

Col.	Nome	Nro.	Faixa	Geral	Cat.	Tempo	Liquido	Ritmo
GERAL - FEMININO								
1	ELIDIA MARQUES BRITO	310	50.54.F	26	0	23:57.0	23:54.7	04:47.4
2	ELIS REGINA CUSTODIO	663	30.34.F	35	0	25:16.3	25:14.2	05:03.2
3	PRISCYLLA SANTOS PEREIRA B, SANTOS	789	25.29.F	38	0	25:59.4	25:55.4	05:11.8
4	DANIELA ALBUQUERQUE DE SANTANA	653	40.44.F	39	1	26:11.6	26:02.3	05:14.3
5	HELENA APARECIDA DA SILVA PAES	692	40.44.F	42	2	26:21.1	25:52.1	05:16.2
6	MARTINHA DUARTE GARCIA	764	25.29.F	46	1	26:38.0	26:29.7	05:19.6
7	FERNANDA F. DA SILVA	674	20.24.F	48	1	26:44.0	25:09.7	05:20.8
8	MAYARA DA SILVA FERREIRA	881	20.24.F	55	2	27:35.0	27:32.8	05:31.0
9	THAIS FRANCO DALLABRIOA	845	20.24.F	59	3	27:45.5	27:40.1	05:33.1
10	GABRIELA MARIA HOZANO DE SOUZA	684	20.24.F	63	4	28:01.0	27:49.6	05:36.2
11	PATRICIA SIMOES SILVESTRE	786	35.39.F	75	1	28:49.4	28:33.2	05:45.8
12	LUCINEIDE MUNIZ DAGVILA DA SILVA	736	45.49.F	78	1	28:57.3	28:38.9	05:47.4
13	REGINA APARECIDA DE SOUZA SANTOS	792	40.44.F	80	3	29:10.2	28:53.8	05:50.0
14	MARIA DE FATIMA OLIVEIRA	749	55.59.F	82	1	29:25.2	29:22.0	05:53.0
15	LUANA BORTOLAN FOCESATO	730	30.34.F	83	1	29:26.5	28:58.3	05:53.3
16	RENATA O. CLARES HAMMES	795	30.34.F	86	2	29:44.0	29:14.0	05:56.8
17	VANESSA B. CHINAGLIA	835	30.34.F	87	3	29:45.0	29:18.5	05:57.0
18	SUELLEN L.T. STRADIOTTI	821	30.34.F	92	4	30:06.2	29:17.2	06:01.2
19	TARSILLA MARIA PUIA FERREIRA	826	30.34.F	95	5	30:15.3	29:48.9	06:03.0
20	ASSYLEIA ETGES COELHO	629	35.39.F	96	2	30:21.2	29:57.2	06:04.2
21	LIDIANE DE MATOS DIAS	727	35.39.F	104	3	30:36.1	30:13.1	06:07.2
22	LELIA SOUZA FERREIRA	830	35.39.F	105	4	30:49.3	30:34.8	06:09.8
23	VIVIANE MARIA SOUZA SEABRA	840	35.39.F	106	5	30:51.4	30:41.0	06:10.2
24	ANA LUCIA DE SOUZA LEITE RACHEL	1002	40.44.F	109	4	31:20.4	30:52.2	06:16.0
25	TANIA MARA MARQUES ALENCAR	823	40.44.F	111	5	31:27.2	30:38.8	06:17.4
26	GENILZA VICENTE DA SILVA	685	40.44.F	113	6	31:32.0	31:14.8	06:18.4
27	MARIA APARECIDA BARBOSA CESCA	744	55.59.F	115	2	31:36.1	31:34.8	06:19.2
28	SANDRA PEREIRA DE OLIVEIRA	807	35.39.F	118	6	31:41.4	31:16.4	06:20.2
29	ROSANGELA C. ZIRONDI	799	45.49.F	120	2	31:45.0	31:11.8	06:21.0
30	PATRICIA RUIZ	785	40.44.F	123	7	31:49.1	31:05.6	06:21.8
31	GIULIANI ROSA DE SOUZA YAMASAKI	688	30.34.F	124	6	31:50.5	31:14.3	06:22.1
32	THAIANY ARANTES	831	20.24.F	126	5	31:53.5	30:50.0	06:22.7
33	CLAUDIA P. MAIA DE OLIVEIRA	647	40.44.F	127	8	31:55.0	31:19.5	06:23.0
34	JANAINA RODRIGUES LOPES DA SILVA	708	25.29.F	128	2	31:57.0	31:20.5	06:23.4
35	MARCIA REGINA JUSTI	742	35.39.F	129	7	31:57.1	31:32.1	06:23.4
36	KETHELLEN TAIRA DE MEDEIROS	719	35.39.F	130	8	32:04.0	31:24.7	06:24.8
37	IDELMARA RIBEIRO MACEDO	695	35.39.F	132	9	32:09.5	31:15.2	06:25.9
38	GABRIELA BERTIM	681	20.24.F	133	6	32:13.2	30:04.8	06:26.6
39	NALVA SOUZA MORAES TOSTES	772	30.34.F	135	7	32:16.4	31:39.9	06:27.2
40	MARIZA AGUERO FREITAS	761	30.34.F	137	8	32:20.4	32:08.4	06:28.0
41	TANIA MARIA MAYER	825	50.54.F	139	1	32:25.1	31:58.9	06:29.0
42	MARIA CELIA CONTE	747	45.49.F	140	3	32:25.2	32:15.0	06:29.0
43	CECILIA KEIKO NOMURA WADA	640	50.54.F	142	2	32:39.1	31:47.0	06:31.8
44	JANAINA PEREIRA DE ALBUQUERQUE	706	25.29.F	144	3	32:42.5	31:45.2	06:32.5
45	JULIANA MANZONI	918	35.39.F	145	10	32:50.5	32:03.1	06:34.1
46	TEREZINHA JORGE DOS SANTOS	829	35.39.F	149	11	33:00.3	32:56.1	06:36.0
47	RENATA JULIANA SIMON ANDRADE	794	35.39.F	150	12	33:04.5	32:34.5	06:36.9
48	ZILDINETE GUEDES DE SOUZA	844	50.54.F	152	3	33:07.0	32:51.6	06:37.4
49	NIVIA MARIA M. DIAS SILVEIRA	781	35.39.F	155	13	33:19.0	32:19.8	06:39.8
50	MONICA DIAS RIEDEL	769	40.44.F	156	9	33:21.3	32:53.7	06:40.2
51	DEBORA DE MACEDO BARBATO	656	25.29.F	159	4	33:35.1	32:35.1	06:43.0
52	DENISE BARROS DOS SANTOS SILVA	658	50.54.F	161	4	33:39.4	32:40.3	06:43.8
53	DAY MARY CORREA GREGOL	654	25.29.F	162	5	33:40.5	32:39.2	06:44.1
54	SUELEM DAVALOS GUIBO	820	30.34.F	164	9	33:49.5	33:35.4	06:45.9
55	VERA MARLEIDE LOUREIRO DOS ANJOS	839	55.59.F	166	3	33:54.2	33:40.0	06:46.8
56	ELIZABET VIEIRA DE ALEXANDRE	664	30.34.F	168	10	33:58.3	33:02.9	06:47.6
57	MIRELLE C. FREIRE	1004	30.34.F	172	11	34:00.1	33:31.9	06:48.0
58	LAIS DE ALMEIDA DUTRA	720	20.24.F	176	7	34:10.2	32:19.6	06:50.0
59	MADELEINE ZAIIONC	738	30.34.F	177	12	34:13.0	33:44.0	06:50.6
60	GABRIELA MARIA DE OLIVEIRA	683	25.29.F	179	6	34:16.0	33:45.9	06:51.2
61	MARCIA BALIOLI ARNALDO	740	35.39.F	183	14	34:41.6	34:23.1	06:56.3

