

## SESC - ETAPA APUCARANA

### Relatório Geral - 5K - Feminino

Coloc.	Num.	Nome	Id.	Faixa	Cl.Fx.	Sx.	Equipe	Volta	Tempo	Liquido
1	18	ANA CLAUDIA C. V. P. COSMOS	24	F0099	1	F	OS TUCANOS		00:19:53	00:19:47
2	202	SAYURI SHIBAO	33	F0099	2	F	PILEU TEAM/ISABELLA		00:21:32	00:21:32
3	135	MALGRANE MATURANA	50	F0099	3	F	CASAL MATURANA		00:22:03	00:22:03
4	6	ALESSANDRA RODRIGUES GOUVEIA	34	F0099	4	F	PÉ VERMELHO		00:22:10	00:22:07
5	73	FABIANA DE CAMPOS DA FONSECA	28	F0099	5	F			00:22:32	00:22:32
6	66	ELISSANDRA SILVA DOS SANTOS	34	F0099	6	F	PÉ VERMELHO		00:22:49	00:22:46
7	222	TATIANA AZEVEDO DA SILVA GUIMARÃES	29	F0099	7	F			00:22:53	00:22:45
8	64	ELISANGELA MARTINS SILVA	32	F0099	8	F	PERSONAL TRAINER ELISANGELA MARTINS		00:23:05	00:23:02
9	94	JANAINA INOUE T. MANTOVANI	31	F0099	9	F	CORRENDO EM FAMÃ-LIA		00:23:08	00:23:07
10	165	NATACHA IARA DUARTE	30	F0099	10	F	ATHLÃTICA RUNER		00:24:14	00:24:11
11	188	RENATA KAROLINA APARECIDA SALES	33	F0099	11	F	R80		00:25:12	00:24:37
12	40	CLAUDIA BARBOSA POLASTRI	32	F0099	12	F	BIO FORMA RUNNERS		00:25:43	00:25:24
13	118	LARISSA ANTUNES CORREIA	26	F0099	13	F	PERSONAL PAULINHA MOREIRA		00:25:55	00:25:40
14	223	TATIANE DO PRADO CORREIA	27	F0099	14	F	BIO FORMA RUNNER		00:25:59	00:25:42
15	61	ELIANE YUKARI ISHI	32	F0099	15	F			00:26:00	00:25:15
16	58	ELAINE DE CASTRO	26	F0099	16	F			00:26:08	00:25:46
17	108	JULIANA DORIS DE CARVALHO MARQUES FELIX	37	F0099	17	F	PERSONAL TRAINER LUDIANE MATHEUS		00:26:14	00:25:40
18	91	IOLANDA FALEIROS DE SOUZA ALMEIDA	48	F0099	18	F	PÉ VERMELHO		00:26:21	00:26:17
19	65	ELISANGELA RIBEIRO DA COSTA	33	F0099	19	F	PÉ VERMELHO		00:26:28	00:26:28
20	148	MARIANA ALICE ZANETTI ALVES	38	F0099	20	F	EQUIPE DE CORRIDA PODIUM		00:26:34	00:26:22
21	193	ROSANGELA MARQUES CAMPANER	53	F0099	21	F	EQUIPE JANDAIA		00:26:36	00:26:01
22	212	SUELEN APARECIDA SILVEIRA DE ALMEIDA COELHO	32	F0099	22	F	JC CARVALHO		00:27:06	00:26:53
23	98	JÉSSICA SANTIAGO DE BRITO	24	F0099	23	F	MEGA FITNESS/PÃO VERMELHO		00:27:29	00:27:25
24	125	LIVIA MAGDA GARRIDO AVELAR HOFFMANN	32	F0099	24	F	ATIVA		00:27:31	00:27:23
25	127	LUCIA CEVERINO BORGES	47	F0099	25	F	PÉ VERMELHO		00:27:33	00:27:26
26	179	PAULA MARIANE PAZINI MOREIRA DE FREITAS	33	F0099	26	F	PERSONAL PAULINHA MOREIRA		00:27:33	00:27:33
27	130	LUCINEIA RIBEIRO DA SILVA	39	F0099	27	F			00:27:45	00:27:23
28	68	EMANUELLE VIEIRA OLIVEIRA	19	F0099	28	F			00:27:46	00:27:15
29	173	NILSA VIANA RAVANEDA	48	F0099	29	F			00:27:53	00:27:43
30	203	SHEILA PATRICIA BITNER MOREIRA DOS SANTOS	37	F0099	30	F	MEGA RUN		00:27:53	00:27:48

