Nuno Pais	GDIND	0	
12	44.01	16	Hugo Salvadinho	GDIND	0	

13	44.22	161 Bruno Nunes	KangRunn	0
14	44.22	185 Hugo Simões	ZFRunner	0
15	44.56	152 Emanuel Gomes	A.Korpo	0
16	45.57	43 Nuno Gomes	INDIV	0
17	46.00	51 Pedro Miguel Chora	INDIV	0
18	46.57	104 Paulo Costa	HOLETEAM	0
19	48.27	203 Abdul Ali	INDIV	0
20	49.04	156 Cláudio Fragoso	KangRunn	0
21	49.24	128 Marco Santos	INDIV	0
22	50.03	106 Duarte Freire	HOLETEAM	0
23	51.13	14 Luís Anselmo	GDIND	0
24	52.14	125 Miguel Viegas	INDIV	0
25	53.10	105 Pedro Nazário	HOLETEAM	0
26	54.29	40 Luís Miguel Costa	INDIV	0
27	55.25	84 Sérgio Rolo	CDRRibei	0
28	55.27	206 Miguel Baião	SBRTTEAM	0
29	57.04	120 Luís Vaz	NAFUTBRR	0
30	1.02.20	84 Sérgio Rolo	CDRRibei	0

VETERANOS 2 MASCULINOS

Class	Marca	Dorsal	Nome	Equipa	Pt	T
1	34.53	64	Augusto Pires	CUABenav	10	
2	35.07	22	Paulo Alexandre Liz Damásio Cantante	CDRRibei	9	
3	35.27	61	José Caramelo	CDRRibei	8	
4	38.42	148	Paulo Ferreira	A.Korpo	7	
5	38.54	162	Eduardo Carmona	KangRunn	6	
6	39.52	172	Luis Gomes	INDIV	5	
7	40.45	118	Nuno Roque	NAFUTBRR	4	
8	41.16	109	Paulo Sousa	INDIV	3	
9	41.43	155	João Limão	INDIV	2	
10	42.31	17	Carlos Pereirinha	GDIND	1	
11	42.34	133	Carlos Batista	INDIV	0	
12	43.24	83	Jorge Silva	CDRRibei	0	
13	43.33	166	Sérgio PÓvoa	KangRunn	0	
14	45.25	157	Carlos Nunes	KangRunn	0	
15	47.45	202	Pedro Nunes	A.Korpo	0	
16	47.47	130	João Oliveira	ZFRunner	0	
17	48.39	207	João Filipe	SSCGD	0	
18	49.11	205	Carlos Pinelas	INDIV	0	
19	49.21	211	Paulo Figueira	INDIV	0	
20	49.30	167	José Leitão	RUNCREW	0	

21	51.41	180	Luís Nunes	INDIV	0
22	54.37	29	Orlando Santos	EXFEDERA	0
23	54.56	147	Jorge Santos	A.Korpo	0
24	57.38	28	João Nita	EXFEDERA	0
25	1.05.14	201	Nuno Paisana	A.Korpo	0

VETERANOS 3 MASCULINOS

Class	Marca	Dorsal	Nome	Equipa	Pt	T
1	35.39	99	Joaquim Belchior	CDRRibei	10	
2	35.40	171	Carlos Albano	ZFRunner	9	
3	41.00	189	Silvestre António Bilro Demétrio	CDRRibei	8	
4	41.19	109	Paulo Santos	INDV	7	
5	41.28	181	João Góis Gomes	INDIV	6	
6	41.28	54	Fernando Mendes	CDRRibei	5	
7	41.39	164	Orlando Russo	KangRunn	4	
8	42.32	134	Sérgio Amaro	INDIV	3	
9	43.30	86	Filipe José Jesus Neves	CDRRibei	2	
10	44.37	132	José Matos	CPArmada	1	
11	49.31	27	Carlos Nita	EXFEDERA	0	
12	49.59	31	Luís Cunha	EXFEDERA	0	
13	50.42	19	Samuel Trancoso	INDIV	0	
14	51.43	35	José Martins	INDIV	0	
15	53.33	199	Rui Santiago	CDRRibei	0	
16	55.27	44	Filipe Tiago	CDRRibei	0	