CORRIDA DO BEM 2013

GERAL 5K

Col.	Nome	Nro.	Faixa	Geral	Cat.	Tempo	Liquido	Ritmo
62	FRANCINE MACCARI	679	30.34.F	184	13	34:46.5	32:28.1	06:57.3
63	MARLI MARTINS DOS SANTOS	763	40.44.F	186	10	35:07.1	34:29.0	07:01.4
64	KAREEN PRISCILA ABREGO	717	35.39.F	187	15	35:08.3	34:22.2	07:01.6
65	MARIA MADALENA GOMES COELHO	755	45.49.F	191	4	35:27.1	34:48.6	07:05.4
66	YASMIN BORGES BRITO	934	20.24.F	192	8	35:28.0	34:05.9	07:05.6
67	LAURA CORREA DE FREITAS	923	25.29.F	193	7	35:28.6	34:42.5	07:05.7
68	FRANCIELE ROSALEN	678	30.34.F	196	14	35:43.5	33:26.5	07:08.7
69	NEGRITA MARIA SANTOS SAMPAIO ROCHA	774	25.29.F	197	8	35:44.1	35:21.8	07:08.8
70	LAIS SANT'ANA PARADISO	721	25.29.F	198	9	35:49.5	33:42.0	07:09.9
71	ELZA SOLANGE DA CONCEICAO	668	40.44.F	199	11	35:53.2	35:44.7	07:10.6
72	LARA EMMELINE DOS SANTOS PIAZZA	722	25.29.F	200	10	35:54.1	34:27.8	07:10.8
73	JOSYELEN FELIPE	712	25.29.F	201	11	35:54.3	34:27.3	07:10.8
74	ANA LUIZA S.	1007	16.19.F	203	1	35:56.4	34:57.4	07:11.2
75	ANA PAULA DA SILVA GONZAGA	624	30.34.F	205	15	35:57.3	35:27.0	07:11.4
76	ADRIANA CUNHA	938	40.44.F	207	12	36:04.1	35:30.9	07:12.8
77	CLAUDIA ELAINE MORAES ASSUMPCAO	646	40.44.F	209	13	36:06.3	35:46.8	07:13.2
78	ISABELLY MATOS DE QUEIROZ	700	20.24.F	210	9	36:06.5	35:42.1	07:13.3
79	MARIANA SAVAGET ALMEIDA	757	25.29.F	212	12	36:18.0	36:08.5	07:15.6
80	AKILLA JEYLOSANA OLIVEIRA BESSA	618	25.29.F	213	13	36:21.3	36:10.1	07:16.2
81	SIMONE SILVERIO	816	35.39.F	215	16	36:26.0	35:40.0	07:17.2
82	MARIA CRISTINA M. B. PESSOA	748	45.49.F	216	5	36:29.5	36:04.2	07:17.9
83	IZABEL BECHUATE DE CASTRO TEIXEIRA	702	25.29.F	219	14	36:43.0	35:53.9	07:20.6
84	CAMILA CELESTINO	634	30.34.F	223	16	37:10.3	36:47.1	07:26.0
85	FRANCISCA AMARO DE OLIVEIRA	680	65.69.F	224	1	37:12.0	36:48.9	07:26.4
86	JULIANA MORAIS WALDOW	715	25.29.F	226	15	37:17.0	36:11.8	07:27.4
87	GRACIELA A. LESCANO	689	50.54.F	228	5	37:44.2	37:04.0	07:32.8
88	ROSANE MARA PESSOA TAVEIRA	798	50.54.F	230	6	37:51.4	37:26.0	07:34.2
89	WALQUIRIA DE SOUZA	842	20.24.F	231	10	37:54.5	36:27.5	07:34.9
90	MARIZA FRANTCHESCA BENEVIDES ORTIZ	762	30.34.F	234	17	38:08.0	37:43.5	07:37.6
91	KATIA FIMINE MAIA DE SOUZA	718	40.44.F	235	14	38:14.5	37:50.4	07:38.9
