

XXXV CORRIDA DA RESSACA - 2019

Relatório Geral - 8,5 KM - Feminino

Coloc.	Numero	Nome	Fx.Et.	Cl.Fx.	Equipe	Ritmo	Vel.	Tempo
1	509	SIRLENE DA SILVA PONTES	F4549	-		00:04:20	13,82	00:36:54
2	391	LUCIENE DOS SANTOS	F3539	-	ELITE	00:04:24	13,64	00:37:23
3	336	IARA FERNANDES	F2529	-	IM3 TREINAMENTOS ESPORTIVOS	00:04:32	13,21	00:38:36
4	495	ANGELA MARIA ALVES SOUZA	F4549	1	CATAS ALTAS RUNNERS	00:04:35	13,09	00:38:58
5	382	JOUSE JOSELI CLAUDINA COELHO	M3034	-	SAA	00:04:35	13,07	00:39:01
6	520	JOVITA DA SILVA XAVIER	F5054	1	PONTE NOVA RUNNING	00:04:37	13,01	00:39:12
7	454	NEILA DE FATIMA MOL GOLÇALVES	M3539	-	SAA	00:04:39	12,91	00:39:30
8	353	THAIS DE JESUS ARCANJO	M2529	-	SAA	00:04:45	12,63	00:40:22
9	428	ELIZETE APARECIDA MOL TAVARES	F3539	1	SAA	00:04:48	12,51	00:40:46
10	465	ANDREIA DA O. RIBEIRO	F4044	1	TEO ESPORTES	00:04:49	12,45	00:40:57
11	352	SARA MAIA GOMES	F2529	1	SAA	00:04:51	12,38	00:41:11
12	404	SILVANIA DO CARMO ARCANJO	F3034	1	SAA	00:04:58	12,07	00:42:16
13	99	FABIANA JUNIA DE ALMEIDA	F3034	2	FUTSAMBIA RUNNERS	00:04:59	12,01	00:42:28
14	530	SIMONE TAVARES LANNA LAGE	F5054	2	PACE	00:05:03	11,88	00:42:55
15	513	VANIA MARIA DE SOUZA	F4549	2	PASSO FIRME	00:05:05	11,82	00:43:09
16	355	ADELINA MALVINA BARBOSA NUNES	F3034	3	SAA	00:05:05	11,79	00:43:15
17	343	LEIENE APARECIDA QUITES DE OLIVEIRA	F2529	2	ULTRA PACE	00:05:06	11,75	00:43:25
18	525	MARIA AUXILIADORA MOL	F5054	3	SAA	00:05:07	11,72	00:43:30
19	406	SUZILAINÉ DOS SANTOS VIANA	F3539	2	FUTSAMBIA RUNNERS	00:05:07	11,72	00:43:32
20	109	IVANI CIPRIANO MAIA	F3034	4	PORTO FIRME	00:05:09	11,67	00:43:43
21	381	JOSELI MARIA FERREIRA	F3034	5		00:05:09	11,64	00:43:49
22	402	REGINALDA SALES FRANCO DE FONSECA	F3034	6	ENJOY RUNNING	00:05:09	11,63	00:43:50
23	308	LARISSA DE CARVALHO	F1014	1	SAA	00:05:10	11,60	00:43:58
24	512	VALERIA M. F. SILVA CARVALHO	F4549	3	SAA	00:05:14	11,46	00:44:30
25	544	CARMINHA FRANCISCA OLIVEIRA	F6064	1	STRADA	00:05:15	11,43	00:44:37
26	467	ANDREIA SOARES DA SILVA	F4044	2	STRADA	00:05:15	11,43	00:44:38
27	371	EDNEIA DA SILVA	F3034	7	GUERREIROS DA MONTANHA	00:05:16	11,41	00:44:43
28	367	DARLENE FLAVIANA CRISTINA	F3034	8	OURO BRANCO	00:05:21	11,21	00:45:30
29	389	LIDIANE APARECIDA COELHO	F3034	9	MINASTRAIL TEAM	00:05:21	11,21	00:45:30
30	516	WILMA DA CONCEIÇÃO MESSIAS	F4549	4		00:05:22	11,18	00:45:37
31	499	CRISTIANA ALVES RODRIGUES	F4549	5	SAA	00:05:25	11,07	00:46:03
32	375	ERIKA CRISTINA DA SILVA BENTO	F3034	10	SAA	00:05:27	11,01	00:46:19
33	319	ARIEL ESTEVAM FERREIRA	F1824	1	LIDI OFICINA FITNESS	00:05:28	10,96	00:46:31
34	444	LIDIANE CRISTINA ESTEVAM	F3539	3	LIDI OFICINA FITNESS	00:05:29	10,93	00:46:40

