

4ª CORRIDA FORM FITNES - 2023

Relatório Geral - 5KM - Feminino

Coloc.	Numero	Nome	Equipe	Pace	Vel.	Tempo
1	250	MARCIA LEAL SOUZA ALMEIA	PASSO A PASSO	00:04:25	13,56	00:22:07
2	115	ISABELA GONCALVES CABRAL	CABRAL RUN	00:04:42	12,75	00:23:32
3	17	FLAVIA CRISTINA CAYRES RODRIGUES	AVULSO	00:04:45	12,61	00:23:47
4	116	CATIA CRISTINA PEREIRA PASTREZ	CACADORES DE MEDALHAS	00:04:53	12,27	00:24:27
5	136	MÔNICA APARECIDA DA SILVA	FORM FITNESS	00:04:57	12,10	00:24:47
6	46	LUCINÉIA BATISTA FIGUEIREDO	AVULSO	00:05:01	11,97	00:25:04
7	272	TATIANE PRISCILA PORFIRIO	RD ACESSORIA	00:05:02	11,92	00:25:10
8	100	FRANCIS GRACE MONTEIRO BORGES DA SILVA	AVULSO	00:05:04	11,85	00:25:19
9	263	LUCIANE MARQUES	QUÊNIA RUNNING	00:05:07	11,73	00:25:35
10	311	BÁRBARA OLIVEIRA MORAES	TEAM FELIPE SILVA	00:05:07	11,72	00:25:36
11	149	JOICE FERNANDES DA SILVA	FORM FITNESS	00:05:07	11,71	00:25:37
12	133	ELISABETE DOS SANTOS RAMINELI	FOGO NO RABO	00:05:11	11,58	00:25:55
13	131	GIOVANNA RAFAEL	FEMININE	00:05:12	11,53	00:26:01
14	248	URSULA PEDROSO DA SILVA	PASSO A PASSO	00:05:22	11,17	00:26:52
15	262	JULIANE MARQUES DE FREITAS	QUÊNIA RUNNING	00:05:23	11,14	00:26:56
16	150	VILMA JORDÃO DOS SANTOS	FORM FITNESS	00:05:23	11,13	00:26:57
17	314	RAQUEL MATHIAS SANTA ROSA MARIM	TEAM FELIPE SILVA	00:05:24	11,12	00:26:59
18	146	LUCINEIA RODRIGUES GAVIÃO	FORM FITNESS	00:05:24	11,11	00:27:00
19	147	EDIRCE ROSA DIAS BARRETO	FORM FITNESS	00:05:29	10,96	00:27:23
20	313	GRAZIELE REGINA MATARAGGI	TEAM FELIPE SILVA	00:05:30	10,90	00:27:31
21	340	RITA RODRIGUES RANGEL	UFAH CHEGAMOS	00:05:31	10,89	00:27:33
22	129	MONALIZA ISABELE CARDOSO	DRYFIT ADVENTURE	00:05:32	10,85	00:27:39
23	320	GABRIELY SANTA ROSA MARIM	TEAM FELIPE SILVA	00:05:32	10,84	00:27:40
24	6	SIRLEI CLAUDINO DE OLIVEIRA DOMINGOS	ADVENTUNS RUN	00:05:33	10,80	00:27:47
25	42	ANDREA CASTRIANI CARRERO	AVULSO	00:05:34	10,78	00:27:50
26	187	SIMONE THAÍSA DE OLIVEIRA	FORM FITNESS	00:05:35	10,75	00:27:55
27	48	AYAKA TOIOMOTO	AVULSO	00:05:38	10,66	00:28:08
28	203	SUELI REGINA SARACENI RODRIGUES	HITACHI RUNNENS	00:05:39	10,62	00:28:15
29	342	ADRIANA MARIANO DA SILVA	UFAH CHEGAMOS	00:05:40	10,59	00:28:20
