

CORRIDA DO BEM 2013

CATEGORIAS 5K

Col.	Nome	Nro.	Faixa	Geral	Sexo	Tempo	Liquido	Ritmo
16 A 19 MASC								
1	LUAN SANTOS PAULINO	508	16.19.M	13	13	21:39.3	21:35.9	04:19.8
2	RODRIGO OLIVEIRA GOMES	574	16.19.M	23	23	22:54.5	22:51.5	04:34.9
3	MAURICIO SILVA DE ANDRADE	949	16.19.M	65	55	28:07.1	26:57.1	05:37.4
4	LUCAS NAKAZATO JACOBINA	511	16.19.M	84	69	29:27.0	29:07.5	05:53.4
5	MARCELO AUGUSTO OLIVEIRA	515	16.19.M	141	99	32:33.1	31:08.8	06:30.6
6	ARIEL GUIBO ALVES	394	16.19.M	165	111	33:50.4	33:31.1	06:46.0
7	MARCO AURELIO ARANDA ALBERNAZ	518	16.19.M	175	118	34:05.3	32:31.7	06:49.0
8	JOAO PEDRO BARBOZA SILVA	479	16.19.M	204	130	35:56.6	34:52.2	07:11.3
9	VITOR DUARTE MARON DE ANDRADE	597	16.19.M	217	135	36:41.0	35:57.6	07:20.2
10	GABRIEL RODRIGUES BATISTA	451	16.19.M	227	141	37:39.0	36:02.0	07:31.8
11	RUDNEI FERNANDES	582	16.19.M	232	143	37:55.2	35:19.2	07:35.0
12	JOAO VITOR BS ROCHA	482	16.19.M	281	155	43:39.4	43:19.1	08:43.8
13	LUCAS LUAN DE CARVALHO	510	16.19.M	296	165	48:07.4	47:01.9	09:37.4
20 A 24 MASC								
1	LUCAS GIURIZATTO	509	20.24.M	21	21	22:39.3	22:37.3	04:31.8
2	ROMULO DANIEL MONTEIRO HERADAO	578	20.24.M	43	38	26:22.1	24:47.7	05:16.4
3	NEILTON JOSE BARBOSA	537	20.24.M	45	40	26:33.5	25:08.1	05:18.7
4	PAULO EDUARDO GORDANO	546	20.24.M	50	43	26:51.4	26:45.4	05:22.2
5	BRUNO OLIVEIRA LIMA SANTOS	400	20.24.M	51	44	26:56.5	24:33.0	05:23.3
6	JONATHAN BARROS	607	20.24.M	54	47	27:24.4	27:14.2	05:28.8
7	MARIO HENRIQUE ISLANES PEOTTA	525	20.24.M	57	49	27:43.5	27:14.3	05:32.7
8	HUDERSON CARLOS AVALOS ARGUELHO	466	20.24.M	60	51	27:51.4	27:28.1	05:34.2
9	LEANDRO SILVA DE ALENCASTO	502	20.24.M	81	68	29:12.4	28:54.4	05:50.4
10	IVONEI BIGATAO	1013	20.24.M	99	79	30:24.2	29:26.7	06:04.8
11	GUILHERME ROSA TAVARES	459	20.24.M	100	80	30:24.3	29:13.9	06:04.8
12	CAIO MENDES SIEMIONKO	402	20.24.M	102	82	30:30.4	30:05.3	06:06.0
13	ARTUR FELIPE DE MATOS RODRIGUES	395	20.24.M	170	114	33:59.4	33:00.4	06:47.8
14	RAFAEL SANTIN	554	20.24.M	181	121	34:28.0	33:46.9	06:53.6
15	HYAGO DE GOES BUGINI	1011	20.24.M	208	132	36:06.2	35:21.8	07:13.2
16	EUGENIO RATIER DE QUEVEDO JR	429	20.24.M	247	147	39:01.1	38:11.0	07:48.2
17	JOHANIR A. LEMOS ALVES	484	20.24.M	289	159	46:02.4	45:56.3	09:12.4
18	PEDRO LUCAS SANTOS SAMPAIO ROCHA	551	20.24.M	301	166	50:38.5	50:17.0	10:07.7
19	ROBSON LOPES DE ALMEIDA	928	20.24.M	307	168	51:15.2	51:08.1	10:15.0
20	ADRIANO COSTA GOMES	919	20.24.M	322	173	1:06:34.2	1:05:46.9	13:18.8
25 A 29 MASC								
1	PAULO CESAR F. DOS SANTOS	224	25.29.M	14	14	22:01.5	22:01.5	04:24.3
2	ALEXANDRE WAGNER DE OLIVEIRA	380	25.29.M	36	34	25:44.0	25:35.5	05:08.8
3	DIEGO SILVA	417	25.29.M	37	35	25:59.3	25:55.2	05:11.8
4	RAPHAEL DE CAMARGO ALBINO	557	25.29.M	52	45	27:03.4	26:19.0	05:24.6
5	FABIANO CARDOSO ESPINDOLA	432	25.29.M	53	46	27:20.2	26:34.0	05:28.0
6	BRUNO EIJI GUIBU	399	25.29.M	58	50	27:44.4	27:22.1	05:32.8
7	MARCOS APARECIDO ALVES DE SOUZA	519	25.29.M	70	60	28:29.4	27:18.4	05:41.8
8	ANDERSON SALES	382	25.29.M	71	61	28:30.3	28:24.1	05:42.0
9	HEITOR CALDERAM	604	25.29.M	72	62	28:37.0	28:03.8	05:43.4
10	MAURO RODRIGUES FREIRE	532	25.29.M	77	66	28:52.4	28:12.4	05:46.4
11	FABIANO AJALA LOPES	872	25.29.M	114	88	31:33.1	30:53.7	06:18.6
12	ERIBERTO S. FROZZA	428	25.29.M	160	109	33:38.0	33:10.7	06:43.6
13	HENRIQUE GABAN RIBEIRO	463	25.29.M	163	110	33:49.3	32:49.1	06:45.8
14	ALEXANDRE LEO DA SILVA FRANCA	379	25.29.M	167	112	33:57.4	32:50.4	06:47.4
15	FELIPE DE MORAES FERRARI	436	25.29.M	171	115	33:59.5	33:01.2	06:47.9
16	JORGE CHARBEL	1005	25.29.M	173	116	34:00.1	33:31.7	06:48.0
17	LUIZ CLAUDIO DE SOUZA FONSECA	513	25.29.M	174	117	34:02.2	32:58.8	06:48.4
18	FELIPE MESQUITA DUARTE	439	25.29.M	189	125	35:21.3	35:13.0	07:04.2
19	DANIEL CORREA DE FREITAS	924	25.29.M	194	127	35:29.0	34:42.5	07:05.8
20	IGOR ANDERSON GOMES ARAUJO	469	25.29.M	220	137	36:46.2	35:49.0	07:21.2
21	GABRIEL MATHIAS FERRAR	450	25.29.M	229	142	37:48.4	36:23.4	07:33.6
22	FLAVIO FERREIRA ARATANI	445	25.29.M	269	151	41:44.4	41:12.1	08:20.8