XXXV CORRIDA DA RESSACA - 2019

Relatório Geral - 8,5 KM - Feminino

Coloc.	Numero	Nome	Fx.Et.	Cl.Fx.	Equipe	Ritmo	Vel.	Tempo
35	476	IRACEMA MONICA GLORIA DO NASCIMENTO	F4044	3	PASSO FIRME	00:05:30	10,92	00:46:43
36	347	MIRELE DA SILVA TEOFILLO	F2529	3		00:05:31	10,89	00:46:50
37	317	ALINE DA CONCEIÇÃO SILVA	F1824	2	CORRENDO PARA A VIDA	00:05:31	10,87	00:46:55
38	529	ROSILENE APARECIDA MARTINS OLIVEIRA	F5054	4	ELITE	00:05:32	10,85	00:47:01
39	481	MARCIA FERREIRA GUIMARAES	F4044	4	GUARDA CIVIL	00:05:33	10,82	00:47:08
40	485	RAQUEL APARECIDA DA SILVA	F4044	5	STUDIO UPTOWN FITNESS	00:05:34	10,76	00:47:23
41	393	MARCELA DIAS MARTINS FONSECA	F3034	11	LIDI OFICINA FITNESS	00:05:38	10,64	00:47:55
42	414	ADRIANA SOARES SILVA	F3539	4	SAA	00:05:38	10,64	00:47:57
43	424	DANIELA DOS SANTOS XAVIER	F3539	5	ELITE	00:05:41	10,57	00:48:15
44	427	ELISANGELA DA SILVA	F3539	6	PONTE NOVA RUNNING	00:05:41	10,57	00:48:16
45	469	ELAINE CRISTINA MENDES	F4044	6	SAA	00:05:43	10,51	00:48:32
46	439	JULIANE CRISTINE DE CARVALHO	F3539	7	ELITE	00:05:43	10,48	00:48:39
47	524	MARGARETH DA SILVA FREITAS	F5054	5	PACE	00:05:46	10,39	00:49:04
48	463	eliane das gracas pereira	F4549	6	SAA	00:05:48	10,33	00:49:21
49	361	CAMILA AP.MONTERIO PEIXOTO	F3034	12	FUTSAMBA RUNNERS	00:05:50	10,29	00:49:34
50	369	DAYANE RAMOS AGUIAR	F3034	13		00:05:54	10,17	00:50:08
51	374	ERIKA APARECIDA GUIMARAES GOMES	F3034	14		00:05:58	10,05	00:50:46
52	363	CLAUDIANE MARIA BARBOSA	F3034	15	FULL FORM STUDIO FITNESS	00:06:01	9,98	00:51:06
53	462	WILMA SALETE SANTOS	F3539	8	PACE	00:06:03	9,91	00:51:28
54	357	ALINE DE CASSIA SOUZA FREITAS	F3034	16	SAA	00:06:05	9,86	00:51:44
55	344	LIDIA DA COSTA MESSIAS	F2529	4	MOVIMENTO CATAS ALTAS RUNNERS	00:06:07	9,80	00:52:01
56	368	DAYANA CECILIA ANDRADE	F3034	17	LOUCOS	00:06:08	9,79	00:52:06
57	392	MARCELA ALVES DE LIMA SANTOS	F3034	18	SAA	00:06:09	9,76	00:52:14
58	533	ISABEL SOUSA SOBRAL	F5559	1	ACORLAF	00:06:09	9,75	00:52:17
59	452	NAYARA DE CARVALHO MUNHOZ	F3539	9		00:06:10	9,73	00:52:26
60	313	ELLEN FERNANDA QUINTÃO RODRIGUES	F1517	1	MOVIMENTO CATAS ALTAS RUNNERS	00:06:11	9,69	00:52:37
61	332	CAMILA DOS SANTOS OLIVEIRA CAMPOS	F2529	5	SAA	00:06:13	9,66	00:52:47
62	536	MARIA JOSE RIBEIRO	F5559	2	MOVIMENTO SE	00:06:13	9,65	00:52:52
63	337	IASMARA FREITAS CRUZ	F2529	6	ACORLAF	00:06:14	9,62	00:53:01
64	501	ELIZABETE EMILIA FERREIRA STOFFEL	F4549	7	FENIX SEM FRONTEIRAS	00:06:15	9,60	00:53:09
65	552	vanda alves da roha	F5054	6		00:06:15	9,59	00:53:10
66	522	LUCIA APARECIDA BARBOSA	F5054	7	SAA	00:06:16	9,59	00:53:12
67	419	ANDREIA XAVIER PEREIRA	F3539	10	FENIX SEM FRONTEIRAS	00:06:16	9,58	00:53:15