30	318	MARISLENE MARTINS CARDOSO	TEAM FELIPE SILVA	00:05:40	10,58	00:28:22
31	49	ASUKA TOIOMOTO	AVULSO	00:05:42	10,54	00:28:28
32	315	LÍDIA CARIUS ALVES	TEAM FELIPE SILVA	00:05:42	10,53	00:28:29
33	160	ANDRESA DOMINGAS SAMPAIO	FORM FITNESS	00:05:43	10,50	00:28:34
34	317	LUCIENE SANTA ROSA	TEAM FELIPE SILVA	00:05:45	10,45	00:28:43
35	44	CATARINA GARCIA PONTES	AVULSO	00:05:47	10,37	00:28:55
36	114	ALICIA MARIANA KELEN	BOX SPORTS ARTUR NOGUEIRA	00:05:48	10,35	00:28:59

37	333	MARIANA FERNANDES DIAS	TEAM FELIPE SILVA	00:05:53	10,19	00:29:27
38	55	ANGELA CARVALHO RUBIN	AVULSO	00:05:55	10,14	00:29:36
39	241	RITA EDNA DOS SANTOS	PASSO A PASSO	00:06:03	9,92	00:30:14
40	57	MARIANA DE PINHO FIME TORRES	AVULSO	00:06:05	9,87	00:30:23
41	134	CRISTIANE FEDRI MESQUITA	FORM FITNESS	00:06:05	9,86	00:30:26
42	63	BERTULINA SSODRE	AVULSO	00:06:06	9,83	00:30:31
43	338	MARIA PEREIRA CARDOSO	TEAM FELIPE SILVA	00:06:07	9,82	00:30:33
44	289	VERA LUCIA GONZAGA DOS SANTOS LOPES	RUN FOR WELLNESS	00:06:08	9,77	00:30:42
45	217	FERNANDA CAROLINE CANDIDO	OTA JUNIOR	00:06:09	9,75	00:30:47
46	330	MARIA ARLENE ALVES	TEAM FELIPE SILVA	00:06:09	9,75	00:30:47
47	329	PRISCILA REBORDOES	TEAM FELIPE SILVA	00:06:10	9,72	00:30:51
48	141	MÁRCIA MARTINS DE ARAÚJO	FORM FITNESS	00:06:11	9,70	00:30:56
49	154	CAMILA APARECIDA DA SILVA TOLEDO	FORM FITNESS	00:06:15	9,61	00:31:14
50	327	LUCIMARA FRANCLINIO	TEAM FELIPE SILVA	00:06:16	9,56	00:31:22
51	174	CAMILA REBORDOES	FORM FITNESS	00:06:18	9,53	00:31:29
52	319	CLÁDIA BEATRIZ FRANCO GODOY	TEAM FELIPE SILVA	00:06:18	9,51	00:31:32
53	89	FERNANDA GANASSIN	AVULSO	00:06:24	9,38	00:31:58
54	165	JULIA LAURINE SALES	FORM FITNESS	00:06:25	9,34	00:32:07
55	258	JOYCE SANTOS DA CRUZ	QUÊNIA RUNNING	00:06:26	9,34	00:32:08
56	206	APARECIDA ELIANE DOS SANTOS	NOVO TEMPO	00:06:29	9,26	00:32:24
57	231	ELAINE OLIVEIRA DA SILVA	OTA JUNIOR	00:06:29	9,25	00:32:25
58	107	INGRID GONCALVES PEREIRA	BOX SPORTS ARTUR NOGUEIRA	00:06:31	9,21	00:32:34
59	304	ANDREIA SOUZA	STUDIO PERSONALUZ	00:06:33	9,17	00:32:43
60	152	MARLENE AUGUSTA DA SILVA CORREA	FORM FITNESS	00:06:34	9,15	00:32:48
61	109	ANDREIA ZANARDO PAZ	BOX SPORTS ARTUR NOGUEIRA	00:06:34	9,13	00:32:51