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Col.	Nome	Nro.	Faixa	Geral	Sexo	Tempo	Liquido	Ritmo
23	MARLON EDUARDO DO D' ANDREA SANTOS	527	25.29.M	277	153	42:41.1	42:07.9	08:32.2
	30 A 34 MASC							
0	FRANCISCO MAURICIO F. DE SOUZA	447	30.34.M	2	2	19:09.3	19:08.9	03:49.8
1	CHALON GONCALVES RODRIGUES	408	30.34.M	4	4	20:27.5	20:27.2	04:05.5
2	CLEVERSON ALEGRE MENDES	410	30.34.M	8	8	21:04.2	21:00.7	04:12.8
3	MARIO JESUS AROUCA	526	30.34.M	19	19	22:20.5	22:20.1	04:28.1
4	WILLIAN RAMOS DA SILVA	613	30.34.M	27	26	23:59.1	23:49.7	04:47.8
5	ARY ALMEIDA FILHO	396	30.34.M	62	53	27:55.3	27:24.0	05:35.0
6	MARCOS ROBERTO SILVA	606	30.34.M	68	58	28:22.1	28:10.6	05:40.4
7	RAPHAEL OLIVEIRA DE REZENDE	558	30.34.M	89	72	29:47.4	29:13.1	05:57.4
8	ADILSON PEREIRA	372	30.34.M	90	73	29:55.1	28:39.6	05:59.0
9	SANZIO BARRIOS	587	30.34.M	107	84	30:52.3	29:43.2	06:10.4
10	RONIS DA SILVA ARAUJO	580	30.34.M	117	90	31:38.4	31:37.0	06:19.6
11	LEONARDO BUZANELLO	504	30.34.M	121	92	31:46.2	30:22.8	06:21.2
12	LEANDRO PAES DE BRITO	501	30.34.M	147	102	32:59.1	31:17.8	06:35.8
13	RODRIGO RIEFF	575	30.34.M	148	103	33:00.1	32:18.8	06:36.0
14	MARCELO TOSTES BERNARDES	516	30.34.M	151	104	33:06.5	32:29.4	06:37.3
15	JOSE PAULO JULIETE	493	30.34.M	158	108	33:33.5	32:32.1	06:42.7
16	LUCIANO RESCIGNO	512	30.34.M	169	113	33:59.0	32:33.9	06:47.8
17	DIEGO FHLUR	913	30.34.M	188	124	35:19.3	34:32.2	07:03.8
18	GUILHERME MATHIAS FERRARI	458	30.34.M	214	134	36:21.4	34:57.0	07:16.2
19	JEZER VIANA DDA SILVA POLVORA	475	30.34.M	261	149	40:38.1	40:29.9	08:07.6
20	RAFAEL BORGES DOS SANTOS	553	30.34.M	294	164	47:40.3	46:19.3	09:32.0
21	SERVO GONCALO CURVELO	265	30.34.M	313	170	54:48.5	53:20.1	10:57.7
22	JHONNY RIBEIRO DA FONSECA	848	30.34.M	319	171	1:02:45.3	1:01:36.3	12:33.0
	35 A 39 MASC.							
1	PAULO SERGIO DE SOUZA	549	35.39.M	6	6	20:49.1	20:46.8	04:09.8
2	EDVANDRO COELHO CAVALCANTE	425	35.39.M	9	9	21:09.2	21:08.2	04:13.8
3	REGINALDO DE OLIVEIRA REIS	238	35.39.M	10	10	21:17.1	21:13.0	04:15.4
4	MARCOS NOGUEIRA VALADAO	521	35.39.M	12	12	21:34.3	21:34.0	04:18.8
5	MARCOS JOSE TARGINO NOGUEIRA	203	35.39.M	18	18	22:20.2	22:15.0	04:28.0
6	RAMAO CARLOS AJALA DIAS	556	35.39.M	20	20	22:34.0	22:33.7	04:30.8
7	ANDRE SILVEIRA SSANDIM	388	35.39.M	25	25	23:46.3	23:45.3	04:45.2
8	PAULO SERGIO SOARES CAMINHA	550	35.39.M	49	42	26:47.4	26:32.2	05:21.4
9	DOUGLAS DA COSTA CARSOSO	77	35.39.M	56	48	27:39.0	27:27.7	05:31.8
10	NELSON JUNIOR ZANDONA	538	35.39.M	61	52	27:53.6	26:51.5	05:34.7
11	HELIOMAR SILVA DOS SANTOS	462	35.39.M	91	74	29:55.1	28:39.6	05:59.0
12	GIULIANO NUNES DA CUNHA BATTAGLIN	457	35.39.M	94	76	30:13.5	29:00.2	06:02.7
13	CLEBER PATRICK ROMANI	409	35.39.M	97	77	30:23.4	29:43.3	06:04.6
14	ALDO CALDAS JUNIOR	850	35.39.M	98	78	30:24.2	29:12.9	06:04.8
15	HEPHERSON LEANDRO	464	35.39.M	110	86	31:21.4	30:54.4	06:16.2
16	DANIEL CARLOS SILVEIRA	411	35.39.M	131	95	32:04.1	31:04.9	06:24.8
17	FABIO STRADIOTTI	434	35.39.M	138	98	32:21.5	31:32.2	06:28.3
18	AUGUSTO CESAR DA SILVA	397	35.39.M	143	100	32:39.5	32:30.4	06:31.9
19	HEITOR MIRANDA GUIMARAES	461	35.39.M	154	106	33:14.5	32:26.4	06:38.9
20	ROGERIO SANDIM GUIMARAES	576	35.39.M	221	138	37:10.0	36:34.7	07:26.0
21	MANO PAULO M.L.BOTTA NONATO	514	35.39.M	236	145	38:20.2	37:42.8	07:40.0
22	FABRICIO FACCHIN	435	35.39.M	238	146	38:26.3	37:20.1	07:41.2
23	JOSE ANTONIO FONSECA VILLANOVA	485	35.39.M	291	161	46:24.3	46:16.9	09:16.8
24	PEDRO PAULO VALEJO	925	35.39.M	292	162	46:24.3	46:00.0	09:16.8
25	RODRIGO EVES	572	35.39.M	293	163	47:03.5	44:45.0	09:24.7
26	SANDRO DE ALMEIDA	933	35.39.M	320	172	1:02:47.1	1:02:12.9	12:33.4
	40 A 44 MASC.							
0	ENEIAS TEODORO GOMES	426	40.44.M	1	1	18:04.1	18:03.6	03:36.8
1	RINALDO FABRICIO DA SILVA	566	40.44.M	3	3	20:04.5	20:03.4	04:00.9
2	JOSE FERREIRA DA SILVA	491	40.44.M	5	5	20:35.4	20:35.0	04:07.0
3	LEANDRO STEINHORTS	503	40.44.M	7	7	20:55.1	20:52.6	04:11.0