92	JULIANE OLIVEIRA BOTTA NOMOTO	716	35.39.F	237	17	38:20.4	37:43.3	07:40.0
93	JAMILLE RATTI	704	25.29.F	239	16	38:27.5	37:56.5	07:41.5
94	CLAUDIA RODRIGUES DE CARVALHO	649	30.34.F	240	18	38:28.4	38:05.0	07:41.6
95	HELENA MEZA ORTIZ	694	55.59.F	241	4	38:33.1	37:45.5	07:42.6
96	SOLANGE RIBEIRO DE SOUZA	818	40.44.F	242	15	38:41.2	37:45.2	07:44.2
97	JULIA DE OLIVEIRA CASTRO	713	16.19.F	243	2	38:43.0	37:52.4	07:44.6
98	CAMILA MARCON	635	30.34.F	244	19	38:43.4	38:14.3	07:44.6
99	BRUNA GUIMARAES MOURA	632	25.29.F	245	17	38:52.4	37:57.4	07:46.4
100	HELENA MARIA P.C. DE CASTRO	693	55.59.F	246	5	38:59.4	38:36.9	07:47.8
101	MARILLIN DE CASTRO CUNHA	759	25.29.F	248	18	39:10.1	37:43.7	07:50.0
102	DANIELA ELISA FONTOURA	882	25.29.F	249	19	39:10.5	37:39.2	07:50.1
103	MARIA DE JESUS PEREIRA	750	<.70.F	250	1	39:20.4	39:16.9	07:52.0
104	SOLANGE CINTRA CHAEBE	817	50.54.F	251	7	39:26.2	39:00.1	07:53.2
105	LEA FREIRE PALHANO GONCALVES	725	50.54.F	252	8	39:33.1	39:09.9	07:54.6
106	LARISSA FERNANDES DE MENEZES	724	25.29.F	253	20	39:34.0	39:02.8	07:54.8
107	MARA RULIA FORTE COSTA	739	35.39.F	254	18	39:53.5	39:28.2	07:58.7
108	SORAYA DE FREITAS GONCALVES	819	30.34.F	255	20	39:54.3	38:43.0	07:58.8
109	ALESSANDRA DE SOUZA BORGES	617	30.34.F	256	21	40:09.4	39:39.9	08:01.8
110	ROSEMARY CAMPARATO	804	45.49.F	257	6	40:18.2	39:44.0	08:03.6
111	CINTYA URBASNKI	644	40.44.F	258	16	40:18.4	39:44.2	08:03.6
112	ELIZABETH BRAS DE ARAUJO	665	40.44.F	259	17	40:36.3	39:57.9	08:07.2
113	GRAZIELLI VIEIRA CARNEIRO BORLA	691	35.39.F	262	19	40:47.0	40:17.4	08:09.4
114	DIULEN PATRICIA S. ALVES	660	16.19.F	263	3	40:48.4	39:52.4	08:09.6
115	MYRIAN ARIMURA FARES	770	30.34.F	264	22	40:48.4	39:52.4	08:09.6
116	MARGARETH SESTI	743	50.54.F	265	9	41:25.0	41:01.4	08:17.0
117	CRISTIANE COUTINHO	912	25.29.F	267	21	41:30.0	40:42.8	08:18.0
118	GABRIELA CHUQUITO GESUALDO	682	20.24.F	268	11	41:44.3	41:11.9	08:20.8
119	DEBORA MACEDO	657	25.29.F	270	22	42:03.3	41:13.8	08:24.6
120	THICIANE F. MIRANDA	832	30.34.F	271	23	42:10.3	42:00.2	08:26.0
121	IRIS LIMA DE SOUSA	698	30.34.F	272	24	42:18.5	41:25.2	08:27.7
122	ZENAIDE COUTO DA SILVA	843	30.34.F	273	25	42:18.5	41:25.1	08:27.7
123	CARLA ALBERTINA MARTINS ALMEIDA	637	40.44.F	275	18	42:39.6	40:51.4	08:31.9

