

TREINÃO GM RUNNERS

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5KM									
Coloc.	Num.	Atleta	Sx.	Idd.	Faixa	F.E.	C.	Equipe	Tempo
1	113	LUIS GUILHERME DE SOUZA	MASC	16	M1530	-	.	GM RUNNING	00:17:50
2	101	JEFERSON BARBOSA	MASC	22	M1530	-	.		00:17:50
3	62	BRUNO GABRIEL SANTANA	MASC	19	M1530	-	.	GM RUNNING / QUINTAL TOMY	00:18:44
4	31	CLEITON ALESSANDRO	MASC	36	M3140	-	.	CAPTOM	00:19:14
5	125	IGOR ALVES DA SILVA	MASC	20	M1530	-	.		00:19:43
6	7	MARCOS ALEXANDRE NUNES	MASC	44	M4150	1	.	PAX RUNNING	00:19:53
7	12	FERNANDO LUIS AMORIM	MASC	26	M1530	1	.	GM RUNNING / QUINTAL TOMY	00:20:26
8	117	ANDRÉ GUIOTTI	MASC	38	M3140	1	.	GM RUNNING	00:20:53
9	5	NIVALDO MELLO	MASC	51	M5199	1	.	CAPTOM	00:21:06
10	66	ZÉ CARLINOS	MASC	52	M5199	2	.	GM RUNNING / QUINTAL TOMY	00:21:14
11	14	GABRIEL MANTOVANI	MASC	26	M1530	2	.	GM RUNNING / QUINTAL TOMY	00:21:36
12	76	RONALDO ARANTES GONÇALVES	MASC	46	M4150	2	.	GM RUNNING	00:21:59
13	107	WILLIAN V BENELLI	MASC	29	M1530	3	.		00:22:11
14	2	DEVANIR SILVA	MASC	50	M4150	3	.	CAPTOM	00:22:20
15	59	ANGELO CARVALHO DE CASTRO	MASC	41	M4150	4	.	GM RUNNING / QUINTAL TOMY	00:22:25
16	23	MARCOS JOSÉ DA SILVA	MASC	47	M4150	5	.	GM RUNNING / QUINTAL TOMY	00:22:37
17	70	RAIMUNDO ALMEIDA	MASC	37	M3140	2	.	GM RUNNING / QUINTAL TOMY	00:22:39
18	47	ROSANA GODINHO	FEM	39	F3140	5	.	GM RUNNING / QUINTAL TOMY	00:22:39
19	123	HUGO ROCHA	MASC	25	M1530	4	.	PEDRINHAS RUNNERS	00:22:42
20	120	ROGERIO BELANDA	MASC	31	M3140	3	.		00:22:59
21	122	MARCELO BELINELI HONORATO	MASC	36	M3140	4	.	PEDRINHAS RUNNERS	00:23:04
22	98	LUIS FERNANDO SOUZA	MASC	17	M1530	5	.		00:23:06
23	114	KEILA MORAES DE OLIVEIRA	FEM	17	F1530	5	.	GM RUNNING	00:23:07
24	33	ALEXANDRE MARRONI	MASC	31	M3140	5	.	GM RUNNING / QUINTAL TOMY	00:23:16
25	58	CAIO HENRIQUE DE OLIVEIRA	MASC	22	M1530	6	.	GM RUNNING / QUINTAL TOMY	00:23:17
26	93	GILBERTO DIAS DOS SANTOS	MASC	48	M4150	6	.		00:23:17
27	6	LUCIANO FAVARO	MASC	29	M1530	7	.	TEAM ORTEGA	00:23:29
28	72	SEBASTIÃO GONÇALVES FILHO	MASC	46	M4150	7	.	GM RUNNING / QUINTAL TOMY	00:23:35

29	82	RODRIGO VIANA	MASC	40	M3140	6	.	GM RUNNING	00:24:20
