

72º ANIVERSÁRIO DO COLÉGIO NAVAL AR

5K FEM

Pos	Num	Atleta	Sx.	Idd.	Faixa	F.E	C.	Equipe	Tempo
1	239	SOLANGE MARIA MARIANO	F	44	F4044	-		ELITE RUNNERS	00:19:05
2	218	REGILAINE MACHADO FAUSTINO	F	37	F3539	-			00:20:25
3	220	REJAINE APARECIDA DE OLIVEIRA	F	44	F4044	-		CORACAO DE ACO	00:21:40
4	163	LUANA MORAIS BARROS	F	39	F3539	-		AFFA	00:21:59
5	248	TATIANE PEDROSA	F	42	F4044	-		AFFA	00:22:00
6	274	HELENICE DA SILVA BARBOSA	F	44	F4044	1			00:22:38
7	76	EDNA DA SILVA RODRIGUES	F	45	F4549	1			00:23:03
8	154	LETICIA PONCIANO MARTINS	F	18	F1824	1		CORACAO DE ACO	00:23:09
9	88	ERICA CLAUDIA DA COSTA BARBOZA	F	46	F4549	2		CONCEICAO DE JACAREI	00:23:14
10	453	ALINE MARA DA SILVA RIBEIRO	F	39	F3539	1		CORACAO DE ACO	00:23:16
11	45	CAMILA DAS GRACAS MARTINS DE CAR	F	24	F1824	2		CORACAO DE ACO	00:23:41
12	146	KELVIA HERINGER	F	47	F4549	3		LINCE	00:24:15
13	221	RENATA APARECIDA OLIVEIRA NASCIM	F	34	F3034	1		SEEL	00:24:24
14	33	ANDREIA LARA PINTO	F	47	F4549	4			00:24:35
15	162	LUANA DEISIANE DOS SANTOS	F	33	F3034	2		CRESER	00:24:38
16	167	LUIZA DE SESUS ALVES	F	36	F3539	2		BENZIDAS	00:24:49
17	235	EDNA AUXILIADORA FARIA	F	57	F5559	1		M3RUN	00:24:50
18	300	VERONICA	F	33	F3034	3			00:24:58
19	90	EVELYN BULLE	F	40	F4044	2		J.COM	00:25:09
20	41	BEATRIZ MARIA CESPEDES VIEIRA	F	51	F5054	1		ANGRARUNNERS	00:25:12
21	43	BRUNNA ALMEIDA DOS SANTOS SILVA	F	22	F1824	3			00:25:21
22	137	KARINA CALDAS	F	43	F4044	3		CORREKA	00:25:23
23	26	ANA PAULA LEITE MENDONCA	F	40	F4044	4		AVULSO	00:25:27
24	206	PAMELLA VITORIA CAMILLE DOS SANT	F	19	F1824	4		SEEL	00:25:33
25	197	NATANI DOS SANTOS MAIA	F	30	F3034	4			00:25:35
26	89	EULINA CABRAL FONTELLA PIMENTA	F	32	F3034	5			00:25:39
27	84	ELOISE DOS SANTOS OLIVEIRA	F	40	F4044	5			00:25:45
28	247	TATIANE DA SILVA GONCALVES	F	40	F4044	6		BENZIDAS RUNNERS	00:25:47
29	225	ROSALIA MARIA DOS SANTOS	F	38	F3539	3		CRESCER	00:25:54
30	186	MARLY DA COSTA BRITO	F	54	F5054	2			00:25:55
31	115	JACIARA LOPES RIBEIRO ANDRADE	F	34	F3034	6			00:25:56
32	105	REGINA BORGES TEIXEIRA	F	53	F5054	3			00:26:00
33	244	TALITA COELHO	F	36	F3539	4			00:26:03
34	70	DANIELLE ARAUJO	F	37	F3539	5		ADILSON ACESSORIA	00:26:05
35	38	APARECIDA BORGES DE MATOS	F	53	F5054	4		AVULSA	00:26:19
36	31	ANDREIA ALEXANDRA DE SOUZA	F	39	F3539	6		TIME PILAD	00:26:22