Col.	Nome	Nro.	Faixa	Geral	Cat.	Tempo	Liquido	Ritmo
124	EVELYN CELEST O. SANTOS	671	30.34.F	276	26	42:40.2	41:50.0	08:32.0
125	MARIANGELA M. F. FERRARI	758	25.29.F	278	23	42:44.5	41:40.3	08:32.9
126	BEATRIZ CAMINHA FAUSTINO	531	30.34.F	280	27	43:29.0	41:19.9	08:41.8
127	SILVIA RAGGI GOMES	813	20.24.F	283	12	43:41.3	43:18.0	08:44.2
128	JAMILE PATRICIA DE AQUINO YOUSSEF	703	40.44.F	284	19	43:57.4	43:22.0	08:47.4
129	LUIZA RODRIGUES BARALDI	737	25.29.F	285	24	44:03.2	42:26.7	08:48.6
130	SHIRLEYDE GUIMARAES BEZERRA	811	50.54.F	288	10	45:51.1	44:54.8	09:10.2
131	MARIA CARMEM DE ANDRADE	746	40.44.F	295	20	47:52.5	46:42.5	09:34.5
132	MICHELE DE CARVALHO SOARES VIEGAS	767	30.34.F	297	28	48:08.1	47:02.6	09:37.6
133	CAMYLA DE OLIVEIRA NOWAK	636	25.29.F	298	25	48:28.4	47:23.9	09:41.6
134	FLORICIA GONCALVES BARBOSA	677	45.49.F	299	7	48:54.4	48:37.4	09:46.8
135	VERA AP. NEY PAIVA BOMFIM	837	55.59.F	300	6	48:56.3	47:58.9	09:47.2
136	ELAINE SIQUEIRA HERNANDES	931	45.49.F	302	8	50:43.3	50:41.0	10:08.6
137	FATIMA REGINA COQUEIRO	673	45.49.F	304	9	51:09.2	49:28.7	10:13.8
138	MARIA HELENA PAIVA COLMAN	752	50.54.F	305	11	51:09.2	49:28.2	10:13.8
139	NILCE MARA AP. O. PETRI	780	45.49.F	306	10	51:09.2	49:28.2	10:13.8
140	ARYELE REZENDE SILVA	874	20.24.F	308	13	51:33.3	50:56.3	10:18.6
141	HELENA DA SILVA SANTOS	777	<.70.F	309	2	51:42.3	50:46.1	10:20.4
142	NAIR FUMIE TOMIYOSHI NAKAO	771	60.64.F	310	1	52:10.2	50:46.9	10:26.0
143	SUELLEN PETLIM GOMES	822	30.34.F	312	29	53:51.2	52:42.7	10:46.2
144	ZILDA ALVES DE REZENDE	875	50.54.F	314	12	55:09.3	54:34.3	11:01.8
145	KAMILA REZENDE SILVA	879	20.24.F	315	14	55:09.4	54:34.9	11:01.8
146	ROSANA CALLIGARIS	853	55.59.F	316	7	56:23.5	55:36.0	11:16.7
147	NATHALIA MAKIKO WADA	773	20.24.F	317	15	57:58.4	57:06.8	11:35.6
148	CINTHYA UESATO KAWAHIRA	643	30.34.F	318	30	58:04.2	56:37.9	11:36.8
149	NEUSA ALICE PEREIRA DE QUEIROZ	776	<.70.F	321	3	1:04:28.4	1:03:52.4	12:53.6
150	NILZA LUCENA DO NASCIMENTO	355	60.64.F	323	2	1:12:31.0	1:12:29.9	14:30.2