CORRIDA DO BEM 2013

CATEGORIAS 5K

Col.	Nome	Nro.	Faixa	Geral	Sexo	Tempo	Liquido	Ritmo
4	ANTONIO APARECIDO DE O. SIEBRA	390	40.44.M	11	11	21:25.1	21:24.9	04:17.0
5	RAIMUNDO MOREIRA RODRIGUES	555	40.44.M	15	15	22:11.5	22:08.3	04:26.3
6	GILMAR ANTONIO DA PENHA	456	40.44.M	17	17	22:19.0	22:08.6	04:27.8
7	ALESSANDRO GOELZER	1012	40.44.M	32	31	24:42.3	24:31.7	04:56.4
8	OSCAR DE ANDRADE NOGUEIRA NETO	540	40.44.M	33	32	24:51.5	24:41.0	04:58.3
9	ANTONIO MARQUES DE ALMEIDA	393	40.44.M	74	64	28:48.6	28:28.2	05:45.7
10	MARCIO LUIZ DE SOUZA RODRIGUES	517	40.44.M	79	67	29:06.2	28:29.1	05:49.2
11	JOSE DORNELLES	609	40.44.M	88	71	29:46.1	29:34.9	05:57.2
12	JOSE FELICIO PEPDI	490	40.44.M	93	75	30:06.5	29:21.5	06:01.3
13	EDUARDO RIBEIRO MENDES MARTINS	424	40.44.M	101	81	30:30.1	29:47.7	06:06.0
14	ROBERTO GODOY FALCAO	567	40.44.M	103	83	30:33.2	29:57.7	06:06.6
15	RICARDO AUGUSTO BARRETO DOS SANTOS	562	40.44.M	116	89	31:36.2	31:32.7	06:19.2
16	SERGIO HIDEO MOLICAWA	589	40.44.M	119	91	31:44.5	30:59.4	06:20.9
17	GIULIANO RODRIGO PAIVA DE SANTA RESA	903	40.44.M	122	93	31:46.5	29:23.1	06:21.3
18	RICARDO FUCTS	935	40.44.M	125	94	31:52.4	31:03.2	06:22.4
19	PAULO RODRIGO CAOBIANCO	548	40.44.M	190	126	35:24.3	34:06.9	07:04.8
20	ALESSANDRO TADEU VEIGA	376	40.44.M	195	128	35:41.5	34:48.3	07:08.3
21	CARLOS PINTO LEITE	406	40.44.M	211	133	36:07.3	34:48.3	07:13.4
22	EDUARDO ALEM MARTINS	422	40.44.M	287	158	44:53.5	43:09.3	08:58.7
23	MARCIANO DA SILVA DIAS	610	40.44.M	303	167	50:54.2	50:43.7	10:10.8
45 A 49 MASC.								
1	ADELINO LOPES DE ALMEIDA	370	45.49.M	29	28	24:22.0	24:07.9	04:52.4
2	ROBINSON BOGUE MENDES	568	45.49.M	64	54	28:05.2	27:39.9	05:37.0
3	GERSON JACOBINA	454	45.49.M	66	56	28:13.1	27:57.0	05:38.6
4	RENATO CAMILLO	561	45.49.M	67	57	28:15.1	27:13.8	05:39.0
5	WILBER SANTOS BARROS	602	45.49.M	76	65	28:52.3	28:13.2	05:46.4
6	IEDO FLAVIO FARDIM SILVA	468	45.49.M	180	120	34:20.0	33:58.4	06:52.0
7	FABIO AUGUSTO MARON DE ANDRADE	433	45.49.M	218	136	36:41.1	35:57.9	07:20.2
8	ROBERTO FAREL	614	45.49.M	222	139	37:10.3	36:46.1	07:26.0
9	ARMANDO VIEIRA DE ALMEIDA	608	45.49.M	274	152	42:39.4	40:51.3	08:31.8
10	RUBENS LOPES DE ALMEIDA	927	45.49.M	279	154	43:17.1	43:10.6	08:39.4
50 A 54 MASC.								
1	JOSE PEREIRA DOS SANTOS	494	50.54.M	24	24	22:55.4	22:50.8	04:35.0
2	ADEMIR FAGUNDES DE OLIVEIRA	371	50.54.M	28	27	24:04.4	24:00.2	04:48.8
3	JOSE AUGUSTO MENDES RACHEL	487	50.54.M	34	33	24:53.2	24:20.7	04:58.6
4	JOSE GERALDO BARCOS OLIVER	492	50.54.M	40	36	26:15.2	26:06.0	05:15.0
5	MASSATOSHI KATO	529	50.54.M	41	37	26:19.1	26:16.0	05:15.8
6	FERNANDO LUIZ TORRES	442	50.54.M	44	39	26:32.5	26:17.4	05:18.5
7	FERNANDO JOSE PAES DE BARROS	441	50.54.M	136	97	32:19.4	31:56.4	06:27.8
8	MARIO DO CARMO TORRES	524	50.54.M	146	101	32:54.1	31:45.7	06:34.8
9	JEFERSON DA SILVA RAPOSO	473	50.54.M	202	129	35:55.5	35:16.3	07:11.1
10	CESAR EDUARDO FERNANDES	407	50.54.M	233	144	37:59.4	37:24.4	07:35.8
11	PAULO CESAR RITTI	545	50.54.M	260	148	40:36.4	40:00.2	08:07.2
55 A 59 MASC.								
1	JOAO APARECIDO DOS SANTOS	477	55.59.M	16	16	22:18.0	22:17.6	04:27.6
2	MARTINS SOARES DE OLIVEIRA	528	55.59.M	22	22	22:43.1	22:33.8	04:32.6
3	OSVALDO RICARDO PEREIRA	541	55.59.M	31	30	24:30.2	24:21.0	04:54.0
4	MONACY CARLOS MOURA	950	55.59.M	47	41	26:41.4	26:32.2	05:20.2
5	EPAMINONDAS DE ALMEIDA LIMA	427	55.59.M	69	59	28:24.2	28:09.1	05:40.8
6	ABEL PEREIRA ALMEIDA	369	55.59.M	157	107	33:25.1	33:14.6	06:41.0
7	SAMOEL DOS SANTOS SOUZA	586	55.59.M	178	119	34:13.3	33:57.3	06:50.6
8	PEDRO PAULA BS ROCHA	552	55.59.M	282	156	43:39.5	43:18.1	08:43.9
9	DAVID FRANCISCO CARSOSE	415	55.59.M	311	169	53:39.1	53:39.1	10:43.8
60 A 64 MASC.								
1	AFONSO DA SILVA FERREIRA	374	60.64.M	30	29	24:22.3	24:18.1	04:52.4
2	GETULIO HIROCHI MATSUOKA	455	60.64.M	73	63	28:37.4	27:51.4	05:43.4