62	238	MARIA SOELI LIMA DA ROSA CÂNDIDO	OTA JUNIOR	00:06:35	9,12	00:32:53
63	77	ROBERTA VIANNA GOZA PEREIRA	AVULSO	00:06:35	9,10	00:32:57
64	130	ANDREA DA SILVA CAMPOS	EQUIPE FORM FITNESS	00:06:37	9,06	00:33:06
65	62	MARIA DO CARMO MARTINS MENDES	AVULSO	00:06:38	9,05	00:33:08
66	305	ADRIANA GOMES FERREIRA TAVARES	STUDIO PERSONALUZ	00:06:46	8,88	00:33:48
67	40	ROBERTA MELLO DA SILVA	AVULSO	00:06:47	8,85	00:33:53
68	303	VIVIAN REGINA LUZ MUNIZ MEDEIROS	STUDIO PERSONALUZ	00:06:47	8,84	00:33:56
69	96	PATRICIA ROSA LUIZ	AVULSO	00:06:48	8,83	00:33:58
70	328	MARLENE MARTINS CARDOSO	TEAM FELIPE SILVA	00:06:50	8,78	00:34:11
71	281	LOURDES DE SOUZA SILVA	RM-MONTE MOR	00:06:51	8,75	00:34:16
72	9	TEREZA MARIA DE JESUS	AMIGOS RUNNERS	00:06:54	8,70	00:34:30
73	161	ANA CLEONICE PEREIRA DA SILVA	FORM FITNESS	00:06:55	8,68	00:34:34
74	95	LUCINEIA ALVES DE CARVALHO SILVA	AVULSO	00:06:56	8,65	00:34:42
75	337	MARIA NATHALIA DE OLIVEIRA FARIAS	TEAM FELIPE SILVA	00:06:57	8,63	00:34:46
76	156	ERICA GONÇALVES DOS SANTOS	FORM FITNESS	00:07:00	8,57	00:35:01
77	226	MIRIÃ PRADO	OTA JUNIOR	00:07:02	8,53	00:35:09
78	223	PATRÍCIA DE ANDRADE SILVA	OTA JUNIOR	00:07:04	8,48	00:35:22

79	26	MARIA DO CARMO CHINATO	AVULSO	00:07:06	8,45	00:35:31
80	254	ALICE SOARES MENDONÇA	QUÊNIA RUNNING	00:07:06	8,44	00:35:32
81	184	ARIEL CAROLINA DE SOUZA	FORM FITNESS	00:07:07	8,44	00:35:33
82	310	JESSICA DO CARMO SILVA	TEAM FELIPE SILVA	00:07:09	8,38	00:35:47
83	74	ZENEIDE APARECIDA SERRA	AVULSO	00:07:16	8,25	00:36:22
84	336	JESSICA ROBERTA DE SOUZA MOTA	TEAM FELIPE SILVA	00:07:19	8,20	00:36:34
85	334	VANDERLÉIA ALBERTO LIMA	TEAM FELIPE SILVA	00:07:19	8,20	00:36:36
86	142	IONE BATISTA DE OLIVEIRA DALARME	FORM FITNESS	00:07:20	8,18	00:36:40
87	195	ERYCA KALLENE RODRIGUES FARIAS MARQUES	GJACOBI	00:07:21	8,17	00:36:44
88	113	LETICIA PAGLIATO	BOX SPORTS ARTUR NOGUEIRA	00:07:22	8,14	00:36:50
89	225	RAQUEL RODRIGUES ABADIA	OTA JUNIOR	00:07:25	8,10	00:37:03
90	90	REVVYANE RAMOS LIMEIRA	AVULSO	00:07:26	8,08	00:37:08
91	122	NILMARA PEREIRA DOS SANTOS DE JESUS	CENTRODETREINAMENTOS	00:07:26	8,08	00:37:09
92	70	JESSICA DOS SANTOS MANHA CORREA	AVULSO	00:07:29	8,02	00:37:23