30	78	GUILHERME BALDO GONÇALVES	MASC	13	F3140	5	.	GM RUNNING	00:24:20
31	88	LUIS ALENCAR MANFIO	MASC	56	M5199	3	.		00:24:36
32	99	FERNANDO SOUZA SANTOS	MASC	36	M3140	7	.		00:24:37
33	4	MAURI BUENO	MASC	50	M4150	8	.	CAPTOM	00:24:41
34	105	CLEVERSON DIAS	MASC	40	M3140	8	.		00:24:42
35	89	VICTOR TOLEDO MANFIO	MASC	25	M1530	8	.		00:24:46
36	9	GABRIELA MINETTO	FEM	21	F1530	5	.	PAX RUNNING	00:25:06
37	95	RODRIGO VELOSO DA SILVA	MASC	39	M3140	9	.		00:25:43
38	26	TONIEL JOÉ DE OLIVEIRA	MASC	29	M1530	9	.		00:25:49
39	106	GUSTAVO MANFIO	MASC	40	M3140	10	.		00:26:00
40	129	PEDRO HENRIQUE FERRAZ	MASC	13	M5199	4	.	ROBOTICA RUNNERS	00:26:02
41	109	ANTONIO CELSO JUNIOR	MASC	35	M3140	11	.	GM RUNNING	00:26:03
42	85	ERNESTO JOSE RUSCA	MASC	46	M4150	9	.		00:26:10
43	103	CELIA JOSEFA DA SILVA	FEM	46	F4150	5	.		00:26:14
44	22	DANIEL CARNEIRO	MASC	38	M3140	12	.	GM RUNNING / QUINTAL TOMY	00:26:30
45	84	CARLOS EDUARDO RODRIGUES	MASC	40	M3140	13	.	GM RUNNING	00:26:33
46	63	ELIANE ONOFRE	FEM	37	F3140	5	.		00:27:20
47	96	CRISTIANO PINHEIRO	MASC	46	M4150	10	.		00:27:21
48	25	ROSA MARIA CONSOLI	FEM	38	F3140	5	.	GM RUNNING / QUINTAL TOMY	00:27:30
49	30	DANIELA BALDO GONÇALVES	FEM	44	F4150	5	.	GM RUNNING / QUINTAL TOMY	00:27:33
50	121	THIAGO FONSECA SOARES	MASC	39	M3140	14	.	GM RUNNING / QUINTAL TOMY	00:27:34
51	13	NAYARA MORAES	FEM	25	F1530	5	.	GM RUNNING / QUINTAL TOMY	00:27:41
52	44	ERIKA PALMEIRA ZANONI	FEM	38	F3140	5	.	MARAVILHAS RUN	00:27:45
53	115	LUIS IZZO	MASC	29	M1530	10	.	GM RUNNING	00:27:50
54	27	ATLIO BRIZZI	MASC	32	M3140	15	.	GM RUNNING / QUINTAL TOMY	00:27:57
55	56	KAIK BADRA	MASC	35	M3140	16	.	GM RUNNING / QUINTAL TOMY	00:28:09
56	128	EDUARDO BOLFARINI	MASC	17	M1530	11	.		00:28:12
57	37	VITOR JOSÉ PAES	MASC	29	M1530	12	.	GM RUNNING / QUINTAL TOMY	00:28:19
58	50	FABIO FERNANDES PEREIRA	MASC	21	M1530	13	.		00:28:41
59	91	DENILSON CARIGNATO	MASC	40	M3140	17	.	GM RUNNING	00:28:46
60	41	JULIANA DIAS ALMEIDA	FEM	38	F3140	5	.	GM RUNNING / QUINTAL TOMY	00:28:50
61	65	GABRIEL GEREMIAS BALDANI	MASC	32	M3140	18	.	GM RUNNING / QUINTAL TOMY	00:28:50
62	29	JESSICA MINHOZ BRIZZI	FEM	24	F1530	5	.	GM RUNNING / QUINTAL TOMY	00:28:52