VETERANOS 4 MASCULINOS

Class	Marca	Dorsal	Nome	Equipa	Pt	T
1	40.17	24	João Cardoso	CDRRibei	10	
2	40.27	58	Joaquim Inácio Gomes	CDRRibei	9	
3	41.12	101	António Soares	INDIV	8	
4	42.44	59	Vitorino Henrique dos Anjos	CDRRibei	7	
5	43.58	88	Luís Mariano	CDRRibei	6	
6	47.17	72	João Dias	INDIV	5	
7	49.10	186	Joaquim Barroso	INDIV	4	
8	51.07	49	Romão Moita	SALIOS	3	
9	1.07.46	115	João Nogueira	NAFUTBRR	2	

VETERANOS 5 MASCULINOS

Class	Marca	Dorsal	Nome	Equipa	Pt	T
1	40.33	20	Joaquim Alberto de Figueiredo	CDRRibei	10	
2	44.27	50	António Moita	BRRnRunn	9	

3	45.32	26	Alberto Manuel de Sousa Covas	CDRRibe	8	
4	46.02	36	João Calisto	INDIV	7	
5	46.15	60	Hermínio Bento	INDIV	6	
6	47.40	34	Augusto Pancas	CDRRibe	5	
7	48.37	76	António Ramalho	INDIV	4	
8	48.50	214	António Castanheira	GDIND	3	10
9	49.32	135	António Valente	INDIV	2	
10	49.58	87	Carlos Seco	CDRRibe	1	
11	55.26	90	José Borracha	CDRRibe	0	
12	1.07.02	138	Caetano Beja	BSULSUES	0	

VETERANOS 6 MASCULINOS

Class	Marca	Dorsal	Nome	Equipa	Pt	T
1	40.05	174	José Amigo	INDIV	10	
2	49.51	77	Samuel	CDRRibe	9	
3	51.27	25	Gil Gomes Alves	CDRRibe	8	
4	51.39	18	Marcelino Falé	GDIND	7	
5	53.55	114	António Jorge	NAFUTBRR	6	
6	54.29	210	Gabriel Francisco Tomás Horta	CDRRibe	5	
7	54.32	114	António Jorge	NAFUTBRR	4	
8	59.51	63	António Joaquim Tomás Horta	CDRRibe	3	

VETERANAS 1 FEMININOS

Class	Marca	Dorsal	Nome	Equipa	Pt	T
1	45.29	187	Alexandra Silva	INDIV	10	
2	48.31	81	Rosa Fernandes	INDIV	9	
3	49.03	168	Sónia Maurício	RUNCREW	8	
4	49.08	46	Patrícia Falcão	RUNCREW	7	
5	49.31	65	Ana Coelho	RUNCREW	6	
6	50.35	80	Raquel Bettencourt	CDRRibe	5	
7	53.27	79	Sofia Medronheira	CDRRibe	4	
8	59.51	62	Teresa Silva	CDRRibe	3	
9	1.03.43	116	Marta Teixeira	NAFUTBRR	2	
10	1.08.14	193	Ângela Bandejas	SBRTTEAM	1	
11	1.08.15	191	Lídia Ratão	SBRTTEAM	0	

VETERANAS 2 FEMININOS

Class	Marca	Dorsal	Nome	Equipa	Pt	T
1	44.09	57	Maria Lopes	NO/SZone	10	
2	51.47	91	Edite Pires	CUABenav	9	
3	51.57	173	Margarida Amigo	INDIV	8	

4	52.13	37 Júlia Calisto	INDIV	7
5	1.01.05	197 Cristina Maria Alves Duarte Leonor	CDRRibei	6
6	1.02.56	188 Josélia Almeida	INDIV	5
7	1.05.54	3 Paula Santos	INDIV	4