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31	196	ROSEMEIRE PEREIRE DA SILVA	38	F0099	31	F	PÉ VERMELHO		00:28:32	00:28:23
32	201	SANDRA SAYURI ISHII	40	F0099	32	F			00:28:33	00:27:46
33	97	JENIFER MENEZES	32	F0099	33	F	CLUBE DA CORRIDA LONDRINA		00:28:50	00:28:10
34	117	KATIA THAIS DA SILVA SATO	28	F0099	34	F			00:28:52	00:28:30
35	5	ADRIANA MUNHOZ MENOTTI	26	F0099	35	F			00:28:53	00:28:30
36	174	NILVA DE SOUZA FRANÇA MURAOKA	48	F0099	36	F	R80		00:28:54	00:28:02
37	56	ELAINE CRISTINA DOS SANTOS DIAS	27	F0099	37	F	MARCHI		00:29:03	00:28:50
38	159	MILTHA TATIANA CORREA PINTO	40	F0099	38	F			00:29:13	00:29:13
39	150	MARIANA LUCIANA FERNANDES	44	F0099	39	F	SPORTFITNESS		00:29:16	00:28:32
40	186	RENATA CRISTINA RIBEIRO DE ANDRADE AZEVEDO	33	F0099	40	F	HERBALIFE		00:29:18	00:29:12
41	75	FATIMA APARECIDA DOS SANTOS	48	F0099	41	F	ACADEMIA ATIVA		00:29:23	00:29:09
42	50	DIVA BRITO DE CARVALHO	55	F0099	42	F	EQUIPE DE CORRIDA PODIUM ARAPONGAS		00:29:25	00:29:14
43	151	MARIANA QUEIROZ RICARDO	34	F0099	43	F			00:29:26	00:29:20
44	230	VIVIANE ALVES DA SILVA	43	F0099	44	F	Z TREINAMENTOS		00:29:31	00:29:21
45	109	JULIANA HARUMY ABE	19	F0099	45	F	SUPERMERCADO TOKYO		00:29:34	00:29:23
46	116	KATIA REGINA DE SOUZA VENTER RANK	51	F0099	46	F	ACADEMIA ATIVA		00:29:39	00:29:24
47	145	MARIA FERNANDA FRANÇA MURAOKA	17	F0099	47	F	R 80		00:29:41	00:28:49
48	206	SIMONE DELVELLAN DE SOUZA FRACHINI	38	F0099	48	F	OS TUCANOS		00:29:52	00:29:13
49	216	SUELI CARMONA DIAS	53	F0099	49	F	PÉ VERMELHO		00:30:02	00:29:55
50	20	ANA PAULA RIEDLINGER CUPINI	36	F0099	50	F	ACDEMIA PODIUM		00:30:05	00:29:54
51	28	BARBARA CAROLINE PEREIRA	24	F0099	51	F			00:30:18	00:30:04
52	134	LUZIA GONÇALVES URBICK	52	F0099	52	F	INSPIRA EXPIRA		00:30:23	00:29:47
53	25	ÂNGELA AMÉLIA DE OLIVEIRA ROSA NATEL XAVIER	40	F0099	53	F	PÉ VERMELHO		00:30:24	00:30:18
54	82	FLÁVIA MARQUES FERRAZ DOS SANTOS	25	F0099	54	F	R 80		00:30:30	00:30:30
55	47	DANIELA APARECIDA SIQUEIRA	31	F0099	55	F	PÉ VERMELHO		00:30:37	00:30:37
56	42	CLAUDINÉIA TROVO	42	F0099	56	F	CIA TRAINING		00:30:38	00:30:02
57	113	KAMILA BOSCHINI FERREIRA	23	F0099	57	F			00:30:43	00:30:19
58	88	GRAZIELI MENOSSI	33	F0099	58	F			00:30:44	00:30:00
59	15	AMANDA VIVIANE RISSATO	31	F0099	59	F	CORRENDO EM FAMÃ-LIA		00:30:47	00:30:15
60	122	LETICIA CANESIN PEREIRA GRACIOLI	31	F0099	60	F			00:30:47	00:29:58
61	35	CÁSSIA REAL RAMOS	47	F0099	61	F	TUCANOS		00:30:49	00:30:10
62	19	ANA PAULA MAIA DIAS DE FREITAS LEONARDI	30	F0099	62	F	EQUIPE PAULINHA MOREIRA		00:30:50	00:30:32

