



Relatório Geral - 5.3 KM - Feminino

Coloc.	Num.	Nome	Sx.	Idd.	Faixa	Cl.Fx.	Equipe	Tempo	Liquido	Ritmo	Veloc. Média
1	221	ROSEMERY ALVES TEIXEIRA	F	23	F2029	1	APISA	00:25:52	00:25:49	04:52	12,32
2	183	SIMONE APARECIDA KUSCHENIR	F	33	F3039	1	SUPERAÇÃO	00:26:44	00:26:44	05:03	11,90
3	81	JENNIFFER RAISSA DAS NEVES	F	26	F2029	2	CORREPG	00:26:58	00:26:58	05:05	11,79
4	120	MARCIA OLIVEIRA DA SILVA	F	38	F3039	2	APISA	00:27:19	00:27:19	05:09	11,64
5	150	MIRIAN CORREA SANTOS DA LUZ	F	37	F3039	3	APISA	00:27:21	00:27:21	05:10	11,63
6	115	LUZIA APARECIDA DE SOUZA	F	40	F4049	1	CR RUNNE	00:27:42	00:27:42	05:14	11,48
7	5	ALESSANDRA MIKETEN KOSTESKI WINCHE	F	30	F3039	4	STUDIO SUPERAÇÃO FITNESS	00:28:14	00:28:14	05:20	11,26
8	184	SUELEN CRISTINA CHAMI	F	29	F2029	3	CORREPG	00:28:27	00:28:27	05:22	11,18
9	137	MARISA DA LUZ	F	58	F5059	1	MOVIMENTA PONTA GROSSA	00:28:48	00:28:44	05:25	11,07
10	66	GLACY DE FATIMA OLIVEIRA	F	59	F5059	2	EQUIPE RUNNERS ARAPOTI	00:28:51	00:28:51	05:27	11,02
11	134	MARIANE CORREA DOS SANTOS	F	29	F2029	4	AVULSO	00:28:59	00:28:59	05:28	10,97
12	109	LUCIANA DOS SANTOS BENITES	F	35	F3039	5	PROJETO CORRE PIRAI	00:29:16	00:29:11	05:30	10,90
13	36	DIONEIA SANTOS LUNA DE SOUZA	F	41	F4049	2	EQUIPE RUNNERS ARAPOTI	00:29:17	00:29:17	05:32	10,86
14	160	PAULA DE FATIMA KUSCHENIR	F	36	F3039	6	SUPERAÇÃO	00:29:24	00:29:24	05:33	10,82
15	172	RITA DOS SANTOS	F	47	F4049	3		00:29:36	00:29:34	05:35	10,76
16	32	CRISTIANE APARECIDA PEDROSO	F	26	F2029	5	DK PERSONAL TRAINER	00:30:08	00:30:07	05:41	10,56
17	192	VERONICA COSTA CALIXTO	F	27	F2029	6	EQUIPE BARRA DO JACARÉ	00:30:22	00:30:18	05:43	10,50
18	65	GISELE CRISTINA OGRYSKO	F	35	F3039	7	SUPERAÇÃO	00:30:39	00:30:39	05:47	10,38
19	25	MARILANDRA SANTANA	F	35	F3039	8	CORREPG	00:30:44	00:30:42	05:48	10,36
20	57	FERNANDA ESTEVES MARIA	F	23	F2029	7	EQUIPE ALTO GIRO PG	00:30:45	00:30:45	05:48	10,34
21	138	MARISTELA SIMONE DE ANDRADE	F	41	F4049	4		00:31:04	00:31:02	05:51	10,25
22	3	ADRIELY SOLAK DA SILVA	F	27	F2029	8		00:31:09	00:31:04	05:52	10,24
23	249	SIRLEI SOARES	F	39	F3039	9		00:31:11	00:31:06	05:52	10,23
24	164	PRISCILA DEFENDI DOS SANTOS	F	29	F2029	9	ALTO GIRO	00:31:10	00:31:10	05:53	10,20
25	33	DAIANE DA SILVA	F	34	F3039	10	AVULSO	00:31:39	00:31:35	05:58	10,07
26	125	MARI JUCIELIA BACH	F	52	F5059	3	SUPERAÇÃO	00:31:38	00:31:38	05:58	10,05
27	182	SILMARIA RITA DINIZ RIBEIRO	F	61	F6099	1	MOVIMENTA PONTA GROSSA	00:31:43	00:31:43	05:59	10,03
28	135	MARILETE FRANCESCATTI FRANCESCHINI	F	52	F5059	4		00:31:51	00:31:49	06:00	9,99
29	44	ELAINE CRISTINA DE OLIVEIRA	F	30	F3039	11	EQUIPE RUNNERS ARAPOTI	00:32:23	00:32:22	06:06	9,82