CORRIDA DO BEM 2013

CATEGORIAS 5K

Col.	Nome	Nro.	Faixa	Geral	Sexo	Tempo	Liquido	Ritmo
3	WALDIR VALERIO PEREIRA	599	60.64.M	108	85	31:03.2	30:57.8	06:12.6
4	LUIZ CARLOS FAQUES	873	60.64.M	112	87	31:29.2	31:19.0	06:17.8
5	WALTER LUIZ DEMUNDO	600	60.64.M	134	96	32:15.3	31:35.1	06:27.0
6	LINO PELLIZER	506	60.64.M	185	123	34:58.1	34:35.8	06:59.6
7	KAZUKO TOKOMITSU	499	60.64.M	206	131	36:02.5	35:18.2	07:12.5
8	NARCISO JOSE DOS SANTOS	536	60.64.M	225	140	37:13.1	36:39.1	07:26.6
9	RICARDO NAKAO	564	60.64.M	266	150	41:25.3	40:01.9	08:17.0
10	JOSE CORREA DE LIMA	489	60.64.M	286	157	44:27.4	43:17.1	08:53.4
11	ROMULO DE THEOFILO E FIGUEIREDO	579	60.64.M	290	160	46:16.4	46:08.2	09:15.2
65 A 69 MASC.								
1	HERMAN KEPLER RODRIGUES	465	65.69.M	182	122	34:32.0	34:25.6	06:54.4
70 ANOS ACIMA MASC.								
1	JOAO BENEDITO FERREIRA	478	<.70.M	85	70	29:30.0	29:11.0	05:54.0
2	ANTONIO DE OLIVEIRA MENDES	391	<.70.M	153	105	33:09.0	31:55.6	06:37.8
16 A 19 FEM								
1	ANA LUIZA S.	1007	16.19.F	203	74	35:56.4	34:57.4	07:11.2
2	JULIA DE OLIVEIRA CASTRO	713	16.19.F	243	97	38:43.0	37:52.4	07:44.6
3	DIULEN PATRICIA S. ALVES	660	16.19.F	263	114	40:48.4	39:52.4	08:09.6
20 A 24 FEM.								
1	FERNANDA F. DA SILVA	674	20.24.F	48	7	26:44.0	25:09.7	05:20.8
2	MAYARA DA SILVA FERREIRA	881	20.24.F	55	8	27:35.0	27:32.8	05:31.0
3	THAIS FRANCO DALLABRIOA	845	20.24.F	59	9	27:45.5	27:40.1	05:33.1
4	GABRIELA MARIA HOZANO DE SOUZA	684	20.24.F	63	10	28:01.0	27:49.6	05:36.2
5	THAIANY ARANTES	831	20.24.F	126	32	31:53.5	30:50.0	06:22.7
6	GABRIELA BERTIM	681	20.24.F	133	38	32:13.2	30:04.8	06:26.6
7	LAIS DE ALMEIDA DUTRA	720	20.24.F	176	58	34:10.2	32:19.6	06:50.0
8	YASMIN BORGES BRITO	934	20.24.F	192	66	35:28.0	34:05.9	07:05.6
9	ISABELLY MATOS DE QUEIROZ	700	20.24.F	210	78	36:06.5	35:42.1	07:13.3
10	WALQUIRIA DE SOUZA	842	20.24.F	231	89	37:54.5	36:27.5	07:34.9
11	GABRIELA CHIQUITO GESUALDO	682	20.24.F	268	118	41:44.3	41:11.9	08:20.8
12	SILVIA RAGGI GOMES	813	20.24.F	283	127	43:41.3	43:18.0	08:44.2
13	ARYELE REZENDE SILVA	874	20.24.F	308	140	51:33.3	50:56.3	10:18.6
14	KAMILA REZENDE SILVA	879	20.24.F	315	145	55:09.4	54:34.9	11:01.8
15	NATHALIA MAKIKO WADA	773	20.24.F	317	147	57:58.4	57:06.8	11:35.6
25 A 29 FEM								
0	PRISCYLLA SANTOS PEREIRA B, SANTOS	789	25.29.F	38	3	25:59.4	25:55.4	05:11.8
1	MARTINHA DUARTE GARCIA	764	25.29.F	46	6	26:38.0	26:29.7	05:19.6
2	JANAINA RODRIGUES LOPES DA SILVA	708	25.29.F	128	34	31:57.0	31:20.5	06:23.4
3	JANAINA PEREIRA DE ALBUQUERQUE	706	25.29.F	144	44	32:42.5	31:45.2	06:32.5
4	DEBORA DE MACEDO BARBATO	656	25.29.F	159	51	33:35.1	32:35.1	06:43.0
5	DAY MARY CORREA GREGOL	654	25.29.F	162	53	33:40.5	32:39.2	06:44.1
6	GABRIELA MARIA DE OLIVEIRA	683	25.29.F	179	60	34:16.0	33:45.9	06:51.2
7	LAURA CORREA DE FREITAS	923	25.29.F	193	67	35:28.6	34:42.5	07:05.7
8	NEGRITA MARIA SANTOS SAMPAIO ROCHA	774	25.29.F	197	69	35:44.1	35:21.8	07:08.8
9	LAIS SANT'ANA PARADISO	721	25.29.F	198	70	35:49.5	33:42.0	07:09.9
10	LARA EMMELINE DOS SANTOS PIAZZA	722	25.29.F	200	72	35:54.1	34:27.8	07:10.8
11	JOSYELEN FELIPE	712	25.29.F	201	73	35:54.3	34:27.3	07:10.8
12	MARIANA SAVAGET ALMEIDA	757	25.29.F	212	79	36:18.0	36:08.5	07:15.6
13	AKILLA JEYLOSANA OLIVEIRA BESSA	618	25.29.F	213	80	36:21.3	36:10.1	07:16.2
14	IZABEL BECHUATE DE CASTRO TEIXEIRA	702	25.29.F	219	83	36:43.0	35:53.9	07:20.6
15	JULIANA MORAIS WALDOW	715	25.29.F	226	86	37:17.0	36:11.8	07:27.4
16	JAMILLE RATTI	704	25.29.F	239	93	38:27.5	37:56.5	07:41.5
17	BRUNA GUIMARAES MOURA	632	25.29.F	245	99	38:52.4	37:57.4	07:46.4
18	MARILLIN DE CASTRO CUNHA	759	25.29.F	248	101	39:10.1	37:43.7	07:50.0
19	DANIELA ELISA FONTOURA	882	25.29.F	249	102	39:10.5	37:39.2	07:50.1