GERAL - MASCULINO

24

1	ENEIAS TEODORO GOMES	426	40.44.M	1	0	18:04.1	18:03.6	03:36.8
2	FRANCISCO MAURICIO F. DE SOUZA	447	30.34.M	2	0	19:09.3	19:08.9	03:49.8
3	JOSÉ MARIA DE JESUS		20.24M	3	0	19:25.7	19:24.8	03:52.7
3	RINALDO GONCALV DA SILVA	566	40.44.M	4	1	20:04.5	20:03.4	04:00.9
4	CHALON FABRICIO RODRIGUES	408	30.34.M	5	1	20:27.5	20:27.2	04:05.5
5	JOSE FERREIRA DA SILVA	491	40.44.M	6	2	20:35.4	20:35.0	04:07.0
6	PAULO SERGIO DE SOUZA	549	35.39.M	7	1	20:49.1	20:46.8	04:09.8
7	LEANDRO STEINHORTS	503	40.44.M	8	3	20:55.1	20:52.6	04:11.0
8	CLEVERSON ALEGRE MENDES	410	30.34.M	9	2	21:04.2	21:00.7	04:12.8
9	EDVANDRO COELHO CAVALCANTE	425	35.39.M	10	2	21:09.2	21:08.2	04:13.8
10	REGINALDO DE OLIVEIRA REIS	238	35.39.M	11	3	21:17.1	21:13.0	04:15.4
11	ANTONIO APARECIDO DE O. SIEBRA	390	40.44.M	12	4	21:25.1	21:24.9	04:17.0
12	MARCOS NOGUEIRA VALADAO	521	35.39.M	13	4	21:34.3	21:34.0	04:18.8
13	LUAN SANTOS PAULINO	508	16.19.M	14	1	21:39.3	21:35.9	04:19.8
14	PAULO CESAR F. DOS SANTOS	224	25.29.M	15	1	22:01.5	22:01.5	04:24.3
15	RAIMUNDO MOREIRA RODRIGUES	555	40.44.M	16	5	22:11.5	22:08.3	04:26.3
16	JOAO APARECIDO DOS SANTOS	477	55.59.M	17	1	22:18.0	22:17.6	04:27.6
17	GILMAR ANTONIO DA PENHA	456	40.44.M	18	6	22:19.0	22:08.6	04:27.8
18	MARCOS JOSE TARGINO NOGUEIRA	203	35.39.M	19	5	22:20.2	22:15.0	04:28.0
19	MARIO JESUS AROUCA	526	30.34.M	20	3	22:20.5	22:20.1	04:28.1
20	RAMAO CARLOS AJALA DIAS	556	35.39.M	21	6	22:34.0	22:33.7	04:30.8
21	LUCAS GIURIZATTO	509	20.24.M	22	1	22:39.3	22:37.3	04:31.8
22	MARTINS SOARES DE OLIVEIRA	528	55.59.M	23	2	22:43.1	22:33.8	04:32.6
23	RODRIGO OLIVEIRA GOMES	574	16.19.M	24	2	22:54.5	22:51.5	04:34.9
24	JOSE PEREIRA DOS SANTOS	494	50.54.M	25	1	22:55.4	22:50.8	04:35.0
25	ANDRE SILVEIRA SSANDIM	388	35.39.M	27	7	23:46.3	23:45.3	04:45.2
26	WILLIAN RAMOS DA SILVA	613	30.34.M	28	4	23:59.1	23:49.7	04:47.8
27	ADEMIR FAGUNDES DE OLIVEIRA	371	50.54.M	29	2	24:04.4	24:00.2	04:48.8
28	ADELINO LOPES DE ALMEIDA	370	45.49.M	30	1	24:22.0	24:07.9	04:52.4
29	AFONSO DA SILVA FERREIRA	374	60.64.M	31	1	24:22.3	24:18.1	04:52.4
30	OSVALDO RICARDO PEREIRA	541	55.59.M	32	3	24:30.2	24:21.0	04:54.0
31	ALESSANDRO GOELZER	1012	40.44.M	33	7	24:42.3	24:31.7	04:56.4
32	OSCAR DE ANDRADE NOGUEIRA NETO	540	40.44.M	34	8	24:51.5	24:41.0	04:58.3