37	116	JANE WERNECK FERNANDES	F	50	F5054	5		SEELS	00:26:27
38	275	GISELE DE OLIVEIRA	F	30	F3034	7			00:26:39

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39	270	CARINA VITORIA DE BRITO HONORIO	F	18	F1824	-	P		00:26:40
40	259	VERA APARECIDA SILVA	F	53	F5054	6		SENA	00:26:44
41	46	CARINA DA CONCEICAO OLIVEIRA	F	34	F3034	8		J.COM	00:26:46
42	348	DAIANE SANCHES AVES	F	39	F3539	7			00:26:47
43	108	IRACI DA SILVA MACHADO	F	47	F4549	5		AVULSO	00:26:55
44	61	CLEONICE MESQUITA DA SILVA	F	57	F5559	2		ANGRARUNNERS	00:27:13
45	118	JESSICA DOS SANTOS CIRINO	F	39	F3539	8		PILAD	00:27:13
46	172	MARGARETE TEIXEIRA	F	48	F4549	6		TIME PILAD	00:27:14
47	2	ADRIANA COBUCCI DE OLIVEIRA TEIX	F	43	F4044	7		CORACAO DE ACO	00:27:17
48	173	MARIA ANTONIA F.NPVAES DE LIMA	F	42	F4044	8		DESBRAVADORES	00:27:24
49	171	MARCIA LOPES DE MOURA AVELAR	F	47	F4549	7		GYM	00:27:36
50	215	RAQUEL GANUARIO DE ANDRADE	F	41	F4044	-	P		00:27:37
51	251	THAMIRIS VIEIRA DE AGUIAR	F	29	F2529	1		J.COM	00:27:46
52	194	MICHELLE PEREIRA DE MORAES	F	31	F3034	9			00:27:49
53	213	RAISSA CRISTINA TORRES FERREIRA	F	26	F2529	2		CORACAO DE ACO	00:27:57
54	54	CATIA REGINA AZEVEDO	F	48	F4549	8		COTACAO DE ACO	00:27:57
55	165	LUCIANA QUARESMA	F	45	F4549	9		AVULSO	00:28:10
56	160	LIVIA KELLY DA SILVA	F	35	F3539	9			00:28:13
57	378	VITORIA DA CONCEICAO DE OLIVEIRA PORTO	F	29	F2529	3		AVULSO	00:28:15
58	51	CAROLINA SILVA DE SOUZA	F	42	F4044	9			00:28:16
59	232	SARA DA SILVEIRA DUTRA	F	27	F2529	4		D.BOX	00:28:23
60	12	ALINE CHAGAS RAMOS	F	39	F3539	10			00:28:24
61	245	TATIANA COSTA NASCIMENTO SANTOS	F	43	F4044	10		CRER SER	00:28:26
62	114	IVONE DA SILVA LIMA	F	44	F4044	11		J.COM	00:28:29
63	241	STEPHANIE SILVA SOUZA PAULA	F	31	F3034	10			00:28:30
64	133	JULIANA GALDANHA DOS SANTOS	F	46	F4549	10		PRA CORRER BM	00:28:31
65	144	KATIA REGINA SILVA	F	59	F5559	3		BARATA DA COSTEIRA	00:28:32
66	158	LILIAN SANCHES MARTINS MELO	F	23	F1824	5		DBOX	00:28:39
67	303	THIAGO LEAL DA ROCHA MELO	F	37	F3539	11			00:28:43
68	15	AMANDA CARVALHO DA ROCHA MOREIRA	F	31	F3034	11		PILAD	00:28:45
69	66	CRISTINA FROES RODRIGUES PEREIRA	F	43	F4044	12		ANGRARUNNERS	00:28:46
70	101	GILMA SANTOS ABADI	F	32	F3034	12			00:28:46
71	216	RAQUEL SALES DE OLIVEIRA	F	37	F3539	12			00:28:50
72	188	MAURA REGINA DE CASTRO	F	59	F5559	4		ANGRARUNNERS	00:28:52