CORRIDA DO BEM 2013

CATEGORIAS

5K

Col.	Nome	Nro.	Faixa	Geral	Sexo	Tempo	Liquido	Ritmo
20	LARISSA FERNANDES DE MENEZES	724	25.29.F	253	106	39:34.0	39:02.8	07:54.8
21	CRISTIANE COUTINHO	912	25.29.F	267	117	41:30.0	40:42.8	08:18.0
22	DEBORA MACEDO	657	25.29.F	270	119	42:03.3	41:13.8	08:24.6
23	MARIANGELA M. F. FERRARI	758	25.29.F	278	125	42:44.5	41:40.3	08:32.9
24	LUIZA RODRIGUES BARALDI	737	25.29.F	285	129	44:03.2	42:26.7	08:48.6
25	CAMYLA DE OLIVEIRA NOWAK	636	25.29.F	298	133	48:28.4	47:23.9	09:41.6
30 A 34 FEM.								
0	ELIS REGINA CUSTODIO	663	30.34.F	35	2	25:16.3	25:14.2	05:03.2
1	LUANA BORTOLAN FOCESATO	730	30.34.F	83	15	29:26.5	28:58.3	05:53.3
2	RENATA O. CLARES HAMMES	795	30.34.F	86	16	29:44.0	29:14.0	05:56.8
3	VANESSA B. CHINAGLIA	835	30.34.F	87	17	29:45.0	29:18.5	05:57.0
4	SUELLEN L.T. STRADIOTTI	821	30.34.F	92	18	30:06.2	29:17.2	06:01.2
5	TARSILLA MARIA PUIA FERREIRA	826	30.34.F	95	19	30:15.3	29:48.9	06:03.0
6	GIULIANI ROSA DE SOUZA YAMASAKI	688	30.34.F	124	31	31:50.5	31:14.3	06:22.1
7	NALVA SOUZA MORAES TOSTES	772	30.34.F	135	39	32:16.4	31:39.9	06:27.2
8	MARIZA AGUERO FREITAS	761	30.34.F	137	40	32:20.4	32:08.4	06:28.0
9	SUELEM DAVALOS GUIBO	820	30.34.F	164	54	33:49.5	33:35.4	06:45.9
10	ELIZABET VIEIRA DE ALEXANDRE	664	30.34.F	168	56	33:58.3	33:02.9	06:47.6
11	MIRELLE C. FREIRE	1004	30.34.F	172	57	34:00.1	33:31.9	06:48.0
12	MADELEINE ZAIONC	738	30.34.F	177	59	34:13.0	33:44.0	06:50.6
13	FRANCINE MACCARI	679	30.34.F	184	62	34:46.5	32:28.1	06:57.3
14	FRANCIELE ROSALEN	678	30.34.F	196	68	35:43.5	33:26.5	07:08.7
15	ANA PAULA DA SILVA GONZAGA	624	30.34.F	205	75	35:57.3	35:27.0	07:11.4
16	CAMILA CELESTINO	634	30.34.F	223	84	37:10.3	36:47.1	07:26.0
17	MARIZA FRANTCHESCA BENEVIDES ORTIZ	762	30.34.F	234	90	38:08.0	37:43.5	07:37.6
18	CLAUDIA RODRIGUES DE CARVALHO	649	30.34.F	240	94	38:28.4	38:05.0	07:41.6
19	CAMILA MARCON	635	30.34.F	244	98	38:43.4	38:14.3	07:44.6
20	SORAYA DE FREITAS GONCALVES	819	30.34.F	255	108	39:54.3	38:43.0	07:58.8
21	ALESSANDRA DE SOUZA BORGES	617	30.34.F	256	109	40:09.4	39:39.9	08:01.8