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Relatório Geral - 8,5 KM - Feminino

Coloc.	Numero	Nome	Fx.Et.	Cl.Fx.	Equipe	Ritmo	Vel.	Tempo
68	503	JOELMA GUALBERTO DAS GRAÇAS	F4549	8	SAA	00:06:16	9,56	00:53:20
69	328	SILMARA APARECIDA FREITAS	F1824	3		00:06:19	9,51	00:53:39
70	407	TAIZIARA GUIMARAES CESARIA	F3034	19	SAA	00:06:19	9,50	00:53:42
71	508	SIMONE PENA	F4549	9	SAA	00:06:19	9,50	00:53:42
72	398	PAULA ADRIANA SANTOS DA CUNHA	F3034	20	SAA	00:06:19	9,49	00:53:43
73	172	SIMONE CORDEIRO PEIXEIRO CARVALHO	F3539	11	SAA	00:06:21	9,45	00:53:58
74	459	RAFAELA CRISTINA DA CRUZ PEREIRA	F3539	12	ENJOY RUNNING	00:06:22	9,42	00:54:08
75	488	SILVIA CONCEIÇÃO GUIMARAES	F4044	7	BORA CORRER	00:06:22	9,42	00:54:10
76	515	WERIDIMEIRE ALMEIDA DE FREITAS	F4549	10	PACE	00:06:22	9,41	00:54:11
77	340	JESSICA NASCIMENTO BATISTA	F2529	7	PACE	00:06:23	9,39	00:54:19
78	527	MARIA MARGARETE ALVES PEREIRA BRAGA	F5054	8	MOVI-MENTE	00:06:25	9,35	00:54:32
79	362	CINTIA MARIA DE LIMA	F3034	21	ENJOY RUNNING	00:06:25	9,35	00:54:33
80	532	CLAUDIA VALERIA QUIRINO	F5559	3	FENIX SEM FRONTEIRAS	00:06:27	9,30	00:54:52
81	321	JESSICA DAS GRACAS PEREIRA COLEHO	F1824	4		00:06:28	9,28	00:54:58
82	366	DANIELA LEITE MORAIS	F3034	22	SAA	00:06:30	9,22	00:55:18
83	493	ANDREA DE FATIMA GOMES	F4549	11	SAA	00:06:32	9,19	00:55:28
84	478	LOURDES ANTONIO VENANCIA	F4044	8		00:06:36	9,10	00:56:03
85	190	IVALDA MACHADO PEREIRA BATISTA	F4044	9		00:06:37	9,07	00:56:15
86	482	MARIA DE FATIMA OLIVEIRA PESSOA	F4044	10		00:06:38	9,05	00:56:22
87	349	PALOMA ADRIANA CORREIA TIMOTEO DA SILVA	F2529	8	CHIODI RUN	00:06:38	9,04	00:56:26
88	314	RAISSA AZEVEDO RESENDE	F1517	2	SAA	00:06:39	9,02	00:56:33
89	385	JULIANA CRISTINA MARTINS TRINDADE	F3034	23	GUERREIROS DA MONTANHA	00:06:40	9,01	00:56:37
90	429	FERNANDA MOREIRA QUIRINO	F3539	13	SAA	00:06:41	8,99	00:56:45
91	339	JADINA PAULA NONATO SILVA	F2529	9	BARÃO RAUNNING	00:06:41	8,98	00:56:46
92	543	SUELY ASSUNÇÃO DE MORAES LOPES	F5559	4	SAA	00:06:42	8,94	00:57:01
93	394	MARINA CLAUDIA ALFENAS	F3034	24	SAA	00:06:43	8,94	00:57:03
94	470	ELIDA RODRIGUES VIEIRA	F4044	11	SAA	00:06:43	8,93	00:57:06
95	436	JUCILENE DA SILVA	F3539	14	PASSO FIRME	00:06:43	8,92	00:57:09
96	401	RAFAELA MARCIA REZENDE	F3034	25	SAA	00:06:44	8,91	00:57:15
97	416	ALINE PERET CARVALHO	F3539	15	SAA	00:06:44	8,91	00:57:15
98	334	GESSIKA DUTRA DE ANDRADE REIS	F2529	10	SAA	00:06:44	8,90	00:57:18
99	472	ELVANDRA CAMILO CAMPOS	F4044	12	SAA	00:06:45	8,89	00:57:23
100	545	ELENICE MARIA DIAS PAES	F6064	2	LIDI OFICINA FITNESS	00:06:45	8,89	00:57:24
101	458	PATRICIA ROSARIA FERNANDES	F3539	16	STRADA	00:06:45	8,88	00:57:26