73	210	QUEILA COSTA SAIAES OLIVEIRA	F	43	F4044	13		TIME PILAD	00:28:52
74	21	ANA GULIA MARTINS DOS SANTOS	F	22	F1824	6			00:29:03
75	32	ANDREIA DALVA DE CERQUEIRA	F	31	F3034	13		AFFA	00:29:08
76	155	LETICIA TEIXEIRA	F	36	F3539	13		DESBRAVADORES	00:29:10
77	37	ANTONIA DECIVANJA SILVA MOTA	F	32	F3034	14		CRESCER	00:29:21

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78	149	LARISSA LINA SOARES DOS REIS	F	32	F3034	15		TIME PILAD	00:29:23
79	185	MARISE DE ALMEIDA RAMOS	F	39	F3539	14			00:29:31
80	298	ILZA	F	39	F3539	-	P		00:29:35
81	35	ANDRELICE DANTAS DA SILVA	F	40	F4044	14		J.COM	00:29:36
82	164	LUCIANA DE OLIVEIRA	F	38	F3539	15		SEM EQUIPE	00:29:38
83	205	NUBIA CARLA PORTO SILVA	F	38	F3539	16		ANGRA RUNNERS	00:29:52
84	182	MARILENA TEIXEIRA FERREIRA	F	59	F5559	5		PILAD	00:30:04
85	231	SANDRA MEIRA SOUSA DE AZEVEDO	F	55	F5559	6		J.COM	00:30:07
86	122	JOSEANE FERREIRA	F	44	F4044	15		SENNÁ	00:30:18
87	267	DANIELA HADDAD MARTINS	F	35	F3539	-	P		00:30:22
88	414	JORGINA MOTA SILVA	F	68	F6569	1		PILAD	00:30:28
89	134	JULIANA SILVA NOVAIS	F	35	F3539	-	P		00:30:31
90	272	CRISTIANE MARIA DE JESUS DOS PRAZERES	F	39	F3539	17			00:30:42
91	13	ALINE CRISTINA CORREA DE MELO	F	33	F3034	16		CORACAO DE ACO	00:30:48
92	157	LILIAN GOMES MACHADO SIPRIANO	F	43	F4044	16		DBOX CROSS	00:30:55
93	226	ROSANGELA LIMA DE OLIVEIRA	F	51	F5054	7		PILARD	00:30:56
94	77	ELAINE MORAIS	F	43	F4044	17			00:31:01
95	4	ADRIANA RUTE CORREA CEIA	F	47	F4549	11		DESBRAVADORES	00:31:04
96	257	VANIA DOS SANTOS PEREIRA XAVIER	F	53	F5054	8			00:31:04
97	58	CLARISSE DA SILVA	F	41	F4044	18		DESBRAVADORES	00:31:06
98	219	REGINA CELIA RODRIGUES NUNES	F	63	F6064	1		STRED RUNNING	00:31:07
99	14	ALINE MONTENARIO	F	39	F3539	18		PERSONAL MONTENARIO	00:31:08
100	100	GICELIA BATISTA DE OLIVEIRA DE M	F	40	F4044	19		ANGRA RUNNES	00:31:09
101	266	NATALIA MARQUES DE ALMEIDA	F	29	F2529	-	P		00:31:10
102	170	MARCELA DOS ANJOS BRAGA DE ALMEI	F	36	F3539	19		HOME FIT	00:31:10
103	22	ANA KARINE COSTA BALTAZAR	F	44	F4044	20			00:31:16
104	135	JUNIANA PINHO DE OLIVEIRA POPPIU	F	37	F3539	-	P		00:31:17
105	264	ZIBIA SUAREZ SANCHEZ	F	47	F4549	12		SENNÁ	00:31:18
106	166	LUIANY LOPES RABHA	F	38	F3539	20			00:31:24
107	260	VERIDIANA FRANCISCA DE DEUS	F	42	F4044	21			00:31:33
108	47	CARLA DA COSTA NUNES RIBEIRO LOR	F	42	F4044	22		CRESCER	00:31:36
