

## SESC - ETAPA - FOZ DO IGUAÇU

### Relatório Geral - 5K - Masculino

Coloc.	Num.	Nome	Sx.	Idd.	Faixa	Cl.Fx.	Equipe	Tempo	Líquido	Ritmo	Veloc. Média
1	429	MÁRCIO LUIS LOTTERMANN	M	29	M0099	-	ACCORRER	00:16:53	00:16:53	03:23	17,77
2	486	VALDEDIR PAUVELS	M	44	M0099	-	CORRER TOLEDO	00:17:24	00:17:22	03:28	17,27
3	400	LAURI URBK	M	49	M0099	-	CORRER/TOLEDO/IGAST	00:17:36	00:17:33	03:31	17,09
4	376	JHONNATTAN LUIZ DUTRA	M	28	M0099	-	NEO RUNNERS	00:17:53	00:17:51	03:34	16,81
5	359	HECTOR AUSBERTO ZABALA YUJRA	M	23	M0099	-		00:18:07	00:18:05	03:37	16,59
6	353	GILMAR RAMOS DE CAMARGO	M	31	M0099	1		00:18:30	00:18:29	03:42	16,23
7	370	JAIR ANTUNES FERREIRA	M	40	M0099	2	ACORREFOZ	00:18:39	00:18:38	03:44	16,10
8	361	HUMBERTO MARQUES LUIS	M	42	M0099	3	ACCORRER CASCAVÁ%L	00:18:51	00:18:50	03:46	15,93
9	389	JOSE MARCIO TEZOLIN	M	36	M0099	4	MARINHA	00:19:00	00:18:51	03:46	15,92
10	402	LEANDRO DA SILVA	M	22	M0099	5		00:19:09	00:18:51	03:46	15,92
11	406	LEONARDO LEITE SANTANA	M	25	M0099	6		00:19:30	00:19:17	03:51	15,56
12	446	PAULO CEZAR DOS SANTOS	M	30	M0099	7	IGAST CORRER TOLEDO	00:19:43	00:19:36	03:55	15,31
13	404	LEANDRO FALCADE	M	38	M0099	8		00:19:49	00:19:44	03:57	15,20
14	475	SILVIO CARVALHO DO PRADO	M	46	M0099	9	NÃO	00:20:15	00:20:13	04:03	14,84
15	288	ALISSON MATEUS ALONSO DA SILVA	M	16	M0099	10		00:20:28	00:20:25	04:05	14,69
16	467	SERGIO ANDRE MARQUES DA SILVA ARNOLD	M	45	M0099	11	ACORREFOZ	00:20:43	00:20:41	04:08	14,50
17	430	MARCIO SCHAFASCHEK	M	39	M0099	12		00:20:51	00:20:49	04:10	14,41
18	473	SIDINEI KINPINSKI	M	35	M0099	13		00:21:01	00:20:59	04:12	14,30
19	450	PAULO SOARES DOS SANTOS	M	43	M0099	14	14 Âº BPM	00:21:08	00:21:01	04:12	14,27
20	422	LUIZ HENRIQUE BARROS	M	32	M0099	15		00:21:24	00:21:11	04:14	14,16
21	434	MARIO SERGIO RODRIGUES	M	38	M0099	16		00:21:17	00:21:12	04:14	14,15
22	358	HAMILTON CEZAR ANGELINI	M	47	M0099	17		00:21:19	00:21:13	04:15	14,14
23	295	ARIEL BONATO	M	26	M0099	18		00:21:39	00:21:36	04:19	13,89
24	415	LUIS CARLOS LOTTERMANN	M	31	M0099	19	ACCORRER CASCAVEL	00:22:00	00:22:00	04:24	13,64
25	364	ISRAEL ALVES DOS SANTOS	M	35	M0099	20	CORREIOS	00:22:28	00:22:03	04:25	13,61
26	493	WALMOR M. G. DOS SANTOS	M	51	M0099	21		00:22:10	00:22:06	04:25	13,57
27	388	JOSÉ MÁRCIO REBELLO FLORES	M	48	M0099	22	RUN UP	00:22:59	00:22:23	04:29	13,40
