

# CORRIDA DO BEM 2013

# CATEGORIAS 10K

Col.	Nome	Nro.	Faixa	Geral	Sexo	Tempo	Liquido	Ritmo
16 A 19 MASC.								
1	IGOR BUCINSKY	133	16.19.M	46	43	48:28.4	48:23.2	04:50.8
2	SAMUEL DE CAMPOS FERREIRA	255	16.19.M	88	81	52:40.0	51:30.6	05:16.0
20 A 24 MASC.								
0	MAICON DIEFERSON GOMES	184	20.24.M	3	3	35:37.5	35:37.0	03:33.7
1	IURI FELLIPE DE ANDRADE	136	20.24.M	7	7	40:02.3	40:01.1	04:00.2
2	MARCOS OLIVEIRA ANDRADE	612	20.24.M	37	34	46:47.1	46:46.7	04:40.7
3	LUCAS DE MATOS DE SOUZA	172	20.24.M	80	74	52:12.5	51:30.3	05:13.2
4	CAURRONE RIBEIRO GOMES	50	20.24.M	120	110	55:15.4	54:28.0	05:31.5
5	PABLO YON DE BARROS DUARTE	223	20.24.M	137	123	56:51.2	56:40.7	05:41.1
6	LUIZ EDUARDO TURELLA RODRIGUES	179	20.24.M	169	152	59:17.1	59:06.5	05:55.7
7	MARCOS FERMAU DE OLIVEIRA JR.	202	20.24.M	175	158	59:37.3	58:57.3	05:57.7
8	RODRIGO BEZERRA MENDES	247	20.24.M	185	166	1:00:01.2	58:56.1	06:00.1
9	THIAGO SILVA ARAKAKI	273	20.24.M	205	184	1:01:53.0	1:00:54.7	06:11.3
10	GUSTAVO GIL FONSECA	126	20.24.M	238	206	1:04:59.1	1:04:15.6	06:29.9
25 A 29 MASC.								
1	PAULO JOSE GARCIA DA SILVA	226	25.29.M	5	5	38:46.5	38:45.0	03:52.6
2	FABIO LARANJEIRA DA MOTA	106	25.29.M	28	25	45:40.2	45:36.8	04:34.0
3	MACARIO FREITAS FILHO	183	25.29.M	31	28	45:43.0	45:38.9	04:34.3
4	EDERSON LUCAS CABRAL CARMONE	80	25.29.M	32	29	46:01.0	45:17.9	04:36.1
5	EDUARDO DOS SANTOS CADORIM	91	25.29.M	36	33	46:37.4	46:21.3	04:39.7
6	DANTE GUILHERME V. HARDOIM	62	25.29.M	66	61	50:40.1	50:14.0	05:04.0
7	MAURO MAYER DA SILVA	210	25.29.M	78	73	51:49.7	50:40.2	05:10.1
8	GUSTAVO CROSSI SILVEIRA CAMPOS	125	25.29.M	81	75	52:19.0	52:05.7	05:13.9
9	PAULO MARCO MEDEIROS OCAMPOS	227	25.29.M	93	86	52:58.6	52:10.3	05:17.8
10	RODRIGO AKINO REBELHO	246	25.29.M	111	103	54:40.4	54:24.3	05:28.0
11	THALES RIBEIRO MENDES	269	25.29.M	115	105	54:50.0	54:04.5	05:29.0
12	YGOR YOHANNES BUENO BARBOSA	288	25.29.M	116	106	54:54.1	53:48.0	05:29.4
13	DOUGLAS MARQUES LEONEL	78	25.29.M	128	116	56:14.1	56:01.8	05:37.4
14	MAICON EVANGELISTA KOHATSU	185	25.29.M	132	120	56:19.0	55:46.0	05:37.9
15	EDERSON BENICIO GOMES RIBEIRO	79	25.29.M	140	126	57:03.4	56:47.9	05:42.3
16	RENAN SUPERTI VAZ	239	25.29.M	144	130	57:22.1	56:43.8	05:44.2
17	FRANCISCO DE ASSIS MENEZES JR.	111	25.29.M	151	135	57:40.5	57:22.1	05:46.0
18	DANILO FOSCACHES	414	25.29.M	163	146	58:45.2	57:04.0	05:52.5
19	MARCOS ROBERTO OLIVEIRA CHERIS	866	25.29.M	164	147	58:46.4	58:08.1	05:52.6
20	PAULO ROBERTO CARLOS DA SILVA	228	25.29.M	171	154	59:20.2	58:56.7	05:56.0
21	DIEGO LOREIRO RIBAS	70	25.29.M	173	156	59:26.3	59:08.2	05:56.6
22	RICARDO VIEIRA DECASTRO	243	25.29.M	177	160	59:40.2	59:28.8	05:58.0
23	DIOGO SCUDLER	73	25.29.M	178	161	59:43.2	59:30.9	05:58.3
24	RAFAEL DE LIMA ORMUNDO	233	25.29.M	207	185	1:02:37.0	1:02:22.5	06:15.7
25	GUILHERME KENJI MYAOKA	124	25.29.M	216	192	1:02:56.1	1:01:13.8	06:17.6
26	BRUNO LEMES GUIMARAES	43	25.29.M	226	199	1:03:49.3	1:03:45.0	06:22.9
27	WILLIAN SANTOS	907	25.29.M	228	201	1:03:50.0	1:02:40.7	06:23.0
28	ESSI RAFAEL MONGENOT LEAL	100	25.29.M	240	207	1:05:11.6	1:04:45.4	06:31.1
29	DANIEL GOMES GUIMARAES	59	25.29.M	251	215	1:07:04.4	1:06:23.2	06:42.4
30	BRUNO MORAES LINO	44	25.29.M	255	219	1:07:48.3	1:07:28.2	06:46.8
31	BRUNO EDUARDO T. NASCIMENTO	41	25.29.M	270	228	1:14:41.5	1:14:05.5	07:28.1
30 A 34 MASC.								
0	JOSE GERALDO DE LIMA	156	30.34.M	1	1	33:52.0	33:51.6	03:23.2
0	VILMAR ROBERTO DIAS	283	30.34.M	2	2	34:44.2	34:44.2	03:28.4
1	JOSE LUIZ OLMEDO	157	30.34.M	4	4	38:03.5	38:02.5	03:48.3
2	JOSE MAURICIO DUARTE DE OLIVEIRA	160	30.34.M	8	8	40:09.0	40:04.0	04:00.9
3	DEMENCIANO SELVIM	66	30.34.M	13	13	41:58.0	41:53.5	04:11.8
4	VALMIR ROBERTO DIAS	279	30.34.M	23	21	44:30.1	44:27.1	04:27.0
5	HAROLDO LEVIRENTZ JUNIOR	290	30.34.M	48	45	49:14.3	49:01.7	04:55.4
6	IGOT ADALBERTO DE BARROS	134	30.34.M	50	47	49:39.0	49:30.0	04:57.9
7	ESTIVILSON SANTOS DO NASCIMENTO	101	30.34.M	52	49	49:42.4	49:21.0	04:58.2