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63	87	GISELLE DE LIMA CALDEIRA HORWATICH	32	F0099	63	F	DESCENDO DO SALTO - STUDIO VS		00:30:51	00:30:30
64	133	LUZIA DE FATIMA THOMAZ	51	F0099	64	F	R80		00:30:59	00:30:11
65	7	ALINE CRISTINA GONÇALVES	35	F0099	65	F	R80 CORRIDA & CAMINHADA		00:31:01	00:30:10
66	234	ZENIR MENEZES	57	F0099	66	F	CLUBE DA CORRIDA LONDRINA		00:31:05	00:30:24
67	154	MARLENE TROVO	53	F0099	67	F			00:31:23	00:30:49
68	95	JANE NOGUEIRA DE ABREU CASADO	33	F0099	68	F			00:31:24	00:31:08
69	224	TELMA ELIZABETH LEMOS REIS	50	F0099	69	F			00:31:37	00:31:37
70	2	ADRIANA BRAZ LUCIANO	44	F0099	70	F			00:31:38	00:30:51
71	123	LILIAN MARTINS SPACIARI	41	F0099	71	F	GRUPOD CORRIDA ACADEMIA ATIVA		00:31:38	00:31:26
72	198	SABRINA MENEGAZZO CANDEO MARCHI	37	F0099	72	F	MARCHI ACADEMIA		00:31:52	00:31:25
73	45	DAIANE CRISTINA DA SILVA MARTINELLI	30	F0099	73	F			00:32:05	00:31:50
74	74	FABIANA GOMES ALVES	32	F0099	74	F	ATHETICA RUNNER		00:32:18	00:31:51
75	213	SUELEN FABIANA HONÓRIO	29	F0099	75	F	ATHLETICA RUNNER		00:32:27	00:31:59
76	227	VALERIA PERUZZO ZORZETTI	40	F0099	76	F	OS TUCANOS		00:32:32	00:32:13
77	142	MARIA CAROLINA MARTINELLI	28	F0099	77	F			00:32:38	00:32:22
78	24	ANDREZA BOATO SORPREZO	39	F0099	78	F	OS TUCANOS		00:32:40	00:32:22
79	229	VERA LÚCIA NEGRI	47	F0099	79	F			00:32:47	00:32:41
80	60	ELIANE CRISTINA MUSSI IRYODA	33	F0099	80	F	GRUPO AMASSA ASFALTO		00:33:07	00:32:40
81	99	JOCIMARA MARIA DA SILVA RODRIGUES LIMA	45	F0099	81	F	R80		00:33:09	00:32:20
82	178	PATRICIA MIYUKI MACHADO AOYAMA	47	F0099	82	F	R80		00:33:13	00:32:21
83	146	MARIA NICE SIMONI MASQUETTI	56	F0099	83	F	BIO FORMA		00:33:23	00:33:23
84	83	GABRIELA BATISTA MONTEZINI	21	F0099	84	F			00:33:33	00:33:02
85	13	AMANDA SANTOS GADELHA	29	F0099	85	F	OS TUCANOS		00:33:39	00:33:00
86	215	SUELI CARDOSO	56	F0099	86	F	CIA TRAINING		00:33:40	00:33:04
87	36	CELIA APARECIDA FERREIRA BOVO	51	F0099	87	F			00:33:44	00:33:00
88	170	NAYANA RODRIGUES	33	F0099	88	F			00:33:45	00:33:15
89	3	ADRIANA LARISSA DE GODOY ALVES	27	F0099	89	F	CORRER PRO GOLE!		00:33:47	00:33:04
90	14	AMANDA VILELA	25	F0099	90	F	RUN2LIVE TEAM		00:33:55	00:33:45
91	21	ANA PAULA SANO GUILHEM	24	F0099	91	F	ACORRECOP		00:34:03	00:33:26
92	85	GILDETE MARIA VAZ VIEIRA FREHNER	30	F0099	92	F	STUDIO PERSONAL EDIELSON MELO		00:34:07	00:33:51
93	86	GIOVANNA CAROLINE PEREIRA DE ALMEIDA	16	F0099	93	F	VEST MODA		00:34:07	00:33:21
94	138	MARCILENE MONTANHA LOT	47	F0099	94	F			00:34:09	00:33:18