28	377	JOAO BATISTA VARGAS JUNIOR	M	24	M0099	23	EXÃ©RCITO BRASILEIRO/34Âº B I MEC	00:22:44	00:22:30	04:30	13,33
29	287	ALI HASSAN MROUE	M	42	M0099	24		00:22:35	00:22:34	04:31	13,29
30	382	JOBERSON APARECIDO MATIAS	M	39	M0099	25	DOIS AMORES	00:22:46	00:22:37	04:31	13,26
31	366	IVONILSON SILVA FERREIRA	M	30	M0099	26		00:23:10	00:22:44	04:33	13,20
32	311	CLODOALDO PADILHA DOS SANTOS	M	43	M0099	27		00:22:50	00:22:45	04:33	13,19
33	427	MARCIANO WISMANN PINTO	M	22	M0099	28		00:23:08	00:22:55	04:35	13,09
34	322	EDGAR ESKIVISKI	M	43	M0099	29		00:23:12	00:23:06	04:37	12,99
35	436	MAURÍCIO ANDRÉ FIN	M	34	M0099	30	MUTLEY	00:23:51	00:23:07	04:37	12,98
36	491	VILSON MARQUES DA SILVA	M	46	M0099	31		00:23:11	00:23:07	04:37	12,98
37	371	JAIR FRANCISCO FERREIRA	M	57	M0099	32	ACORREFOZ	00:23:31	00:23:21	04:40	12,85
38	413	LUCAS DAGOSTIN	M	26	M0099	33	ICMBIO	00:23:46	00:23:22	04:40	12,84
39	380	JOAO FERNANDES DA SILVA	M	57	M0099	34		00:23:50	00:23:49	04:46	12,60
40	396	JULIO HENRIQUE DREHER	M	35	M0099	35	OPUO	00:25:10	00:24:39	04:56	12,17
41	379	JOAO CESAR MARCATO	M	45	M0099	36		00:24:55	00:24:50	04:58	12,08
42	444	OTONIEL VIERA DOS ANJOS	M	36	M0099	37		00:25:00	00:24:58	05:00	12,02
43	498	WILLIAM POSSATO MOREIRA	M	24	M0099	38		00:25:13	00:24:59	05:00	12,01
44	306	CLAUDIO CHRISTOVAO	M	58	M0099	39	ACORREFOZ	00:25:10	00:25:03	05:01	11,98
45	243	ELTON ANTONIO VALENTINI	M	37	M0099	40		00:25:35	00:25:11	05:02	11,91
46	300	CALIXTO AVELINO JUNIOR	M	45	M0099	41	KENIA EU TE AMO	00:25:25	00:25:17	05:03	11,87
47	378	JOÃO CARLOS TORREZAN	M	41	M0099	42		00:25:37	00:25:23	05:05	11,82
48	391	JOSE ZARATE	M	54	M0099	43	ACORREFOZ	00:25:31	00:25:25	05:05	11,80
49	479	THIAGO FERREIRA DE TOLEDO	M	23	M0099	44	ICMBIO	00:34:55	00:25:30	05:06	11,76
50	279	ADILSON BRASIL BARRETO	M	51	M0099	45		00:26:58	00:25:45	05:09	11,65
51	291	ANDRÉ LUIZ CREVILARO CAMARGO	M	33	M0099	46		00:26:20	00:25:54	05:11	11,58
52	495	WELDER HEMKEMEIER	M	25	M0099	47		00:25:58	00:25:58	05:12	11,55
53	397	JULIO MAURO FONTEBASSO	M	44	M0099	48		00:26:09	00:26:01	05:12	11,53
54	333	ELIODORO SOSA	M	46	M0099	49		00:26:42	00:26:03	05:13	11,52
55	453	RAUL IGNACIO ROJAS MARTINEZ	M	45	M0099	50		00:27:03	00:26:08	05:14	11,48
56	381	JOAQUIM CARLOS GABRIEL PAES	M	56	M0099	51	POUSADA QUIM	00:26:28	00:26:21	05:16	11,39
57	341	EVERTON LUIS GULARTE PEIXOTO	M	44	M0099	52		00:26:34	00:26:34	05:19	11,29