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# CATEGORIAS

## 10K

Col.	Nome	Nro.	Faixa	Geral	Sexo	Tempo	Liquido	Ritmo
8	ALEX SANDRO CAMARGO	13	30.34.M	53	50	49:48.3	49:35.9	04:58.8
9	DANTE GAUTI STARTI	61	30.34.M	59	55	50:09.2	49:49.0	05:00.9
10	RONALDO FURTADO BORGES FILHO	251	30.34.M	85	78	52:28.0	52:16.9	05:14.8
11	JOELSON ALVES BITENCOURT	148	30.34.M	96	88	53:12.3	52:50.1	05:19.2
12	CARLOS ALBERTO DE BARROS	45	30.34.M	102	94	53:53.3	53:43.9	05:23.3
13	RENATO COSTA BRUM	340	30.34.M	105	97	54:04.2	53:49.1	05:24.4
14	ARTHUR MATTOS MUELLER	36	30.34.M	106	98	54:12.1	53:52.9	05:25.2
15	BRUNO DE SOUZA MODENA	40	30.34.M	109	101	54:24.0	53:53.9	05:26.4
16	RAFAEL T. NASCIMENTO	235	30.34.M	110	102	54:24.2	52:52.1	05:26.4
17	ANGELO RODRIGUES DE MORAES	23	30.34.M	131	119	56:18.4	55:47.9	05:37.8
18	EWERTON BRANDAO LOURENCO	289	30.34.M	134	121	56:31.0	55:46.8	05:39.1
19	RAMON GUSTAVO DE MORAES OVANDO	237	30.34.M	141	127	57:03.4	56:16.3	05:42.3
20	MARCUS VINICIUS RAMOS DA SILVA	205	30.34.M	146	132	57:28.1	57:20.7	05:44.8
21	DIOGO ARANTE CORREA DE LIMA	952	30.34.M	147	133	57:30.0	56:19.5	05:45.0
22	ADRIANO JIKIMURA	6	30.34.M	149	134	57:33.2	55:50.9	05:45.3
23	LUIZ CARLOS DE SOUZA	1008	30.34.M	152	136	57:45.0	56:43.0	05:46.5
24	RUDNEI SOULZA ALVES	252	30.34.M	160	143	58:38.0	56:57.8	05:51.8
25	FAGNER RAMBURGUER	107	30.34.M	162	145	58:44.2	57:56.1	05:52.4
26	LUIZ EDUARDO REBESCA	178	30.34.M	172	155	59:25.3	58:28.9	05:56.5
27	BRAULIO JOSE CARSOSSO	39	30.34.M	184	165	1:00:01.2	58:56.2	06:00.1
28	ANDERSON DE OLIVEIRA VICENTE	865	30.34.M	190	171	1:00:23.3	59:45.3	06:02.3
29	RODRIGO RODRIGUES DE MELO	248	30.34.M	222	196	1:03:33.5	1:02:44.2	06:21.3
30	MAX WILLIAN ALVES	211	30.34.M	232	204	1:04:18.5	1:03:48.5	06:25.8
31	VAGNER ESTEVES DIAS	862	30.34.M	233	205	1:04:19.0	1:03:46.9	06:25.9
32	WELLINGTON RODRIGO DE LIMA BENTO	287	30.34.M	243	209	1:05:40.6	1:05:27.6	06:34.0
33	ELISON SILVA DE OLIVEIRA	97	30.34.M	244	210	1:05:47.1	1:05:28.5	06:34.7
34	GEOVANI GONZAGA VIEDAL	114	30.34.M	253	217	1:07:31.1	1:06:25.1	06:45.1
35	DEIVES ANDRE BER	65	30.34.M	259	221	1:08:35.6	1:08:19.4	06:51.5