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Relatório Geral - 8,5 KM - Feminino

Coloc.	Numero	Nome	Fx.Et.	Cl.Fx.	Equipe	Ritmo	Vel.	Tempo
102	435	JANIANE FERREIRA	F3539	17	SAA	00:06:46	8,87	00:57:29
103	510	SOUHAILA FAYEZ ARMACHE	F4549	12	SAA	00:06:46	8,87	00:57:31
104	468	ELAINE COELHO RODRIGUES MAGALHAES	F4044	13	SAA	00:06:47	8,85	00:57:39
105	486	RENATA CECÍLIA QUITES	F4044	14	SAA	00:06:50	8,77	00:58:08
106	386	JUSSIENA DAS NEVES MENDES	F3034	26		00:06:51	8,77	00:58:11
107	546	ENI GABRIEL ESTEVAM	F6569	1	LIDI OFICINA FITNESS	00:06:53	8,72	00:58:29
108	535	MARIA APARECIDA PEREIRA	F5559	5	ULTRA PACE	00:06:54	8,70	00:58:36
109	471	ELIENE APARECIDA SIQUEIRA	F4044	15		00:06:56	8,66	00:58:53
110	453	NEIDE LOPES FERREIRA	F3539	18		00:06:56	8,66	00:58:54
111	460	SUELEM SANTOS PAIVA	F3539	19		00:06:57	8,64	00:59:02
112	137	ELAINE KARINE GABRIEL	F3539	20	SAA	00:06:58	8,61	00:59:13
113	443	KEILA DIONIZIO PEREIRA RODRIGUES	F3539	21		00:07:01	8,55	00:59:37
114	330	ANDREZA NATALINA DA SILVA	F2529	11		00:07:02	8,54	00:59:43
115	365	CRISTIANE VIANA COLEHO	F3034	27		00:07:06	8,45	01:00:20
116	477	KARINE GERALDA DE ALMEIRA	F4044	16	SAA	00:07:06	8,45	01:00:22
117	387	KIM HAUENSTEIN	F3034	28	SAA	00:07:09	8,40	01:00:45
118	320	GABRIELA TAVARES LANNA LAGE	F1824	5	PACE	00:07:10	8,38	01:00:53
119	433	HELEN FERNANDA MATIAS	F3539	22	PACE	00:07:10	8,38	01:00:53
120	326	MILLENA ALVES BRAGA	F1824	6	MOVI-MENTE	00:07:10	8,37	01:00:54
121	426	EDNEIA TEIXEIRA DE OLIVEIRA	F3539	23		00:07:10	8,37	01:00:55
122	323	KARINE FERREIRA DO CARMO	F1824	7		00:07:11	8,36	01:01:01
123	448	LUCIANA SOARES PIMENTA MARQUES	F3539	24	SAA	00:07:11	8,36	01:01:01
124	434	JANAINA PAULA DE OLIVEIRA	F3539	25	VPTOWN FITNESS	00:07:13	8,31	01:01:23
125	447	LUCIANA PYRA FERREIRA	F3539	26	BORA PEDALAR	00:07:15	8,28	01:01:34
126	451	MIRIAN TEREZINHA GOMES	F3539	27	UPTOWN STUDIO FITNESS	00:07:15	8,28	01:01:34
127	376	GLAUCIA RESENDE RIBEIRO	F3034	29	SAA	00:07:18	8,22	01:02:01
128	324	LARISSA AZEVEDO RESENDE	F1824	8	SAA	00:07:18	8,21	01:02:06
129	309	LUIZA RIBEIRO FERREIRA	F1014	2	SAA	00:07:19	8,21	01:02:08
130	446	LORENA CERA BANDEIRA	F3539	28	SAA	00:07:21	8,17	01:02:27
131	445	LILIAN CARLA SANTOS FERREIRA	F3539	29	SAA	00:07:21	8,16	01:02:31
132	437	JULIANA AUGUSTA DE CARVALHO Q. VOLTAS	F3539	30	SAA	00:07:22	8,15	01:02:36
133	492	ANA LUCIA DAS DORES DE PAULA	F4549	13	BORA PEDALAR	00:07:23	8,13	01:02:43
134	473	FABIANA DELAMORE	F4044	17	BORA CORRER	00:07:25	8,09	01:03:02
135	322	KARINA BORGES DE SOUZA DA SILVA	F1824	9	FULL FORM	00:07:25	8,09	01:03:04
136	403	SHEILA CRISTINA QUEIROZ SILVA	F3034	30	LIDI OFICINA FITNESS	00:07:25	8,09	01:03:04

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Relatório Geral - 8,5 KM - Feminino