58	441	ONERSI DE MOURA	M	54	M0099	53		00:26:37	00:26:37	05:19	11,27
59	469	SERGIO CARDOZO	M	34	M0099	54		00:27:12	00:26:46	05:21	11,21
60	383	JONES CAMPELO	M	44	M0099	55		00:28:02	00:26:54	05:23	11,15
61	277	ADAO ALVES DOS SANTOS	M	47	M0099	56	FARINHA MATILDE	00:27:47	00:27:24	05:29	10,95
62	419	LUIZ CLÁUDIO MILLER MARTINS	M	36	M0099	57		00:28:02	00:27:35	05:31	10,88
63	390	JOSÉ ROBERTO OLIVEIRA DE SOUZA	M	41	M0099	58		00:28:40	00:27:36	05:31	10,87
64	494	WANDERLEI DIAS	M	54	M0099	59		00:28:23	00:27:43	05:33	10,82
65	349	FLAVIO MACHADO	M	39	M0099	60	JESUS	00:28:13	00:27:44	05:33	10,82
66	480	THIAGO MEDEIROS DE SOUZA	M	26	M0099	61		00:27:59	00:27:44	05:33	10,82
67	332	ELIO JOSE TONDINI	M	57	M0099	62		00:27:56	00:27:45	05:33	10,81
68	443	OTAVIO VINICIUS MARTINS DA SILVA	M	17	M0099	63		00:28:25	00:27:57	05:35	10,73
69	465	RUDNEY BOSTEL	M	33	M0099	64		00:29:11	00:28:02	05:36	10,70
70	431	MARCO AURÉLIO FIRMINO SCANDALO	M	27	M0099	65		00:29:21	00:28:23	05:41	10,57
71	308	CLAUDIONEI CARDOSO	M	40	M0099	66		00:29:03	00:28:34	05:43	10,50

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Coloc.	Num.	Nome	Sx.	Idd.	Faixa	Cl.Fx.	Equipe	Tempo	Líquido	Ritmo	Veloc. Média
72	472	SIDEMAR WILLIAM MAYER	M	27	M0099	67		00:29:45	00:28:51	05:46	10,40
73	280	ADRIANO ARFELLI	M	31	M0099	68		00:29:49	00:28:53	05:47	10,39
74	445	PAULO CESAR DA SILVA	M	36	M0099	69		00:29:20	00:28:57	05:47	10,36
75	492	VITOR LUIZ KNISS	M	34	M0099	70		00:29:31	00:28:59	05:48	10,35
76	336	ERBSON PEREIRA	M	33	M0099	71		00:29:20	00:29:01	05:48	10,34
77	454	REGINALDO SPRICIGO	M	25	M0099	72		00:30:28	00:29:35	05:55	10,14
78	368	JADERSON ANTONIO GRUBER	M	48	M0099	73		00:30:03	00:29:41	05:56	10,11
79	466	RUDOLFO BRUNO HERMOSILIA DALLE LASTE KNIELING	M	26	M0099	74		00:30:03	00:29:46	05:57	10,08
80	423	MARCEL TOMOSHIGUE UNTEN	M	37	M0099	75		00:30:36	00:29:55	05:59	10,03
81	398	KLEBER ARRABAL	M	40	M0099	76		00:31:35	00:30:20	06:04	9,89
82	462	RONIVAL RONALDO RAGADALI	M	33	M0099	77		00:31:36	00:30:39	06:08	9,79
83	317	DOMINGOS NOBERTO DA SILVA	M	51	M0099	78	MUTLEY	00:31:33	00:30:49	06:10	9,73
84	347	FERNANDO NAKAYAMA DE QUEIROZ	M	38	M0099	79		00:31:16	00:30:52	06:10	9,72
85	342	FÁBIO ALESSANDRO PRÁ	M	34	M0099	80		00:31:25	00:31:03	06:13	9,66
86	424	MARCELO AUGUSTO GONÇALVES	M	48	M0099	81	ACADEMIA CORPO & SAÁDE	00:31:35	00:31:04	06:13	9,66