36	ANDERSON FERREIRA PINTO	21	30.34.M	263	223	1:09:28.4	1:09:01.3	06:56.8
37	FRANKLIN ORTIZ DE SOUZA	857	30.34.M	264	224	1:09:54.5	1:07:33.1	06:59.4
38	PAULO JOSE BATISTA GOMES	225	30.34.M	271	229	1:15:20.0	1:14:52.9	07:32.0
35 A 39 MASC.								
1	JOSE GENTIL DA SILVA	155	35.39.M	6	6	39:46.2	39:44.2	03:58.6
2	VALDECIR O. DO CARMOS	275	35.39.M	9	9	40:42.2	40:40.2	04:04.2
3	AGNALDO DUARTE SOUZA	7	35.39.M	25	23	44:55.4	44:52.1	04:29.5
4	FABIANO OLIVEIRA GOULART	103	35.39.M	30	27	45:41.4	45:39.4	04:34.1
5	MILTON CESAR DOS SANTOS	212	35.39.M	34	31	46:22.3	46:19.2	04:38.2
6	SANDRO VARGAS	258	35.39.M	56	53	50:00.0	49:49.0	05:00.0
7	EDIMILSON LOURENCO DA SILVA	84	35.39.M	58	54	50:03.6	50:01.1	05:00.3
8	IZAIAS POTILHO FLAVIO	948	35.39.M	62	57	50:13.2	50:08.9	05:01.3
9	JULIO CESAR ARAGAO DOS SANTOS	167	35.39.M	77	72	51:35.4	51:30.4	05:09.5
10	FLAVIO DA SILVA LEITE	109	35.39.M	86	79	52:34.0	51:39.8	05:15.4
11	HEITOR MOINHO DE ALMEIDA	127	35.39.M	98	90	53:26.3	52:35.0	05:20.6
12	CARLOS EDUARDO ARAKAKI	48	35.39.M	100	92	53:36.6	53:01.4	05:21.6
13	MARCELO BARBOSA DA CRUZ	187	35.39.M	104	96	53:58.3	53:42.8	05:23.8
14	NIVALDO VIANA RAMOS	217	35.39.M	107	99	54:13.3	53:56.1	05:25.3
15	ADRIANO RODRIGUES DE LIMA	5	35.39.M	113	104	54:46.6	54:41.4	05:28.6
16	JOSE APARECIDO BALEIRO LEITE	905	35.39.M	117	107	55:01.5	54:53.4	05:30.1
17	HUGO HENRIQUE LORENTZ	131	35.39.M	143	129	57:15.1	56:25.7	05:43.5
18	FERNANDO JOSE DE ALMEIDA	108	35.39.M	155	139	58:00.5	57:17.5	05:48.0
19	ANTONIO SOMATSU AGUENA JR.	31	35.39.M	156	140	58:09.1	57:33.7	05:48.9
20	GILMAR RODRIGUES DE ALMEIDA	122	35.39.M	166	149	58:54.5	58:42.3	05:53.4
21	OSCAR ANDRES RENIS	220	35.39.M	186	167	1:00:07.3	59:46.9	06:00.7
22	RIGOBERTO AMERICO DE OLIVEIRA	245	35.39.M	188	169	1:00:11.1	1:00:07.9	06:01.1
23	GERFISON LUIZ SILVEIRA DOS SANTOS	115	35.39.M	191	172	1:00:27.3	59:55.8	06:02.7
24	ALESSANDRO PAULINO DE SOUZA	12	35.39.M	193	174	1:00:29.0	59:48.7	06:02.9
25	EDUARDO ANTONIO NAVARRO	89	35.39.M	194	175	1:00:29.3	1:00:09.1	06:02.9
26	GILBERTO PANCRACIO DE SOUZA	118	35.39.M	202	182	1:01:19.6	1:01:03.1	06:07.9
27	ADRIANO DA SILVA	4	35.39.M	214	190	1:02:49.4	1:02:24.1	06:16.9