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95	217	SUMAIA CRISTINA ANTOUN	32	F0099	95	F	R80 CORRIDA E CAMINHADA		00:34:09	00:33:18
96	111	JULIANE FRANZON	30	F0099	96	F	BIO FORMA RUNNERS		00:34:14	00:33:42
97	30	BRUNA DA CUNHA CARVALHO	26	F0099	97	F	PODIUM ARAPONGAS		00:34:17	00:34:08
98	29	BEATRIZ GODOY NUNES	47	F0099	98	F	PÉ VERMELHO		00:34:23	00:26:52
99	78	FERNANDA LARISSA DE OLIVEIRA	23	F0099	99	F	ACADEMIA MARCH		00:34:45	00:34:18
100	120	LAUDICÉIA DOS SANTOS DA COSTA	24	F0099	100	F	RUN2LIVE TEAM		00:34:46	00:34:38
101	105	JOSIANE FANELI DE MACEDO	40	F0099	101	F	CENA RUNNING		00:34:48	00:34:22
102	140	MARIA APARECIDA FRANCISCO FUKAHORI	61	F0099	102	F	TUCANOS		00:34:57	00:34:53
103	63	ELISÂNGELA CORREIA LEMES	36	F0099	103	F			00:34:58	00:34:58
104	176	OLINDA FARIA DE OLIVEIRA	61	F0099	104	F			00:35:05	00:34:25
105	26	ARIADNE ODALIZA DE PAULA XAVIER	27	F0099	105	F	ATHETICA RUNNER		00:35:06	00:34:38
106	200	SANDRA REGINA DA SILVA	52	F0099	106	F	ATHLETICA RUNNER		00:35:12	00:34:49
107	76	FERNANDA BORTOLO PESENTI	23	F0099	107	F	R80		00:35:13	00:34:22
108	225	THAYLA NAYARA DA SILVA	24	F0099	108	F			00:35:26	00:34:36
109	79	FERNANDA LEMOS STORN	30	F0099	109	F			00:35:36	00:35:29
110	169	NATHANA BOESSIO CASSINS	23	F0099	110	F	R80		00:35:48	00:34:58
111	211	SORAYA CORTZ PEREIRA FREITAS	50	F0099	111	F	R80		00:35:51	00:35:04
112	124	LILIAN VIEIRA DO NASCIMENTO	27	F0099	112	F	R80		00:35:52	00:35:01
113	80	FERNANDA LUZ	34	F0099	113	F			00:35:53	00:34:59
114	41	CLAUDIA CRISTINA MOLIANI	42	F0099	114	F			00:35:55	00:35:55
115	106	JOSIANE MARQUES CUSTODIO	47	F0099	115	F	BIOFORMA		00:35:55	00:35:20
116	160	MIRIAM MITSUE MOROSHIMA	38	F0099	116	F	R80		00:36:01	00:35:11
117	163	NAELI JOSEANI COLOMBO	31	F0099	117	F			00:36:04	00:36:04
118	183	REGIANE CRISTINA MORENO	39	F0099	118	F			00:36:16	00:36:16
119	235	ZILA MARIA BOESSIO CASSINS	56	F0099	119	F	R80		00:36:18	00:35:29
120	70	EVA APARECIDA DA SILVA LEVY	50	F0099	120	F	OS TUCANOS		00:36:25	00:36:07
121	128	LUCINEI JACINTO PIZZAIA	42	F0099	121	F	OS TUCANOS		00:36:26	00:36:08
122	189	RENATA KELLY GROTA TRAIN	30	F0099	122	F	TUCANOS		00:36:26	00:36:26
123	33	CAROLINA ELSIE WEFFORT	28	F0099	123	F			00:36:29	00:36:07
124	209	SIRLENE BONATO	45	F0099	124	F	ACORRECOP		00:36:51	00:36:13
125	220	TANIA CRISTINA MAGALHAES PEREIRA BRITO	34	F0099	125	F	R80		00:36:59	00:36:09
126	194	ROSANGELA VIEIRA CREMASCO	41	F0099	126	F			00:37:11	00:36:40
127	182	RAQUEL FELIX PYPCAK	35	F0099	127	F	EQUIPYPCAK		00:37:16	00:36:48

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128	103	JOSIANE CRISTINA RODRIGUES	30	F0099	128	F	BIO FORMA RUNNERS		00:37:45	00:37:10
129	121	LEA CRISTIANE VIEIRA DE FREITAS	36	F0099	129	F	SAÃO DE LONDRINA		00:38:00	00:37:28
130	139	MARIA APARECIDA FONSECA MACHADO	53	F0099	130	F			00:38:02	00:38:02
131	46	DALVA FANTIN BERGAMO	48	F0099	131	F	ATHLETICA RUNNER		00:38:12	00:37:48
132	104	JOSIANE DE OLIVEIRA GONSANI	34	F0099	132	F	EQUIPE Z		00:38:14	00:37:33
133	191	RITA YURIKO HISATUGO	40	F0099	133	F	BIO FORMA RUNNERS		00:38:41	00:38:10
134	162	NADIR MARIANO FORNAZARO	50	F0099	134	F			00:39:00	00:38:50
135	72	FABIANA DE BRITO SILVA	28	F0099	135	F	BOLA RUNNING		00:39:40	00:39:40
136	84	GILDETE DE JESUS	48	F0099	136	F	OS TUCANOS		00:40:00	00:39:41
137	158	MELISSA CRISTINA DE CASTRO LOPES	38	F0099	137	F	PÉ VERMELHO		00:40:43	00:40:38
138	195	ROSE AP. CUNHA CARNAVALE	45	F0099	138	F	BIO FORMA		00:42:09	00:42:09
139	89	HELEN CRISTINA FRANCO VIEIRA	33	F0099	139	F	JESUS E MARCOS BARBEARIA		00:43:12	00:42:34