109	123	JOSENILDA DOS SANTOS	F	59	F5559	7		CRESCER	00:31:38
110	29	ANAILZA DA SILVA SANTOS	F	60	F6064	2			00:31:41
111	18	ANA CAROLINA DE MATOS MAIA	F	26	F2529	5			00:31:48
112	223	RENATA OLIVEIRA DE PAULA	F	40	F4044	23		CORACAO DE ACO	00:31:52
113	91	FABIANE REIS	F	45	F4549	13		EQUIPE SENNA	00:31:52
114	36	ANNA VICTORIA ROSA DE OLIVEIRA	F	28	F2529	6			00:32:00
115	246	TATIANA LUIZ MALVAO	F	28	F2529	7			00:32:00
116	243	TACIANE VALERIA PINTO DA SILVA	F	33	F3034	17		DBOX	00:32:08

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117	74	DIANE RIBEIRO MACHADO	F	29	F2529	8		DBOX	00:32:16
118	254	VALERIA ESTEVES CARNEIRO LARA	F	60	F6064	3		BARATAS DA G COSTEIRA	00:32:17
119	11	ALICE LIMA DINELLI LOPES	F	18	F1824	7		J.COM	00:32:24
120	16	ANA ANGELICA SA VIANA	F	61	F6064	4		SAMPAIO RUNNERS	00:32:25
121	42	BENEDITA FRANCISCA DA SILVA	F	58	F5559	8		AVULSO	00:32:27
122	39	ASSIMA APARECIDA VIANNA FIRMINO	F	57	F5559	9		ANGRA RUNNERS	00:32:33
123	104	HELLEN DE SA FERREIRA BARROS THE	F	42	F4044	24		J.COM	00:32:36
124	238	SIMONE FERNANDES GONCALVES	F	46	F4549	14		CORACAO DE GACO	00:32:46
125	175	MARIA DE LOURDES SILVA DE OLIVEIRA	F	63	F6064	5		EQUIPE PILAD	00:32:48
126	48	CARLA DE SOUZA TORRES MONTEIRO	F	44	F4044	25			00:33:13
127	67	DAFINI COSTA ARAUJO	F	32	F3034	18			00:33:13
128	161	LOU HENE CELEBRIM HONORATO	F	27	F2529	9		J.COM	00:33:16
129	129	JULIA DE CARVALHO RAMOS	F	15	F0617	1			00:33:30
130	56	CHIRLE DE CASTRO	F	49	F4549	15			00:33:49
131	152	LETICIA MOREIRA DE JESUS	F	26	F2529	10		SAMPAIO RUNNERS	00:33:49
132	273	LAUDCEA ALVES	F	45	F4549	16			00:33:52
133	214	RAQUEL CARLA PINTO DA SILVA	F	28	F2529	11		DBOX	00:33:58
134	227	ROSEMERIE METZKER	F	55	F5559	10		ANGRA RUNNERS	00:34:16
135	57	CINTIA APARECIDA DA SILVA SANTOS	F	43	F4044	26		PRA CORRER BM	00:34:27
136	71	DANIELLY SOARES DE SOUZA	F	35	F3539	21		D.BOX	00:34:29
137	177	MARIA BERLANE RODRIGUES DE SOUSA	F	45	F4549	17			00:34:37
138	81	ELIZA MOREIRA	F	54	F5054	9			00:34:37
139	174	MARIA DAS GRACAS SANTIAGO SILVA	F	56	F5559	11		JAIRO.COM	00:34:47
140	258	VANILDA DA CONCEICAO ROSA	F	53	F5054	10		J.COM	00:35:02
141	138	KARINE WEIBEL PINTO NOBREGA	F	43	F4044	27		TURTLE	00:35:18
142	255	VANDERLEIA SABEL DA SILVA	F	36	F3539	22		DESBRAVADORES	00:35:18
143	75	DIRLAINE DA TRINDADE RAMOS	F	39	F3539	23		MAFIT	00:35:20