CORRIDA DO BEM 2013

GERAL 5K

Col.	Nome	Nro.	Faixa	Geral	Cat.	Tempo	Liquido	Ritmo
33	JOSE AUGUSTO MENDES RACHEL	487	50.54.M	36	3	24:53.2	24:20.7	04:58.6
34	ALEXANDRE WAGNER DE OLIVEIRA	380	25.29.M	37	2	25:44.0	25:35.5	05:08.8
35	DIEGO SILVA	417	25.29.M	40	3	25:59.3	25:55.2	05:11.8
36	JOSE GERALDO BARCOS OLIVER	492	50.54.M	41	4	26:15.2	26:06.0	05:15.0
37	MASSATOSHI KATO	529	50.54.M	43	5	26:19.1	26:16.0	05:15.8
38	ROMULO DANIEL MONTEIRO HERADAO	578	20.24.M	44	2	26:22.1	24:47.7	05:16.4
39	FERNANDO LUIZ TORRES	442	50.54.M	45	6	26:32.5	26:17.4	05:18.5
40	NEILTON JOSE BARBOSA	537	20.24.M	47	3	26:33.5	25:08.1	05:18.7
41	MONACY CARLOS MOURA	950	55.59.M	49	4	26:41.4	26:32.2	05:20.2
42	PAULO SERGIO SOARES CAMINHA	550	35.39.M	50	8	26:47.4	26:32.2	05:21.4
43	PAULO EDUARDO GORDANO	546	20.24.M	51	4	26:51.4	26:45.4	05:22.2
44	BRUNO OLIVEIRA LIMA SANTOS	400	20.24.M	52	5	26:56.5	24:33.0	05:23.3
45	RAPHAEL DE CAMARGO ALBINO	557	25.29.M	53	4	27:03.4	26:19.0	05:24.6
46	FABIANO CARDOSO ESPINDOLA	432	25.29.M	54	5	27:20.2	26:34.0	05:28.0
47	JONATHAN BARROS	607	20.24.M	56	6	27:24.4	27:14.2	05:28.8
48	DOUGLAS DA COSTA CARSO	77	35.39.M	57	9	27:39.0	27:27.7	05:31.8
49	MARIO HENRIQUE ISLANES PEOTTA	525	20.24.M	58	7	27:43.5	27:14.3	05:32.7
50	BRUNO EIJI GUIBU	399	25.29.M	60	6	27:44.4	27:22.1	05:32.8
51	HUDERSON CARLOS AVALOS ARGUELHO	466	20.24.M	61	8	27:51.4	27:28.1	05:34.2
52	NELSON JUNIOR ZANDONA	538	35.39.M	62	10	27:53.6	26:51.5	05:34.7
53	ARY ALMEIDA FILHO	396	30.34.M	64	5	27:55.3	27:24.0	05:35.0
54	ROBINSON BOGUE MENDES	568	45.49.M	65	2	28:05.2	27:39.9	05:37.0
55	MAURICIO SILVA DE ANDRADE	949	16.19.M	66	3	28:07.1	26:57.1	05:37.4
56	GERSON JACOBINA	454	45.49.M	67	3	28:13.1	27:57.0	05:38.6
57	RENATO CAMILLO	561	45.49.M	68	4	28:15.1	27:13.8	05:39.0
58	MARCOS ROBERTO SILVA	606	30.34.M	69	6	28:22.1	28:10.6	05:40.4
59	EPAMINONDAS DE ALMEIDA LIMA	427	55.59.M	70	5	28:24.2	28:09.1	05:40.8
60	MARCOS APARECIDO ALVES DE SOUZA	519	25.29.M	71	7	28:29.4	27:18.4	05:41.8
61	ANDERSON SALES	382	25.29.M	72	8	28:30.3	28:24.1	05:42.0
62	HEITOR CALDERAM	604	25.29.M	73	9	28:37.0	28:03.8	05:43.4
63	GETULIO HIROCHI MATSUOKA	455	60.64.M	74	2	28:37.4	27:51.4	05:43.4
64	ANTONIO MARQUES DE ALMEIDA	393	40.44.M	76	9	28:48.6	28:28.2	05:45.7
65	WILBER SANTOS BARROS	602	45.49.M	77	5	28:52.3	28:13.2	05:46.4
66	MAURO RODRIGUES FREIRE	532	25.29.M	79	10	28:52.4	28:12.4	05:46.4
67	MARCIO LUIZ DE SOUZA RODRIGUES	517	40.44.M	81	10	29:06.2	28:29.1	05:49.2
68	LEANDRO SILVA DE ALENCAS	502	20.24.M	84	9	29:12.4	28:54.4	05:50.4
69	LUCAS NAKAZATO JACOBINA	511	16.19.M	85	4	29:27.0	29:07.5	05:53.4
70	JOAO BENEDITO FERREIRA	478	<.70.M	88	1	29:30.0	29:11.0	05:54.0
71	JOSE DORNELLES	609	40.44.M	89	11	29:46.1	29:34.9	05:57.2
72	RAPHAEL OLIVEIRA DE REZENDE	558	30.34.M	90	7	29:47.4	29:13.1	05:57.4
73	ADILSON PEREIRA	372	30.34.M	91	8	29:55.1	28:39.6	05:59.0
74	HELIOMAR SILVA DOS SANTOS	462	35.39.M	93	11	29:55.1	28:39.6	05:59.0
75	JOSE FELICIO PEPDI	490	40.44.M	94	12	30:06.5	29:21.5	06:01.3
76	GIULIANO NUNES DA CUNHA BATTAGLIN	457	35.39.M	97	12	30:13.5	29:00.2	06:02.7
77	CLEBER PATRICK ROMANI	409	35.39.M	98	13	30:23.4	29:43.3	06:04.6
78	ALDO CALDAS JUNIOR	850	35.39.M	99	14	30:24.2	29:12.9	06:04.8
79	IVONEI BIGATAO	1013	20.24.M	100	10	30:24.2	29:26.7	06:04.8
80	GUILHERME ROSA TAVARES	459	20.24.M	101	11	30:24.3	29:13.9	06:04.8
81	EDUARDO RIBEIRO MENDES MARTINS	424	40.44.M	102	13	30:30.1	29:47.7	06:06.0
82	CAIO MENDES SIEMIONKO	402	20.24.M	103	12	30:30.4	30:05.3	06:06.0
83	ROBERTO GODOY FALCAO	567	40.44.M	107	14	30:33.2	29:57.7	06:06.6
84	SANZIO BARRIOS	587	30.34.M	108	9	30:52.3	29:43.2	06:10.4
85	WALDIR VALERIO PEREIRA	599	60.64.M	110	3	31:03.2	30:57.8	06:12.6
86	HEPHERSON LEANDRO	464	35.39.M	112	15	31:21.4	30:54.4	06:16.2
87	LUIZ CARLOS FAQUES	873	60.64.M	114	4	31:29.2	31:19.0	06:17.8
88	FABIANO AJALA LOPES	872	25.29.M	116	11	31:33.1	30:53.7	06:18.6
89	RICARDO AUGUSTO BARRETO DOS SANTOS	562	40.44.M	117	16	31:36.2	31:32.7	06:19.2
90	RONIS DA SILVA ARAUJO	580	30.34.M	119	10	31:38.4	31:37.0	06:19.6
91	SERGIO HIDEO MOLICAWA	589	40.44.M	121	1	31:44.5	30:59.4	06:20.9
92	LEONARDO BUZANELLO	504	30.34.M	122	11	31:46.2	30:22.8	06:21.2
93	GIULIANO RODRIGO PAIVA DE SANTA RESA	903	40.44.M	125	17	31:46.5	29:23.1	06:21.3
94	RICARDO FUCTS	935	40.44.M	131	18	31:52.4	31:03.2	06:22.4