30	159	PATRICIA KOTARSKI	F	38	F3039	12		00:32:27	00:32:27	06:07	9,80
31	205	JACQUELINE LOPES DA SILVA	F	45	F4049	5	CORREPG	00:32:52	00:32:51	06:12	9,68
32	234	TANIA REGINA GUIMARAES	F	54	F5059	5		00:33:08	00:33:07	06:15	9,60
33	42	EDILAINE DA SILVA FERREIRA	F	49	F4049	6		00:33:26	00:33:24	06:18	9,52
34	189	VALERIA FLUGEL DA LUZ	F	32	F3039	13	APISA	00:33:40	00:33:36	06:20	9,46
35	139	MARLI GOMES DE OLIVEIRA DOS SANTOS	F	32	F3039	14	EQUIPE RUNNERS ARAPOTI	00:33:41	00:33:40	06:21	9,45
36	223	SOLANGE ROSSUI COSTA DE OLIVEIRA BUENO	F	40	F4049	7	APISA	00:34:02	00:33:58	06:25	9,36
37	51	ERNESTINA DE FATIMA KOTARSKI	F	59	F5059	6		00:34:13	00:34:11	06:27	9,30
38	59	FRANCIANE DE SANTANA	F	31	F3039	15	ALTO GIRO	00:34:14	00:34:14	06:28	9,29
39	31	CLAUDETE GALVAO	F	31	F3039	16	CONSAUDE	00:34:22	00:34:17	06:28	9,28
40	52	FABIANE GASPARINI	F	39	F3039	17		00:34:45	00:34:42	06:33	9,16
41	23	CAMILA MOREIRA RODRIGUES ROCHA	F	26	F2029	10	AVULSO	00:35:02	00:34:56	06:35	9,10
42	11	ANDREA APARECIDA COELHO VIEIRA TORRES	F	38	F3039	18		00:35:02	00:35:00	06:36	9,09
43	29	CATIUSSA MAIARA PAZUCH	F	28	F2029	11		00:35:10	00:35:03	06:37	9,07
44	79	JEANE RIBEIRO MELLO	F	38	F3039	19		00:35:26	00:35:24	06:41	8,98
45	190	VERENA LASKOS	F	32	F3039	20	SUPERAÇÃO	00:35:41	00:35:41	06:44	8,91
46	204	ISOLDE LUISA GEHR	F	61	F6099	2	MOVIMENTA PONTA GROSSA	00:36:07	00:36:04	06:48	8,82
47	96	LARISSA APARECIDA CARNEIRO	F	26	F2029	12	AVULSO	00:36:48	00:36:42	06:55	8,66
48	58	FERNANDA J LAMAS MACHADO	F	29	F2029	13	SUPERAÇÃO	00:37:26	00:37:25	07:04	8,50
49	77	JAMILE LOSS MACHADO	F	30	F3039	21	SUPERAÇÃO PG	00:37:26	00:37:25	07:04	8,50
50	132	MARIA SALETE MARCON GOMES VAZ	F	52	F5059	7	MOVIMENTA PONTA GROSSA	00:38:05	00:38:02	07:11	8,36
51	64	GIOVANA TAYSE SOUSA DE JESUS BRATTI	F	45	F4049	8		00:38:52	00:38:45	07:19	8,21
52	99	TERESINHA MENY	F	46	F4049	9	AVULSO	00:39:54	00:39:50	07:31	7,98
53	212	MARIA AUGUSTA GODOI	F	70	F6099	3	MOVIMENTA PONTA GROSSA	00:39:54	00:39:53	07:32	7,97
54	35	DANIELLE RAMOS GABRIEL	F	34	F3039	22	PMPR	00:40:04	00:39:59	07:33	7,95
55	222	SILK KALINY BEZERRA DE AQUINO	F	41	F4049	10	AVULSO	00:41:09	00:41:06	07:45	7,74
56	176	ROSEMARY CRISTINA VANZELLA PASINATTO	F	51	F5059	8		00:41:35	00:41:32	07:50	7,66
57	48	EMMANUELLE RAMOS GABRIEL	F	37	F3039	23	AVULSO	00:42:35	00:42:29	08:01	7,49
58	1	ADRIANE MARIA GRAMINHO	F	37	F3039	24	RUNNERS ARAPOTI	00:43:24	00:43:21	08:11	7,34
59	78	JAQUELINE BARBOSA MOREIRA	F	21	F2029	14	ALTO GIRO	00:43:51	00:43:48	08:16	7,26
60	105	LOIDE RIBEIRO DA SILVA	F	49	F4049	11		00:46:33	00:46:30	08:46	6,84
61	154	NANCY ARAUJO GORSKI DAMASCENO	F	60	F6099	4		00:46:34	00:46:31	08:47	6,84