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# CATEGORIAS 10K

Col.	Nome	Nro.	Faixa	Geral	Sexo	Tempo	Liquido	Ritmo
28	ARILDO BENITES	906	35.39.M	223	197	1:03:41.1	1:02:31.7	06:22.1
29	MARCOS RIBEIRO MENDES MARTINS	204	35.39.M	230	203	1:04:07.3	1:03:39.9	06:24.7
30	SAMY NAYEF	257	35.39.M	242	208	1:05:16.5	1:04:36.2	06:31.6
31	DEONILSON JESUS SOUZA	68	35.39.M	247	212	1:06:20.2	1:06:05.6	06:38.0
32	JOELSON AGOSTINHO OLIVEIRA	147	35.39.M	249	213	1:06:35.3	1:05:40.1	06:39.5
40 A 44 MASC.								
1	CLAUDIO EINOR MORAES GOMES	56	40.44.M	10	10	40:49.3	40:47.1	04:04.9
2	ALBERTO GIMENEZ	10	40.44.M	12	12	41:49.6	41:49.1	04:10.9
3	ALTAIR FERREIRA DIAS	17	40.44.M	15	15	42:38.4	42:37.3	04:15.8
4	CARLOS ANTONIO DE BRITO	46	40.44.M	21	20	44:12.5	44:07.3	04:25.2
5	EGIDIO S. NASCIMENTO	95	40.44.M	33	30	46:21.5	45:54.3	04:38.1
6	ANTONIO CARNEIRO DAS NEVES	28	40.44.M	38	35	46:50.0	46:49.5	04:41.0
7	SILMAR ACOSTA	267	40.44.M	40	37	47:30.3	47:28.9	04:45.0
8	EDILSON MACIEL DE SOUZA	83	40.44.M	45	42	48:28.4	48:21.2	04:50.8
9	JOSE FONTEBASSA	154	40.44.M	51	48	49:40.0	49:35.5	04:58.0
10	CELSO LOURENCO DA SILVA	51	40.44.M	55	52	49:57.2	49:54.9	04:59.7
11	ANTONIO MARCOS RODRIGUES BRITO	30	40.44.M	68	63	50:50.0	50:19.5	05:05.0
12	LUIZ ESPINDOLA SARAT	180	40.44.M	70	65	51:02.0	50:50.5	05:06.2
13	EDMAR ALVES DA COSTA	947	40.44.M	74	69	51:16.4	50:50.3	05:07.6
14	NILSON DE ALEM	216	40.44.M	75	70	51:23.3	51:08.2	05:08.3
15	ALTAIR LUIZ DA SILVA	18	40.44.M	91	84	52:55.1	52:12.0	05:17.5
16	NYELSON MARQUES BRAGA	218	40.44.M	119	109	55:11.1	55:02.7	05:31.1
17	MARCIO A. MENDES	193	40.44.M	122	112	55:18.5	55:12.0	05:31.8
18	GERSON GONCALVES	116	40.44.M	123	113	55:26.1	55:11.0	05:32.6
19	EDILSON JOSE DE OLIVEIRA RAMOS	82	40.44.M	138	124	56:56.4	56:24.9	05:41.6
20	JOSE ROBERTO PRAXEDES DA SILVA	162	40.44.M	174	157	59:33.2	58:56.2	05:57.3
21	GERSON JOAQUIM DOS SANTOS	117	40.44.M	183	164	59:57.5	58:54.0	05:59.7
22	JOSE GERALDO SERRANO	846	40.44.M	189	170	1:00:13.2	59:50.8	06:01.3