CORRIDA DO BEM 2013

GERAL 5K

Col.	Nome	Nro.	Faixa	Geral	Cat.	Tempo	Liquido	Ritmo
95	DANIEL CARLOS SILVEIRA	411	35.39.M	134	16	32:04.1	31:04.9	06:24.8
96	WALTER LUIZ DEMUNDO	600	60.64.M	136	5	32:15.3	31:35.1	06:27.0
97	FERNANDO JOSE PAES DE BARROS	441	50.54.M	138	7	32:19.4	31:56.4	06:27.8
98	FABIO STRADIOTTI	434	35.39.M	141	17	32:21.5	31:32.2	06:28.3
99	MARCELO AUGUSTO OLIVEIRA	515	16.19.M	143	5	32:33.1	31:08.8	06:30.6
100	AUGUSTO CESAR DA SILVA	397	35.39.M	146	18	32:39.5	32:30.4	06:31.9
101	MARIO DO CARMO TORRES	524	50.54.M	147	8	32:54.1	31:45.7	06:34.8
102	LEANDRO PAES DE BRITO	501	30.34.M	148	12	32:59.1	31:17.8	06:35.8
103	RODRIGO RIEFF	575	30.34.M	151	13	33:00.1	32:18.8	06:36.0
104	MARCELO TOSTES BERNARDES	516	30.34.M	153	14	33:06.5	32:29.4	06:37.3
105	ANTONIO DE OLIVEIRA MENDES	391	<.70.M	154	2	33:09.0	31:55.6	06:37.8
106	HEITOR MIRANDA GUIMARAES	461	35.39.M	157	19	33:14.5	32:26.4	06:38.9
107	ABEL PEREIRA ALMEIDA	369	55.59.M	158	6	33:25.1	33:14.6	06:41.0
108	JOSE PAULO JULIETE	493	30.34.M	160	15	33:33.5	32:32.1	06:42.7
109	ERIBERTO S. FROZZA	428	25.29.M	163	12	33:38.0	33:10.7	06:43.6
110	HENRIQUE GABAN RIBEIRO	463	25.29.M	165	13	33:49.3	32:49.1	06:45.8
111	ARIEL GUIBO ALVES	394	16.19.M	167	6	33:50.4	33:31.1	06:46.0
112	ALEXANDRE LEAO DA SILVA FRANCA	379	25.29.M	169	14	33:57.4	32:50.4	06:47.4
113	LUCIANO RESCIGNO	512	30.34.M	170	16	33:59.0	32:33.9	06:47.8
114	ARTUR FELIPE DE MATOS RODRIGUES	395	20.24.M	171	13	33:59.4	33:00.4	06:47.8
115	FELIPE DE MORAES FERRARI	436	25.29.M	173	15	33:59.5	33:01.2	06:47.9
116	JORGE CHARBEL	1005	25.29.M	174	16	34:00.1	33:31.7	06:48.0
117	LUIZ CLAUDIO DE SOUZA FONSECA	513	25.29.M	175	17	34:02.2	32:58.8	06:48.4
118	MARCO AURELIO ARANDA ALBERNAZ	518	16.19.M	178	7	34:05.3	32:31.7	06:49.0
119	SAMOEL DOS SANTOS SOUZA	586	55.59.M	180	7	34:13.3	33:57.3	06:50.6
120	IEDO FLAVIO FARDIM SILVA	468	45.49.M	181	6	34:20.0	33:58.4	06:52.0
121	RAFAEL SANTIN	554	20.24.M	182	14	34:28.0	33:46.9	06:53.6
122	HERMAN KEPLER RODRIGUES	465	65.69.M	185	1	34:32.0	34:25.6	06:54.4
123	LINO PELLIZER	506	60.64.M	188	6	34:58.1	34:35.8	06:59.6
124	DIEGO FHLUR	913	30.34.M	189	17	35:19.3	34:32.2	07:03.8
125	FELIPE MESQUITA DUARTE	439	25.29.M	190	18	35:21.3	35:13.0	07:04.2
126	PAULO RODRIGO CAOBIANCO	548	40.44.M	194	19	35:24.3	34:06.9	07:04.8
127	DANIEL CORREA DE FREITAS	924	25.29.M	195	19	35:29.0	34:42.5	07:05.8
128	ALESSANDRO TADEU VEIGA	376	40.44.M	202	20	35:41.5	34:48.3	07:08.3
129	JEFERSON DA SILVA RAPOSO	473	50.54.M	204	9	35:55.5	35:16.3	07:11.1
130	JOAO PEDRO BARBOZA SILVA	479	16.19.M	206	8	35:56.6	34:52.2	07:11.3
131	KAZUKO TOKOMITSU	499	60.64.M	208	7	36:02.5	35:18.2	07:12.5
132	HYAGO DE GOES BUGINI	1011	20.24.M	211	15	36:06.2	35:21.8	07:13.2
133	CARLOS PINTO LEITE	406	40.44.M	214	21	36:07.3	34:48.3	07:13.4
134	GUILHERME MATHIAS FERRARI	458	30.34.M	217	18	36:21.4	34:57.0	07:16.2
135	VITOR DUARTE MARON DE ANDRADE	597	16.19.M	218	9	36:41.0	35:57.6	07:20.2
136	FABIO AUGUSTO MARON DE ANDRADE	433	45.49.M	220	7	36:41.1	35:57.9	07:20.2
137	IGOR ANDERSON GOMES ARAUJO	469	25.29.M	221	20	36:46.2	35:49.0	07:21.2
138	ROGERIO SANDIM GUIMARAES	576	35.39.M	222	20	37:10.0	36:34.7	07:26.0
139	ROBERTO FAREL	614	45.49.M	225	8	37:10.3	36:46.1	07:26.0
140	NARCISO JOSE DOS SANTOS	536	60.64.M	227	8	37:13.1	36:39.1	07:26.6
141	GABRIEL RODRIGUES BATISTA	451	16.19.M	229	10	37:39.0	36:02.0	07:31.8
142	GABRIEL MATHIAS FERRAR	450	25.29.M	232	21	37:48.4	36:23.4	07:33.6
143	RUDNEI FERNANDES	582	16.19.M	233	11	37:55.2	35:19.2	07:35.0
144	CESAR EDUARDO FERNANDES	407	50.54.M	236	10	37:59.4	37:24.4	07:35.8
145	MANO PAULO M.L.BOTTA NONATO	514	35.39.M	238	21	38:20.2	37:42.8	07:40.0
146	FABRICIO FACCHIN	435	35.39.M	247	22	38:26.3	37:20.1	07:41.2
147	EUGENIO RATIER DE QUEVEDO JR	429	20.24.M	260	16	39:01.1	38:11.0	07:48.2
148	PAULO CESAR RITTI	545	50.54.M	261	11	40:36.4	40:00.2	08:07.2
149	JEZER VIANA DDA SILVA POLVORA	475	30.34.M	266	19	40:38.1	40:29.9	08:07.6
150	RICARDO NAKAO	564	60.64.M	269	9	41:25.3	40:01.9	08:17.0
151	FLAVIO FERREIRA ARATANI	445	25.29.M	274	22	41:44.4	41:12.1	08:20.8
152	ARMANDO VIEIRA DE ALMEIDA	608	45.49.M	277	9	42:39.4	40:51.3	08:31.8
153	MARLON EDUARDO DO D' ANDREA SANTOS	527	25.29.M	279	23	42:41.1	42:07.9	08:32.2
154	RUBENS LOPES DE ALMEIDA	927	45.49.M	281	10	43:17.1	43:10.6	08:39.4
155	JOAO VITOR BS ROCHA	482	16.19.M	282	12	43:39.4	43:19.1	08:43.8
156	PEDRO PAULA BS ROCHA	552	55.59.M	286	8	43:39.5	43:18.1	08:43.9