63	80	PRISCILA BENELLI	FEM	34	F3140	5	.	GM RUNNING	00:28:57

64	81	NILSON MORAES OLIVEIRA	MASC	30	M1530	14	.	GM RUNNING / QUINTAL TOMY	00:29:08
65	79	CAMILA DIAS GUIOTTI	FEM	38	F3140	S	.	GM RUNNING	00:29:10
66	118	FERNANDA LOPES DE SOUZA	FEM	29	F1530	S	.		00:29:12
67	15	MICHELLI BALDO	FEM	28	F1530	S	.	GM RUNNING / QUINTAL TOMY	00:29:21
68	94	CLAUDIO BATISTA ROSENDO	MASC	43	M4150	11	.		00:29:23
69	92	TALITA CARON BENELLI	FEM	30	F1530	S	.	GM RUNNING	00:29:37
70	67	CINTIA REGINA RODRIGUES	FEM	36	F3140	S	.	GM RUNNING / QUINTAL TOMY	00:29:41
71	64	DIOGO LAMOTTA RESINO	MASC	24	M1530	15	.	GM RUNNING / QUINTAL TOMY	00:29:41
72	42	MARIA ROSARIO GOMES	FEM	60	F5199	S	.	GM RUNNING / QUINTAL TOMY	00:29:50
73	61	ANA PAULA MORAES	FEM	30	F1530	S	.	GM RUNNING / QUINTAL TOMY	00:30:12
74	90	JOSE RICARDO RIBEIRO SANTOS	MASC	43	M4150	12	.		00:30:16
75	68	THAIZA MAROUBO DE BRITO	FEM	38	F3140	S	.	GM RUNNING / QUINTAL TOMY	00:30:17
76	131	ADRIANA ZIBORDI TOMBOLATO	FEM	46	F4150	S	.	GM RUNNING / QUINTAL TOMY	00:30:23
77	130	SIMONE CAETANO GUERIN	FEM	44	F4150	S	.	GM RUNNING / QUINTAL TOMY	00:30:36
78	17	CLAUDEMIR AP BUENO	MASC	49	M4150	13	.	GM RUNNING / QUINTAL TOMY	00:30:43
79	111	SIRLEI RICARDO AZEVEDO	FEM	53	F5199	S	.		00:30:52
80	43	NEIDE SHIMOKAWA	FEM	57	F5199	S	.	GM RUNNING / QUINTAL TOMY	00:30:59
81	19	ZILDA COSTA BENELI	FEM	63	F5199	S	.	GM RUNNING / QUINTAL TOMY	00:31:01
82	102	MISLAINE MANFIO	FEM	32	F3140	S	.	GM RUNNING	00:31:05
83	35	BARBARA BALDANI NUNES	FEM	13	M3140	19	.	GM RUNNING / QUINTAL TOMY	00:31:26
84	16	PEDRO HENRIQUE MORAES	MASC	27	M1530	16	.	GM RUNNING / QUINTAL TOMY	00:31:36
85	52	JOSÉ MAZANTE	MASC	83	M5199	5	.	GM RUNNING / QUINTAL TOMY	00:31:42
86	73	RENATA DE LUCA	FEM	31	F3140	S	.	GM RUNNING / QUINTAL TOMY	00:31:49
87	77	ELAINE JULIANE NUNES	FEM	37	F3140	S	.	GM RUNNING	00:31:55
88	83	NADIA PEREIRA	FEM	46	F4150	S	.	GM RUNNING	00:31:57
89	10	RICARDO A LIMA	MASC	43	M4150	14	.	PAX RUNNING	00:32:22
90	69	RENATA MANFIO	FEM	34	F3140	S	.	GM RUNNING / QUINTAL TOMY	00:32:39
91	48	ANA CAROLINA CAVANHA	FEM	38	F3140	S	.	GM RUNNING / QUINTAL TOMY	00:32:56