23	IVANILDO GOMES DA SILVA	859	40.44.M	197	177	1:00:52.4	1:00:38.0	06:05.2
24	CARLOS HENRIQUE DE O. FIDELIS	49	40.44.M	199	179	1:01:05.3	1:00:28.1	06:06.5
25	LUCIANO FLAVIO GOMES GARCIA	945	40.44.M	200	180	1:01:05.4	1:00:28.0	06:06.5
26	ALUISIO BARRETO DO ESPIRITO SANTO	19	40.44.M	215	191	1:02:54.0	1:02:12.0	06:17.4
27	VALDISNEI DELGADO	278	40.44.M	219	193	1:03:10.2	1:02:56.7	06:19.0
28	JOSE RICARDO DE SOUZA FERRI	242	40.44.M	220	194	1:03:25.4	1:03:10.1	06:20.5
29	GILMAR FIRMINO DA SILVA	121	40.44.M	227	200	1:03:49.5	1:03:02.1	06:22.9
30	EDUARDO MOLINARI NETO	93	40.44.M	250	214	1:06:54.2	1:06:29.9	06:41.4
31	JULIO MARCOS DOS SANTOS	168	40.44.M	267	226	1:11:12.5	1:11:02.3	07:07.2
45 A 49 MASC.								
1	ARNALDO OLIVEIRA SANTOS	35	45.49.M	16	16	42:45.4	42:43.9	04:16.5
2	EDSON SANTANA	87	45.49.M	17	17	42:49.4	42:48.0	04:16.9
3	DARIO MIRANDA BARBOSA	63	45.49.M	24	22	44:31.5	44:30.2	04:27.1
4	SEBASTIAO OSMAR FERREIRA	260	45.49.M	27	24	45:20.2	45:11.7	04:32.0
5	CARLOS BENEDITO DE BARROS	47	45.49.M	39	36	47:12.3	47:04.8	04:43.2
6	JOSE PEREIRA DA SILVA	161	45.49.M	41	38	47:36.4	46:55.0	04:45.6
7	FRANCISCO JOSE DA SILVA	113	45.49.M	42	39	47:37.5	47:36.9	04:45.7
8	SACADURA ESPADA LIMA JR.	253	45.49.M	44	41	48:05.4	47:43.3	04:48.5
9	TEOFILO IBANHEZ	268	45.49.M	54	51	49:54.3	49:42.2	04:59.4
10	ISIDORO ANDRADE	135	45.49.M	63	58	50:13.3	49:50.1	05:01.3
11	JORGE PREGENTINO SANTOS	150	45.49.M	67	62	50:43.1	50:38.6	05:04.3
12	MILTON DE MELLO RODRIGUES	213	45.49.M	69	64	51:01.6	50:25.2	05:06.1
13	APARECIDO DA SILVA GAMA	32	45.49.M	71	66	51:02.2	50:54.2	05:06.2
14	EDSON LUIZ PINTO	86	45.49.M	73	68	51:10.3	50:35.1	05:07.0
15	VALTER ALVES NUNES	280	45.49.M	87	80	52:36.1	52:20.1	05:15.6
16	MAURO JOSE MASCARENHAS DE FREITAS	209	45.49.M	89	82	52:42.4	52:37.1	05:16.2
17	MARCIO HIRAN DE ABREU	195	45.49.M	90	83	52:48.2	52:20.1	05:16.8
18	JOAO CARLOS BARBOENO	143	45.49.M	97	89	53:16.2	53:11.6	05:19.6
19	MARCIO RICARDO COUTINHO	196	45.49.M	99	91	53:36.3	53:16.0	05:21.6
20	FRANCISCO JOSE AVEANI	112	45.49.M	108	100	54:15.2	53:40.2	05:25.5