22	MYRIAN ARIMURA FARES	770	30.34.F	264	115	40:48.4	39:52.4	08:09.6
23	THICIANE F. MIRANDA	832	30.34.F	271	120	42:10.3	42:00.2	08:26.0
24	IRIS LIMA DE SOUSA	698	30.34.F	272	121	42:18.5	41:25.2	08:27.7
25	ZENAIDE COUTO DA SILVA	843	30.34.F	273	122	42:18.5	41:25.1	08:27.7
26	EVELYN CELEST O. SANTOS	671	30.34.F	276	124	42:40.2	41:50.0	08:32.0
27	BEATRIZ CAMINHA FAUSTINO	531	30.34.F	280	126	43:29.0	41:19.9	08:41.8
28	MICHELE DE CARVALHO SOARES VIEGAS	767	30.34.F	297	132	48:08.1	47:02.6	09:37.6
29	SUELLEN PETLIM GOMES	822	30.34.F	312	143	53:51.2	52:42.7	10:46.2
30	CINTHYA UESATO KAWAHIRA	643	30.34.F	318	148	58:04.2	56:37.9	11:36.8
35 A 39 FEM.								
1	PATRICIA SIMOES SILVESTRE	786	35.39.F	75	11	28:49.4	28:33.2	05:45.8
2	ASSYLEIA ETGES COELHO	629	35.39.F	96	20	30:21.2	29:57.2	06:04.2
3	LIDIANE DE MATOS DIAS	727	35.39.F	104	21	30:36.1	30:13.1	06:07.2
4	LELIA SOUZA FERREIRA	830	35.39.F	105	22	30:49.3	30:34.8	06:09.8
5	VIVIANE MARIA SOUZA SEABRA	840	35.39.F	106	23	30:51.4	30:41.0	06:10.2
6	SANDRA PEREIRA DE OLIVEIRA	807	35.39.F	118	28	31:41.4	31:16.4	06:20.2
7	MARCIA REGINA JUSTI	742	35.39.F	129	35	31:57.1	31:32.1	06:23.4
8	KETHELLEN TAIRA DE MEDEIROS	719	35.39.F	130	36	32:04.0	31:24.7	06:24.8
9	IDELMARA RIBEIRO MACEDO	695	35.39.F	132	37	32:09.5	31:15.2	06:25.9
10	JULIANA MANZONI	918	35.39.F	145	45	32:50.5	32:03.1	06:34.1
11	TEREZINHA JORGE DOS SANTOS	829	35.39.F	149	46	33:00.3	32:56.1	06:36.0
12	RENATA JULIANA SIMON ANDRADE	794	35.39.F	150	47	33:04.5	32:34.5	06:36.9
13	NIVIA MARIA M. DIAS SILVEIRA	781	35.39.F	155	49	33:19.0	32:19.8	06:39.8
14	MARCIA BALIOLI ARNALDO	740	35.39.F	183	61	34:41.6	34:23.1	06:56.3
15	KAREEN PRISCILA ABREGO	717	35.39.F	187	64	35:08.3	34:22.2	07:01.6
16	SIMONE SILVERIO	816	35.39.F	215	81	36:26.0	35:40.0	07:17.2
17	JULIANE OLIVEIRA BOTTA NOMOTO	716	35.39.F	237	92	38:20.4	37:43.3	07:40.0
18	MARA RULIA FORTE COSTA	739	35.39.F	254	107	39:53.5	39:28.2	07:58.7
19	GRAZIELLI VIEIRA CARNEIRO BORLA	691	35.39.F	262	113	40:47.0	40:17.4	08:09.4