92	24	ROSANGELA ROCHA	FEM	40	F3140	S	.	GM RUNNING / QUINTAL TOMY	00:32:59
93	34	LETICIA NARDIS	FEM	24	F1530	S	.	GM RUNNING / QUINTAL TOMY	00:32:59

94	87	CRISTIANE TOLEDO	FEM	50	F4150	S	.	.		00:33:02
95	112	RAFAELA FONTANA	FEM	26	F1530	S	.	.	GM RUNNING	00:33:06
96	1	ANA PAULA SILVA	FEM	50	F4150	S	.	.	CAPTOM	00:33:15
97	21	ANDRE LUIS BARREIRO	MASC	43	M4150	15	.	.	GM RUNNING / QUINTAL TOMY	00:33:26
98	49	SANDRA FERNANDES	FEM	43	F4150	S	.	.	GM RUNNING / QUINTAL TOMY	00:33:47
99	39	GLAUCIANA M. NUNES	FEM	36	F3140	S	.	.	GM RUNNING / QUINTAL TOMY	00:33:47
100	8	ALEXANDRA AP GOES	FEM	46	F4150	S	.	.	GM RUNNING / QUINTAL TOMY	00:34:10
101	38	MARIA JULIA SOARES	FEM	22	F1530	S	.	.	GM RUNNING / QUINTAL TOMY	00:34:15
102	104	SILVANA SERVILHA	FEM	34	F3140	S	.	.	GM RUNING	00:34:25
103	11	KATIUCIA DALCORSO	FEM	30	F1530	S	.	.	GM RUNNING / QUINTAL TOMY	00:34:46
104	86	SILVANA OLIVEIRA	FEM	52	F5199	S	.	.	GM RUNNING / QUINTAL TOMY	00:34:46
105	54	SIMONE PIRES	FEM	32	F3140	S	.	.	GM RUNNING / QUINTAL TOMY	00:35:35
106	53	ANA CAROLINA GODOI	FEM	25	F1530	S	.	.	GM RUNNING / QUINTAL TOMY	00:35:37
107	57	RENATA CASTANHARO	FEM	37	F3140	S	.	.		00:36:35
108	75	LUIZ HENRIQUE COSTA REIS	MASC	30	M1530	17	.	.	GM RUNNING / QUINTAL TOMY	00:36:36
109	36	HERICA SOUZA SANTANA	FEM	24	F1530	S	.	.	GM RUNNING / QUINTAL TOMY	00:36:44
110	32	CAROLINA B SANTOS	FEM	30	F1530	S	.	.	GM RUNNING / QUINTAL TOMY	00:38:13
111	116	FABIANO RATO DE MIGUEL	MASC	39	M3140	20	.	.		00:38:13
112	20	ISABELA GONCALVES	FEM	27	F1530	S	.	.	GM RUNNING / QUINTAL TOMY	00:38:43
113	60	PRISCILA MOTTA SALTÃO	FEM	41	F4150	S	.	.	GM RUNNING / QUINTAL TOMY	00:38:47
114	71	KAROL THAUMATARGO	FEM	26	F1530	S	.	.	GM RUNNING / QUINTAL TOMY	00:38:49
115	45	ELIANE COIMBRA	FEM	38	F3140	S	.	.	GM RUNNING / QUINTAL TOMY	00:39:01
116	46	ALEXANDRE MILK	MASC	40	M3140	21	.	.	GM RUNNING / QUINTAL TOMY	00:39:43
117	51	RAFAELA FERNANDES	FEM	20	F1530	S	.	.	GM RUNNING / QUINTAL TOMY	00:40:55
118	127	ELPIDIO MANFIO	MASC	77	M5199	6	.	.		00:41:26
119	40	MARIA EDUARDA BUENO	FEM	18	F1530	S	.	.	GM RUNNING / QUINTAL TOMY	00:41:42
120	18	ANA BEATRIZ BUENO	FEM	24	F1530	S	.	.	GM RUNNING / QUINTAL TOMY	00:41:42