# CORRIDA DO BEM 2013

# CATEGORIAS 10K

Col.	Nome	Nro.	Faixa	Geral	Sexo	Tempo	Liquido	Ritmo
21	DULCESE DA SILVA DUARTE	858	45.49.M	124	114	55:36.2	55:30.9	05:33.6
22	EDSON SESTSI ARAKAKI	88	45.49.M	129	117	56:15.4	55:58.4	05:37.5
23	SERGIO AUGUSTO ALVARIZA DOS REIS	262	45.49.M	130	118	56:16.4	55:23.4	05:37.6
24	SERGIO RANGEL COELHO	264	45.49.M	153	137	57:45.3	57:32.0	05:46.5
25	LUIZ CARLOS DUTRA	177	45.49.M	154	138	57:47.4	57:44.1	05:46.7
26	LUIZ ANTONIO LOBO	175	45.49.M	157	141	58:28.4	57:58.3	05:50.8
27	PAULO CEZAR DE LIMA	544	45.49.M	165	148	58:51.0	58:44.7	05:53.1
28	RAMAO RODRIGUES DE SOUZA	236	45.49.M	170	153	59:18.1	59:05.7	05:55.8
29	SERGIO FERMAU DE OLIVEIRA	263	45.49.M	176	159	59:37.4	58:57.2	05:57.7
30	OSEIAS FERREIRA SOBRINHO	222	45.49.M	229	202	1:03:53.3	1:02:41.3	06:23.3
31	JAIR MARTINS JANKOUWSKI	140	45.49.M	261	222	1:09:20.1	1:08:50.8	06:56.0
32	MARCIO GARCIA DE OLIVEIRA	194	45.49.M	265	225	1:10:02.0	1:09:54.9	07:00.2
50 A 54 MASC.								
1	ANTONIO DOS SANTOS	29	50.54.M	11	11	41:26.2	41:22.1	04:08.6
2	CELSON ROBERTO DE OLIVEIRA	52	50.54.M	14	14	42:00.2	41:55.6	04:12.0
3	ANISTALDO MANOEL MENDES	24	50.54.M	19	18	43:30.1	43:29.8	04:21.0
4	CICERO DE BARROS BATISTA	54	50.54.M	47	44	49:05.0	48:58.7	04:54.5
5	JOAO OSVALDO BARCELOS DA SILVA	145	50.54.M	72	67	51:07.0	50:53.5	05:06.7
6	VICENTE FIGUEIREDO DE ALMEIDA	282	50.54.M	82	76	52:19.1	52:09.9	05:13.9
7	JOSE DA SILVA	152	50.54.M	84	77	52:21.0	51:26.9	05:14.1
8	LUCIO FIRMO DE ALMEIDA	173	50.54.M	92	85	52:56.5	52:53.4	05:17.6
9	IVAN GIBIM LACERDA	137	50.54.M	101	93	53:48.1	53:29.9	05:22.8
10	LUIZ SILVERIO	182	50.54.M	145	131	57:27.0	57:07.7	05:44.7
11	ELIEZER ROCHA AMARAL	96	50.54.M	159	142	58:34.5	58:31.4	05:51.4
12	JOUBERTH ANTONIO SOUZA	165	50.54.M	161	144	58:43.1	58:17.7	05:52.3
13	JOSE ROBERTO SANTOS DOS SANTOS	163	50.54.M	181	163	59:47.4	59:19.8	05:58.7
14	WALMIR BARBOSA DA SILVA	285	50.54.M	187	168	1:00:08.4	59:38.1	06:00.8
15	MARCOS AURELIO PALACIO	201	50.54.M	192	173	1:00:28.4	1:00:11.9	06:02.8
16	LEVY MAGALHAES	170	50.54.M	195	176	1:00:38.3	1:00:04.3	06:03.8
17	CLAUDIO LUIZ DE BRITES	57	50.54.M	210	187	1:02:39.1	1:02:37.8	06:15.9
18	PAULO SERGIO FRANCO	230	50.54.M	213	189	1:02:43.1	1:02:01.9	06:16.3
19	GILNO CARLOS DOS SANTOS	123	50.54.M	252	216	1:07:23.3	1:06:38.2	06:44.3
55 A 59 MASC.								
1	DERCI GONCALVES DA SILVA	69	55.59.M	29	26	45:41.1	45:39.6	04:34.1
2	SEVERINO LEONCO DA SILVA	266	55.59.M	43	40	47:39.0	47:34.8	04:45.9
3	ENIO LUIZ GASPARETO	98	55.59.M	49	46	49:30.2	49:27.8	04:57.0
4	JUSCELINO RIBEIRO	498	55.59.M	65	60	50:23.3	50:14.3	05:02.3
5	OSCAR APARECIDO SANTANA	221	55.59.M	79	73	52:10.2	51:16.2	05:13.0
6	JOSE ROGERIO PINTO	164	55.59.M	95	87	53:07.1	52:59.9	05:18.7
7	CELSON SOKUZO GUIBU	53	55.59.M	103	95	53:54.2	53:52.9	05:23.4
8	ERICO MALHEIROS	312	55.59.M	118	108	55:04.3	54:50.2	05:30.4
9	DONIZETE SOARES DE MELOS	76	55.59.M	127	115	56:12.2	55:54.8	05:37.2
10	JOSE ALVES CALIXTO	151	55.59.M	136	122	56:43.4	56:33.3	05:40.3
11	JOAO BATISTA C. FERREIRA	142	55.59.M	142	128	57:04.2	56:58.1	05:42.4
12	JEFERSON DE ANDRADE	1006	55.59.M	167	150	58:56.4	58:02.4	05:53.6
13	MARIO ROBERTO F. DA SILVA	206	55.59.M	180	162	59:45.3	58:19.0	05:58.5
14	SALVADOR ZEFERINO DA SILVA	254	55.59.M	198	178	1:00:56.6	1:00:35.5	06:05.6
15	JOSE MARCIO BENEVIDES	158	55.59.M	204	183	1:01:36.3	1:01:11.9	06:09.6
16	VALDIR PEREIRA DE SOUZA	277	55.59.M	208	186	1:02:37.2	1:02:20.1	06:15.7
17	KLEBER DITTMAR	169	55.59.M	212	188	1:02:42.3	1:01:59.1	06:16.2
18	AURELIANO BONFIM LIMA	37	55.59.M	224	198	1:03:46.0	1:03:32.9	06:22.6
60 A 64 MASC.								
1	MANOEL OLAVO DOS SANTOS	186	60.64.M	20	19	43:36.0	43:34.7	04:21.6
2	SEBASTIAO DA SILVA CANECA JR.	259	60.64.M	35	32	46:29.1	46:24.7	04:38.9
3	MONIZ PADILHA LEAL	214	60.64.M	64	59	50:21.0	50:15.9	05:02.1
4	ARAMIS GALEANO BRANDAO	33	60.64.M	121	111	55:17.1	55:04.5	05:31.7
5	ALFREDO RAUL ABOT	16	60.64.M	168	151	59:15.1	59:08.8	05:55.5