Coloc.	Numero	Nome	Fx.Et.	Cl.Fx.	Equipe	Ritmo	Vel.	Tempo
137	430	FLAVIA SILVIA CORREA TOMAS	F3539	31		00:07:25	8,08	01:03:06
138	500	ELIVANIA ASSIS MOREIRA MAIA	F4549	14	SAA	00:07:26	8,08	01:03:09
139	479	LUCIANA AP. FELISBUTO SANTOS	F4044	18	MOVIMENTO CATAS ALTAS RUNNERS	00:07:31	7,99	01:03:52
140	373	ENCILLE MAGALHAES RODRIGUES	F3034	31	MOVIMENTO CATAS ALTAS RUNNERS	00:07:34	7,94	01:04:16
141	360	AMANDA DE SOUZA MATOS	F3034	32	PACE	00:07:35	7,91	01:04:27
142	511	SUELI CONCEÇÃO DAS DORES	F4549	15	BORA PEDALAR	00:07:35	7,90	01:04:31
143	351	POLIANA APARECIDA DA SILVA	F2529	12		00:07:39	7,85	01:04:58
144	538	MARIA SONIA DE OLIVEIRA	F5559	6	VPTOWN FITNESS	00:07:40	7,83	01:05:10
145	379	JAQUELINE DE OLIVEIRA MOREIRA COSTA	F3034	33		00:07:46	7,73	01:05:58
146	557	neuza lopes ferreira	F3539	32		00:07:50	7,66	01:06:36
147	372	ELAINE EMANUELA SILVA FERREIRA	F3034	34	SAA	00:07:51	7,65	01:06:42
148	506	MARILIA ANDRADE SOUZA BORGES	F4549	16	SAA	00:07:53	7,62	01:06:58
149	540	ROGERIA TEIXEIRA URGEDO QUEIROZ	F5559	7		00:08:00	7,50	01:08:02
150	505	MARIA LUISA DAS CHAGAS	F4549	17	SAA	00:08:01	7,49	01:08:05
151	539	NEUZA ESTEVÃO DE SÁ	F5559	8	MOVIMENTO CATAS ALTAS	00:08:02	7,47	01:08:14
152	526	MARIA DAS GRAÇAS LOPES	F5054	9	PACE	00:08:03	7,45	01:08:25
153	457	PATRICIA ELIZAMMA REIS	F3539	33	SAA	00:08:06	7,40	01:08:53
154	455	PALITHIA BOTTONI VIDIGAL	F3539	34	SAA	00:08:06	7,40	01:08:54
155	423	CRISTIANE ALEXANDRINA LOPES	F3539	35	FENIX SEM FRONTEIRAS	00:08:12	7,32	01:09:38
156	440	JULIANE DE SOUZA LIMA	F3539	36	ENJOY RUNNING	00:08:21	7,19	01:10:56