144	97	GABRIELLA DA SILVA SANTOS	F	21	F1824	8		PRA CORRER	00:35:26
145	80	ELIETE	F	38	F3539	24		HOME FIT	00:35:28
146	87	ERICA CARMO DO NASCIMENTO	F	35	F3539	25		DBOX	00:35:38
147	191	MAYARA FIGUEREDO	F	38	F3539	26		TIME PILAD	00:35:40
148	204	NILZA GUILHERME CIPRIANO	F	63	F6064	6		TIME PILATES	00:35:42
149	72	DANIERY MAIA VIEIRA	F	32	F3034	19			00:35:42
150	201	NATHALY EDITH DA ROCHA SYRIO	F	25	F2529	12			00:35:44
151	195	MILENE MOREIRA DO CARMO	F	38	F3539	27		DBOX	00:36:00
152	252	VALDIRENE FERREIRA DE ARAUJO	F	54	F5054	11			00:36:18
153	141	KATE HELEN JESUS DA CONCEICAO	F	28	F2529	13		AVULSO	00:36:21
154	217	RAQUEL SOUZA BRANCO	F	35	F3539	28		COLEGIO NAVAL	00:36:21
155	169	MARCELA DA CUNHA	F	41	F4044	28			00:36:22
156	8	ALESSANDRA MACHADO	F	50	F5054	12			00:36:25

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5K FEM

157	190	MAYARA DO NASCIMENTO ROSA	F	33	F3034	20		ANGRA RUNNERS	00:37:00
158	125	JOYCE DA SILVA AMARAL	F	27	F2529	14			00:37:23
159	30	ANDREA RODRIGUES PORTUGAL	F	52	F5054	13		BARATAS DA COSTEIRA	00:37:25
160	187	MAURA REGINA CASTILHO RAMOS	F	65	F6569	2		AMIGOS DO KM	00:37:30
161	295	ILZA	F	0	F0005	-	P		00:37:40
162	1	ADALGISA VALERIA FERREIRA	F	56	F5559	12		ANGRA RUNNERS	00:37:50
163	119	JOANA MARIA OLIVEIRA DAS NEVES	F	28	F2529	15			00:38:15
164	106	HOSANA MARIA DE MIRANDA	F	48	F4549	18		SEEL	00:38:18
165	265	LIANY DE ANDRADE MAIA IVAS DE OLIVEIRA	F	33	F3034	21			00:39:30
166	109	IRANEIDE BRITO FERREIRA	F	35	F3539	29			00:39:42
167	229	RUTE VANESSA DA SILVA	F	31	F3034	22			00:40:03
168	111	ISABELLA DA SILVA SANTOS	F	19	F1824	9		PRA CORRER BM	00:40:04
169	86	EMYLAINÉ PORTO DA SILVA	F	29	F2529	16			00:40:17
170	50	CAROLINA RITER DE SOUZA	F	35	F3539	30		DBOX	00:41:00
171	281	MARIANA DE OLIVEIRA	F	29	F2529	17			00:41:01
172	49	CARMEM MARQUES DE ANDRADE	F	72	F7099	1			00:42:34
173	130	JULIANA LOPES DE SOUZA DA SILVA	F	35	F3539	31		DBOX	00:42:44
174	131	JULIANA LOPES RIBEIRO	F	28	F2529	18		RUNNES	00:45:56
175	234	SILVANA DE CASSIA GONCALVES	F	46	F4549	19		SAMPAIO RUNNERS	00:46:15
176	85	EMANUELE CABRAL FONTELLA DA SILVA	F	13	F0617	2			00:48:08
177	147	KESIA NOVAES DE LIMA	F	22	F1824	10		DESBRAVADORES	00:48:22
178	3	ADRIANA CRISTINA SILVA	F	48	F4549	20			00:48:25
179	283	JERUSA ANNE MACEDO	F	43	F4044	29			00:51:29