# CORRIDA DO BEM 2013

# CATEGORIAS 10K

Col.	Nome	Nro.	Faixa	Geral	Sexo	Tempo	Liquido	Ritmo
6	NILO ARASHIRO	293	60.64.M	221	195	1:03:28.0	1:03:09.7	06:20.8
7	VENANCIO SA SOARES	281	60.64.M	257	220	1:08:34.3	1:07:45.8	06:51.4
8	LUIZ A. OVANDRO	174	60.64.M	269	227	1:14:23.2	1:14:04.2	07:26.3
65 A 69 MASC.								
1	BASILIO SANTANA DE OLIVEIRA	38	65.69.M	76	71	51:33.4	51:31.2	05:09.3
2	JOAO SERROU BONFIM	146	65.69.M	201	181	1:01:15.1	1:01:00.7	06:07.5
3	SEIOIKI UEHARA	261	65.69.M	245	211	1:05:54.5	1:05:33.5	06:35.4
4	LUIZ CALIGAIES	176	65.69.M	254	218	1:07:47.2	1:07:45.2	06:46.7
70 ANOS ACIMA MASC.								
1	FLORISVALDO ROBERTO DIAS	110	<.70.M	61	56	50:12.3	50:09.9	05:01.2
2	EDISON PAULA DOS SANTOS	85	<.70.M	139	125	57:02.3	56:58.8	05:42.2
3	ANDRE S. SOLEIRO	1001	<.70.M	274	230	1:17:16.1	1:16:49.8	07:43.6
20 A 24 FEM.								
0	GABRIELA LETICIA ROCHA	318	20.24.F	18	1	42:59.3	42:58.2	04:17.9
25 A 29 FEM.								
1	LUANA VILALBA DOS SANTOS	334	25.29.F	125	11	55:39.1	55:14.6	05:33.9
2	MAIRA CAROLINA TAIRA	240	25.29.F	133	13	56:22.1	56:04.1	05:38.2
3	ERIKA SALTIVA CRUZ BENDER	313	25.29.F	217	25	1:03:05.2	1:02:55.2	06:18.5
4	TATIANA CANTARELLA SARMENTO	365	25.29.F	241	34	1:05:12.2	1:04:07.2	06:31.2
30 A 34 FEM.								
0	SIMEIA REGINA DA CUNHA DOS REIS	363	30.34.F	26	3	45:11.5	45:10.0	04:31.1
1	VANEIDE SARATO DA SILVA	367	30.34.F	60	5	50:11.2	50:10.7	05:01.1
2	JOELINE GONCALVES MOURA	329	30.34.F	203	21	1:01:20.4	1:01:10.1	06:08.0
3	IVANILZA TAVARES LEGUISAMAO	325	30.34.F	209	23	1:02:38.5	1:02:35.4	06:15.8
4	EDMEIA LIMA SILVA	306	30.34.F	248	36	1:06:23.2	1:06:13.7	06:38.3
5	FERNANDA POSO SENISE	317	30.34.F	272	43	1:16:00.2	1:14:30.8	07:36.0
35 A 39 FEM.								
1	ROSINHA CONCEICAO	361	35.39.F	57	4	50:02.3	50:01.0	05:00.2
2	JISKIA SANDRI TRENTIN	328	35.39.F	225	27	1:03:49.2	1:02:57.2	06:22.9
3	RENATA RUTH FERNANDES GOYA MARINHO	358	35.39.F	231	28	1:04:11.0	1:03:18.5	06:25.1
4	NEIBA OTA	855	35.39.F	256	37	1:07:59.3	1:07:41.1	06:47.9
5	LUCIANA BEZERRA DE LIMA	337	35.39.F	266	41	1:10:23.2	1:10:17.0	07:02.3
6	EDINA RODRIGUES TERUYA	902	35.39.F	268	42	1:13:37.5	1:12:46.0	07:21.7
7	MARIA APARECIDA MARTINS ANDRADE	341	35.39.F	277	47	1:17:21.5	1:16:49.4	07:44.1
40 A 44 FEM.								
1	ANDREIA HENSSELER	299	40.44.F	78	6	52:01.4	51:54.2	05:12.1
2	VALERIA LEITE GALVAO	366	40.44.F	83	7	52:19.2	52:11.6	05:13.9
3	ROSANGELA CRISTINA GODOI VIEIRA	360	40.44.F	206	22	1:02:30.4	1:02:02.3	06:15.0
4	CELMA CARDOSO DE OLIVEIRA	302	40.44.F	211	24	1:02:39.1	1:02:38.0	06:15.9
5	MARIA SUELI GICURADRO	347	40.44.F	246	35	1:05:57.5	1:05:32.3	06:35.7
6	ROSANA MARA BALBUENA LEITE	359	40.44.F	260	39	1:09:18.2	1:09:03.7	06:55.8
7	HELENA SILVA SANTOS DE SOUZA	321	40.44.F	262	40	1:09:26.1	1:08:57.1	06:56.6
45 A 49 FEM.								
0	MARLEIDE DE FATIMA COSTA	350	45.49.F	22	2	44:16.5	44:16.2	04:25.6
1	ELIANE SIQUEIRA HERNANDES NERY	309	45.49.F	119	10	54:55.1	55:10.1	05:30.7
2	LUCIA AGUIAR PINHEIRO	335	45.49.F	126	12	55:51.5	55:46.4	05:35.1
3	LEIDIMA PRAXEDES DA SILVA	932	45.49.F	135	14	56:38.2	56:08.0	05:39.8
4	ZORAIDA FERNANDEZ	368	45.49.F	150	16	57:39.3	57:30.8	05:45.9
5	ERIVA CARVALHO BRUNET LEMOS	104	45.49.F	158	17	58:29.4	58:08.2	05:50.9
6	EVA ROMAN DOS SANTOS	315	45.49.F	182	19	59:47.4	59:20.0	05:58.7
7	IVONE ROJAS FRANCO DE SOUZA	326	45.49.F	196	20	1:00:48.1	1:00:41.5	06:04.8
8	MARINEZ ALVES DA SILVA COSTA	349	45.49.F	218	26	1:03:06.1	1:02:38.5	06:18.6