157	507	MARLENE APARECIDA DA SILVA	F4549	18		00:08:21	7,18	01:11:02
158	487	SHEILA DA CONCEIÇÃO MENDES	F4044	19		00:08:37	6,96	01:13:18
159	519	IRIS VITOR DE AZEVEDO	F5054	10	PACE	00:08:38	6,96	01:13:19
160	310	MARIANA CHAVES OLIVEIRA	F1014	3	SAA	00:08:38	6,95	01:13:24
161	547	MARIA APARECIDA MARCIANO	F6064	3	PACE	00:08:38	6,94	01:13:27
162	498	CIBELE CARDOSO PEREIRA	F4549	19	SAA	00:08:40	6,93	01:13:38
163	411	TATIANE CRISTINA PAIVA	F3034	35	SAA	00:08:40	6,92	01:13:44
164	410	TATIANA OLIVEIRA PAULA FERREIRA	F3034	36	SAA	00:08:50	6,79	01:15:07
165	550	SONIA DE OLIVEIRA PAULA	F6064	4	SAA	00:08:50	6,79	01:15:08
166	541	SIMONE GARRIDO	F5559	9	HF TREINAMENTOS ESPORTIVOS	00:08:52	6,76	01:15:24
167	399	PAULA GEORGIA PINTO COELHO	F3034	37	PERSONAL PAULA COELHO	00:09:01	6,65	01:16:41
168	432	GLAUCIA OLIVEIRA BORBA	F3539	37	PERSONAL PAULA COELHO	00:09:01	6,65	01:16:41
169	325	MAISA AGUIAR FERREIRA	F1824	10	SAA	00:09:05	6,60	01:17:13
170	329	ALINE CAROLINA AGUIAR FERREIRA	F2529	13	SAA	00:09:05	6,60	01:17:15

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Coloc.	Numero	Nome	Fx.Et.	Cl.Fx.	Equipe	Ritmo	Vel.	Tempo
171	370	DELIANE FERREIRA DE SOUZA	F3034	38	ENJOY RUNNING	00:09:07	6,58	01:17:29
172	464	ANDREIA APARECIDA DE OLIVEIRA MORAES	F4044	20	ELITE	00:09:25	6,37	01:20:03
173	456	PATRICIA DE OLIVEIRA MOREIRA BATISTA	F3539	38	SAMARA MOURA	00:09:49	6,12	01:23:23
174	348	NATALIA CRISTINA MIRANDA	F2529	14	SAA	00:10:20	5,80	01:27:54
175	549	MARIA INES DE ALMEIDA SANTOS	F6064	5	ELITE	00:10:39	5,64	01:30:28
176	548	MARIA HELENA PIRIS DE SOUZA E COSTA	F6569	2	SAA	00:10:45	5,58	01:31:25