CORRIDA DO BEM 2013

GERAL 5K

Col.	Nome	Nro.	Faixa	Geral	Cat.	Tempo	Liquido	Ritmo
157	JOSE CORREA DE LIMA	489	60.64.M	287	10	44:27.4	43:17.1	08:53.4
158	EDUARDO ALEM MARTINS	422	40.44.M	289	22	44:53.5	43:09.3	08:58.7
159	JOHANIR A. LEMOS ALVES	484	20.24.M	290	17	46:02.4	45:56.3	09:12.4
160	ROMULO DE THEOFILO E FIGUEIREDO	579	60.64.M	291	11	46:16.4	46:08.2	09:15.2
161	JOSE ANTONIO FONSECA VILLANOVA	485	35.39.M	292	23	46:24.3	46:16.9	09:16.8
162	PEDRO PAULO VALEJO	925	35.39.M	293	24	46:24.3	46:00.0	09:16.8
163	RODRIGO EVES	572	35.39.M	294	25	47:03.5	44:45.0	09:24.7
164	RAFAEL BORGES DOS SANTOS	553	30.34.M	296	20	47:40.3	46:19.3	09:32.0
165	LUCAS LUAN DE CARVALHO	510	16.19.M	301	13	48:07.4	47:01.9	09:37.4
166	PEDRO LUCAS SANTOS SAMPAIO ROCHA	551	20.24.M	303	18	50:38.5	50:17.0	10:07.7
167	MARCIANO DA SILVA DIAS	610	40.44.M	307	23	50:54.2	50:43.7	10:10.8
168	ROBSON LOPES DE ALMEIDA	928	20.24.M	311	19	51:15.2	51:08.1	10:15.0
169	DAVID FRANCISCO CARSOSE	415	55.59.M	313	9	53:39.1	53:39.1	10:43.8
170	SERVO GONCALO CURVELO	265	30.34.M	319	21	54:48.5	53:20.1	10:57.7
171	JHONNY RIBEIRO DA FONSECA	848	30.34.M	320	22	1:02:45.3	1:01:36.3	12:33.0
172	SANDRO DE ALMEIDA	933	35.39.M	322	26	1:02:47.1	1:02:12.9	12:33.4
173	ADRIANO COSTA GOMES	919	20.24.M		20	1:06:34.2	1:05:46.9	13:18.8