87	278	ADELAR ANTONIO BATTISTI	M	49	M0099	82		00:31:39	00:31:15	06:15	9,60
88	407	LEONARDO OLIVEIRA DA SILVA	M	28	M0099	83		00:31:26	00:31:19	06:16	9,58
89	337	ERNESTO WILLAMS MOLINA ANTELO	M	49	M0099	84	TROOP NIGHT RUN	00:32:57	00:31:31	06:18	9,52
90	386	JOSE FERREIRA DA SILVA	M	69	M0099	85	ACORREFOZ	00:32:56	00:31:31	06:18	9,52
91	330	EDUARDO HENRIQUE COSTA REGO	M	27	M0099	86		00:32:51	00:31:32	06:18	9,51
92	299	AUGUSTO CESAR THOMAZ	M	67	M0099	87	WAY	00:32:37	00:31:33	06:19	9,51
93	481	THIAGO MOREIRA CAPITELLI	M	29	M0099	88		00:32:20	00:31:42	06:20	9,46
94	340	EVANDRO SGUARIO ARAUJO JUNIOR	M	37	M0099	89		00:32:21	00:31:43	06:21	9,46
95	403	LEANDRO DE OLIVEIRA	M	38	M0099	90	CAMPOS & OLIVEIRA	00:32:35	00:31:58	06:24	9,38
96	468	SÉRGIO ARAKI NAGATA	M	35	M0099	91	DESAFIO SESC 5KM	00:33:05	00:32:04	06:25	9,36
97	471	SERGIO RICARDO DE MOURA CALÇA	M	43	M0099	92	FAMÃ-LIA CALÃÇA	00:32:54	00:32:24	06:29	9,26
98	373	JEAN APARECIDO PRESSE	M	43	M0099	93	WAY	00:33:44	00:32:49	06:34	9,14
99	244	HELBER TADEU MENDONÇA PEIXOTO	M	44	M0099	94		00:33:31	00:33:04	06:37	9,07
100	305	CHARLES CHAYFORD FOSTER NETO	M	59	M0099	95	ACORREFOZ	00:34:10	00:33:20	06:40	9,00
101	416	LUIS FERNANDO DA SILVA RIO BRANCO	M	42	M0099	96		00:33:49	00:33:23	06:41	8,99
102	289	ALLAN WESTON DE LIMA WANDERLEY	M	50	M0099	97	EX LEGE	00:35:01	00:33:37	06:43	8,92
103	463	ROQUE CIELO FILHO	M	45	M0099	98		00:34:39	00:33:55	06:47	8,85
104	460	ROLF MASSAO SATAKE GUGISCH	M	26	M0099	99		00:35:45	00:34:53	06:59	8,60
105	281	ALANO DEBALD	M	20	M0099	100		00:34:54	00:34:54	06:59	8,60
106	414	LUIS ANTONIO VERARDI	M	49	M0099	101		00:35:18	00:34:55	06:59	8,59
107	312	DANIEL HERMINIO DE ARAUJO	M	35	M0099	102	TROOP NIGHT RUN	00:35:46	00:35:28	07:06	8,46
108	352	GEORGE DE ALMEIDA DAVID JUNIOR	M	39	M0099	103		00:36:35	00:36:35	07:19	8,20
109	315	DECIO FERREIRA RORATO	M	53	M0099	104		00:37:41	00:36:55	07:23	8,13
110	360	HELDER TADEU MENDONÇA PEIXOTO	M	44	M0099	105	TROOP NIGHT RUN	00:39:02	00:38:25	07:41	7,81
111	313	DARLEY S DIN CARNEIRO	M	48	M0099	106		00:38:57	00:38:44	07:45	7,75
112	310	CLEVERSON ACORDI	M	34	M0099	107	ACADEMIA CORPO SAUDE	00:39:45	00:38:47	07:45	7,74
113	319	DOUGLAS HENRIQUE ALVES SILVA	M	32	M0099	108	TFHARD	00:39:55	00:39:00	07:48	7,69
114	355	GLAUCO RAMOS DE PAULA	M	65	M0099	109		00:40:03	00:39:10	07:50	7,66
115	334	ELISIARIO BUENO	M	71	M0099	110		00:39:43	00:39:22	07:52	7,62