93	11	EDILENE DE JESUS RAMOS	AMIGOS RUNNERS	00:07:29	8,02	00:37:25
94	312	RENATA GOMES DA SILVA	TEAM FELIPE SILVA	00:07:37	7,88	00:38:04
95	167	PATRÍCIA OLIVEIRA DA SILVA	FORM FITNESS	00:07:39	7,84	00:38:15
96	298	DANIELI FERREIRA LAZARINI DA SILVA	STUDIO PERSONALUZ	00:07:42	7,80	00:38:28
97	125	TATIANE FREIRE DA SILVA	CORREDORES DA ALEGRIA	00:07:43	7,77	00:38:36
98	86	ELZA DIAS PEREIRA	AVULSO	00:07:44	7,77	00:38:38
99	294	JACQUELINE DE LIMA CHAVES MONTEIRO	STUDIO PERSONALUZ	00:07:56	7,56	00:39:40
100	295	TATIANE BRITO MARTINS PINHEIRO	STUDIO PERSONALUZ	00:07:56	7,56	00:39:41
101	171	CLARA TOLEDO CRSITÁ	FORM FITNESS	00:07:56	7,56	00:39:42
102	186	JOSIANE APARECIDA DE SOUZA NUNES	FORM FITNESS	00:08:00	7,50	00:40:01
103	234	NATÁLIA APARECIDA PEREIRA	OTA JUNIOR	00:08:04	7,43	00:40:22
104	153	GABRIELA APARECIDA CORREA	FORM FITNESS	00:08:06	7,41	00:40:30
105	230	SANDRA DE ANDRADE SILVA	OTA JUNIOR	00:08:07	7,40	00:40:33
106	335	RAQUELLE GOMES	TEAM FELIPE SILVA	00:08:07	7,39	00:40:37
107	54	SILVIA JULIANA RODRIGUES DE OLIVEIRA	AVULSO	00:08:09	7,36	00:40:45
108	30	POLLYANA DOMINGUES DE OLIVEIRA	AVULSO	00:08:11	7,34	00:40:53
109	237	ADENIZE DA SILVA NUNES DOS SANTOS	OTA JUNIOR	00:08:12	7,32	00:41:00
110	350	MARCELA DOS SANTOS LOREDO		00:08:13	7,31	00:41:04
111	43	VALDIRENE MALTA	AVULSO	00:08:15	7,27	00:41:15
112	216	IARA DE CÁSSIA FERIAN PLEPIS	OTA JUNIOR	00:08:18	7,23	00:41:31
113	158	ANA PAULA DA SILVA CARDOSO	FORM FITNESS	00:08:23	7,15	00:41:57
114	163	MARIA JOSÉ RODRIGUES MAXIMO	FORM FITNESS	00:08:33	7,01	00:42:46
115	47	ELIANE PORCEL FIDEL	AVULSO	00:08:54	6,74	00:44:31
116	345	MARIA CLARA DE OLIVEIRA SANTOS		00:08:59	6,68	00:44:55
117	172	LUCIANA SANTANA DE SOUZA	FORM FITNESS	00:09:00	6,66	00:45:01
118	188	VANESSA DA SILVA COLODRO	FORM FITNESS	00:09:03	6,62	00:45:17
119	108	REGINA DOS REIS RODRIGUES	BOX SPORTS ARTUR NOGUEIRA	00:09:10	6,54	00:45:52
120	144	JULIANA ALVES DE SOUSA	FORM FITNESS	00:09:13	6,51	00:46:05

121	39	BARBARA MEDEIROS OLIVEIRA DE ARAUJO	AVULSO	00:09:24	6,38	00:47:00
122	213	MICHELE ATANAZIO DOS SANTOS SILVA	OTA JUNIOR	00:09:25	6,37	00:47:05
123	75	MARILISY CORDIOLLI DE SOUZA	AVULSO	00:11:16	5,32	00:56:21