CORRIDA DO BEM 2013

CATEGORIAS 5K

Col.	Nome	Nro.	Faixa	Geral	Sexo	Tempo	Liquido	Ritmo
40 A 44 FEM.								
1	DANIELA ALBUQUERQUE DE SANTANA	653	40.44.F	39	4	26:11.6	26:02.3	05:14.3
2	HELENA APARECIDA DA SILVA PAES	692	40.44.F	42	5	26:21.1	25:52.1	05:16.2
3	REGINA APARECIDA DE SOUZA SANTOS	792	40.44.F	80	13	29:10.2	28:53.8	05:50.0
4	ANA LUCIA DE SOUZA LEITE RACHEL	1002	40.44.F	109	24	31:20.4	30:52.2	06:16.0
5	TANIA MARA MARQUES ALENCAR	823	40.44.F	111	25	31:27.2	30:38.8	06:17.4
6	GENILZA VICENTE DA SILVA	685	40.44.F	113	26	31:32.0	31:14.8	06:18.4
7	PATRICIA RUIZ	785	40.44.F	123	30	31:49.1	31:05.6	06:21.8
8	CLAUDIA P. MAIA DE OLIVEIRA	647	40.44.F	127	33	31:55.0	31:19.5	06:23.0
9	MONICA DIAS RIEDEL	769	40.44.F	156	50	33:21.3	32:53.7	06:40.2
10	MARLI MARTINS DOS SANTOS	763	40.44.F	186	63	35:07.1	34:29.0	07:01.4
11	ELZA SOLANGE DA CONCEICAO	668	40.44.F	199	71	35:53.2	35:44.7	07:10.6
12	ADRIANA CUNHA	938	40.44.F	207	76	36:04.1	35:30.9	07:12.8
13	CLAUDIA ELAINE MORAES ASSUMPCAO	646	40.44.F	209	77	36:06.3	35:46.8	07:13.2
14	KATIA FIMINE MAIA DE SOUZA	718	40.44.F	235	91	38:14.5	37:50.4	07:38.9
15	SOLANGE RIBEIRO DE SOUZA	818	40.44.F	242	96	38:41.2	37:45.2	07:44.2
16	CINTYA URBASNKI	644	40.44.F	258	111	40:18.4	39:44.2	08:03.6
17	ELIZABETH BRAS DE ARAUJO	665	40.44.F	259	112	40:36.3	39:57.9	08:07.2
18	CARLA ALBERTINA MARTINS ALMEIDA	637	40.44.F	275	123	42:39.6	40:51.4	08:31.9
19	JAMILE PATRICIA DE AQUINO YOUSSEF	703	40.44.F	284	128	43:57.4	43:22.0	08:47.4
20	MARIA CARMEM DE ANDRADE	746	40.44.F	295	131	47:52.5	46:42.5	09:34.5
45 A 49 FEM.								
1	LUCINEIDE MUNIZ DAGVILA DA SILVA	736	45.49.F	78	12	28:57.3	28:38.9	05:47.4
2	ROSANGELA C. ZIRONDI	799	45.49.F	120	29	31:45.0	31:11.8	06:21.0
3	MARIA CELIA CONTE	747	45.49.F	140	42	32:25.2	32:15.0	06:29.0
4	MARIA MADALENA GOMES COELHO	755	45.49.F	191	65	35:27.1	34:48.6	07:05.4
5	MARIA CRISTINA M. B. PESSOA	748	45.49.F	216	82	36:29.5	36:04.2	07:17.9
6	ROSEMARY CAMPARATO	804	45.49.F	257	110	40:18.2	39:44.0	08:03.6
7	FLORICIA GONCALVES BARBOSA	677	45.49.F	299	134	48:54.4	48:37.4	09:46.8
8	ELAINE SIQUEIRA HERNANDES	931	45.49.F	302	136	50:43.3	50:41.0	10:08.6