# CORRIDA DO BEM 2013

# CATEGORIAS 10K

Col.	Nome	Nro.	Faixa	Geral	Sexo	Tempo	Liquido	Ritmo
9	NEUZA DE FATIMA RAMBURGER	352	45.49.F	235	30	1:04:35.0	1:03:48.0	06:27.5
10	MARIA BARROS GOMES DE OLIVEIRA	342	45.49.F	237	32	1:04:50.2	1:04:37.1	06:29.0
11	MARIA ELIZABETE CARREIRO	344	45.49.F	273	44	1:17:16.1	1:16:44.1	07:43.6
50 A 54 FEM.								
1	BENITA G.LIMA DE OLIVEIRA	300	50.54.F	112	9	54:44.0	54:41.6	05:28.4
2	ANA REGINA M. BRANDAO	297	50.54.F	148	15	57:30.4	57:18.1	05:45.0
3	LOURDES PEREIRA	333	50.54.F	236	31	1:04:48.2	1:04:43.8	06:28.8
4	CAROLINA DA SILVA BARBOSA	301	50.54.F	239	33	1:05:07.2	1:05:01.7	06:30.7
5	LUCINEIDE SALES FREITAS	338	50.54.F	276	46	1:17:21.3	1:16:49.2	07:44.1
55 A 59 FEM.								
1	MARILIS MARIOTTO DONATO	348	55.59.F	94	8	53:06.2	53:05.8	05:18.6
2	IRENE JOSE CARDOSO	323	55.59.F	114	10	54:48.1	54:39.8	05:28.8
3	MARIA OLGA DOS SANTOS ROMANI	346	55.59.F	234	29	1:04:25.4	1:04:12.9	06:26.5
4	LUZIA CAMARA OZARIAS	339	55.59.F	258	38	1:08:34.4	1:08:27.3	06:51.4
60 A 64 FEM.								
1	MARIA DE FÁTIMA OLIVEIRA	749	60.64.F	168	15	58.10.1	58.00.0	05:49.1
2	NILVA ESCALIANTE	354	60.64.F	179	18	59:44.1	59:36.1	05:58.4
3	MARIA ETELVINA SILVA FREITAS	345	60.64.F	275	45	1:17:16.3	1:17:10.0	07:43.6