9	FATIMA REGINA COQUEIRO	673	45.49.F	304	137	51:09.2	49:28.7	10:13.8
10	NILCE MARA AP. O. PETRI	780	45.49.F	306	139	51:09.2	49:28.2	10:13.8
50 A 54 FEM.								
0	ELIDIA MARQUES BRITO	310	50.54.F	26	1	23:57.0	23:54.7	04:47.4
1	TANIA MARIA MAYER	825	50.54.F	139	41	32:25.1	31:58.9	06:29.0
2	CECILIA KEIKO NOMURA WADA	640	50.54.F	142	43	32:39.1	31:47.0	06:31.8
3	ZILDINETE GUEDES DE SOUZA	844	50.54.F	152	48	33:07.0	32:51.6	06:37.4
4	DENISE BARROS DOS SANTOS SILVA	658	50.54.F	161	52	33:39.4	32:40.3	06:43.8
5	GRACIELA A. LESCANO	689	50.54.F	228	87	37:44.2	37:04.0	07:32.8
6	ROSANE MARA PESSOA TAVEIRA	798	50.54.F	230	88	37:51.4	37:26.0	07:34.2
7	SOLANGE CINTRA CHAEBE	817	50.54.F	251	104	39:26.2	39:00.1	07:53.2
8	LEA FREIRE PALHANO GONCALVES	725	50.54.F	252	105	39:33.1	39:09.9	07:54.6
9	MARGARETH SESTI	743	50.54.F	265	116	41:25.0	41:01.4	08:17.0
10	SHIRLEYDE GUIMARAES BEZERRA	811	50.54.F	288	130	45:51.1	44:54.8	09:10.2
11	MARIA HELENA PAIVA COLMAN	752	50.54.F	305	138	51:09.2	49:28.2	10:13.8
12	ZILDA ALVES DE REZENDE	875	50.54.F	314	144	55:09.3	54:34.3	11:01.8
55 A 59 FEM.								
1	MARIA DE FATIMA OLIVEIRA	749	55.59.F	82	14	29:25.2	29:22.0	05:53.0
2	MARIA APARECIDA BARBOSA CESCA	744	55.59.F	115	27	31:36.1	31:34.8	06:19.2
3	VERA MARLEIDE LOUREIRO DOS ANJOS	839	55.59.F	166	55	33:54.2	33:40.0	06:46.8
4	HELENA MEZA ORTIZ	694	55.59.F	241	95	38:33.1	37:45.5	07:42.6
5	HELENA MARIA P.C. DE CASTRO	693	55.59.F	246	100	38:59.4	38:36.9	07:47.8
6	VERA AP. NEY PAIVA BOMFIM	837	55.59.F	300	135	48:56.3	47:58.9	09:47.2
7	ROSANA CALLIGARIS	853	55.59.F	316	146	56:23.5	55:36.0	11:16.7

CORRIDA DO BEM 2013

CATEGORIAS 5K

Col.	Nome	Nro.	Faixa	Geral	Sexo	Tempo	Liquido	Ritmo
60 A 64 FEM.								
1	NAIR FUMIE TOMIYOSHI NAKAO	771	60.64.F	310	142	52:10.2	50:46.9	10:26.0
2	NILZA LUCENA DO NASCIMENTO	355	60.64.F	323	150	1:12:31.0	1:12:29.9	14:30.2
65 A 69 FEM.								
1	FRANCISCA AMARO DE OLIVEIRA	680	65.69.F	224	85	37:12.0	36:48.9	07:26.4
70 ANOS ACIMA FEM.								
1	MARIA DE JESUS PEREIRA	750	<.70.F	250	103	39:20.4	39:16.9	07:52.0
2	HELENA DA SILVA SANTOS	777	<.70.F	309	141	51:42.3	50:46.1	10:20.4
3	NEUSA ALICE PEREIRA DE QUEIROZ	776	<.70.F	321	149	1:04:28.4	1:03:52.4	12:53.6