



Corrida e Caminhada GAM Fênix | 4ª edição
23/03/2025 | Niterói - RJ
4K Feminino Geral



Coloc. Geral	PMERJ	Núm.	Atleta	Nasc.	Equipe	Parcial 1,5K	Parcial 3,0K	Tempo Líquido	Tempo Bruto
1		4496	MAYARA EGIDIO BRAGA	1997	CDE	5:21.76	11:09.2	15:18.21	0:15:18.21
2		4003	ADELITA KELEN ANTUNES GOMES	1980	ASSIST	5:37.82		15:51.19	0:15:51.19
3		4351	LEIDIANA BATISTA	1987	MARCOS QUINTANILHA	6:00.34	12:50.6	17:15.94	0:17:22.39
4		4426	VANESSA DE ALMEIDA DOS SANTOS MOTTA	1984	VM RUNNERS	6:01.34	12:57.0	17:25.62	0:17:26.52
5		4488	ALINE BICHOFF	1998	CDE	6:09.79	1:42:56	17:45.21	0:17:45.21
6		4330	ISABELE CARNEIRO	1976	EZK TEAM	6:16.29	13:09.8	17:48.39	0:17:54.74
7		4425	VANESSA ANNUCARO E SOUZA GOMES	1991	ROS	6:04.52	13:06.8	17:52.12	0:17:53.28
8		4373	MARIA JULIA FERNANDES ALVES DA SILVA	2005	MARCOS QUINTANILHA	6:16.42	13:30.5	18:26.12	0:18:33.32
9		4308	FATIMA SEABRA ESCANHO	1959	FATIMA S ESCANHO	9:39.15	17:55.2	18:27.54	0:18:52.01
10		4391	PATRICIA DA CONCEICAO TOSTA PEREIRA	1979	SANCHES RUNNING	6:50.70	1:12:07	18:50.37	0:18:52.36
11		4504	JULIANA MARINS DE FREITAS VICENTE	1977		7:01.13	14:10.8	19:11.32	0:19:11.32
12		4304	EVELYN TAMIRYS GOMES	1988		7:11.92	14:50.0	19:29.79	0:19:29.79
13		4462	JANAINA NUNES FIGUEIREDO	1988	MQ ASSESSORIA ESPORTIVA	7:26.98	14:29.7	19:31.18	0:19:31.18
14		4126	JOSELENE PEREIRA DA SILVA	1996	ASSIST	7:12.45	14:09.9	19:48.00	0:19:48.65
15		4490	CLARA NENEUDA SILVA	2004		7:45.21	15:18.6	20:06.35	0:20:06.35
16		4418	SONIA QUADROS	1967	TROPA DA ORLA	7:03.89	14:52.5	20:07.75	0:20:18.52
17		4311	FRANCIELLY DA SILVA RANGEL	1995	EZK TEAM	7:21.87	15:23.0	20:32.29	0:20:39.57
18		4470	MARGARETE DO NASCIMENTO DE MELLO	1975	RUNNINGFREE	7:29.40		20:33.47	0:20:33.47
19		4317	GISELI BORGES VENEZA	1981	ALAN JUNIOR	7:35.85	15:26.0	20:36.15	0:20:37.06
20		4241	STEPHANY LUANA FERREIRA MELO	1990	ASSIST	7:26.86	15:02.4	20:41.83	0:20:41.83
21		4492	ERICKA NENEU DA SILVA	2002	INSTITUTO FERNANDA KELLER	7:45.76	15:30.8	20:44.91	0:20:44.91
22		4283	BEATRIZ COSTA CARVALHO	1999	ATIVIDADE FISICA E TUDO	6:56.39	15:17.0	20:52.02	0:20:53.03
23		4325	HILLIA MACHADO	1979	MARCOS QUINTANILHA	7:52.20	16:16.5	21:41.88	0:21:48.12
24		4433	VIVIANE MELLO PIMENTEL	1979		7:26.22	16:07.9	22:00.10	0:22:00.93
25		4333	JANE DA SILVA ALVES	1977	GUERREIRAS DO ASFALTO	7:53.45	16:16.8	22:07.17	0:22:10.27
26		4096	FERNANDA GOMES DE OLIVEIRA DA SILVA	1985	ASSIST	7:28.66	16:21.2	22:10.63	0:22:13.73
27		4381	MILENA DE OLIVEIRA SILVA	1996		8:09.07	16:13.1	22:13.12	0:23:38.49
28		4411	SABRINNA ROBERT DOS SANTOS ALVARENGA	1983		8:11.76	16:35.7	22:28.28	0:22:57.66
29		4354	LIANA DOS SANTOS GONCALVES DA SILVA	1979		8:18.98	16:53.0	22:32.08	0:24:09.76
30		4144	MENILDES GOMES BOTAO DA SILVA	1974	ASSIST	7:35.51	16:40.9	22:42.42	0:22:47.75
31		4460	DENISE MAGALHAES	1979	REGYS LOUSADA HEALTH RUNNING	7:55.17	16:32.2	22:49.70	0:22:49.70
32		4176	MARIA SILVANETE MODESTO	1966	ASSIST	8:15.67		22:58.85	0:22:58.85
33		4356	LIELEN VARGAS PEREIRA	1992		9:51.59	21:45.8	23:10.06	0:23:19.81
34		4386	MONIQUE DE OLIVEIRA SILVA FREITAS	1983		8:37.21	17:30.2	23:29.20	0:24:56.99
35		4017	ALINE AZEVEDO DE VASCONCELOS	1990	ASSIST	8:39.97	17:42.5	23:30.08	0:25:28.50

36		4450	CLAUDETE DA COSTA PESSOA	1979	GAM FENIX	9:04.08	17:34.8	23:42.32	0:23:42.32
37		4497	REGINA ELIZABETH SALZMANN	1979	EU E ELA	8:02.37	17:37.1	23:43.18	0:23:43.18
38		4271	MARIANA CRUZ	1972	EZK TEAM	9:03.90	18:07.7	24:02.89	0:24:42.19
39		4410	SABRINA DA SILVA DOS REIS	1993		7:41.47	17:27.9	24:07.00	0:24:55.33
40		4459	INELBA SONELI RIBEIRO DA SILVA FARIA	1991	TROVAO AZUL	8:50.87		24:20.32	0:24:20.32
41		4376	MARY ANE CARNEIRO DA CUNHA	1979		8:34.14	17:46.1	24:21.44	0:25:09.46
42		4083	ELIANE PEREIRA CIPOLATTI	1987	ASSIST	8:41.84	17:57.5	24:25.37	0:24:35.02
43		4189	MONIQUE SANTOS DE ALMEIDA	1985	ASSIST	8:04.84	17:52.0	24:28.85	0:24:28.85
44		4364	MARCELE TAMANDARE DE LIMA SA	1981		9:32.83	18:42.5	24:34.15	0:25:13.35
45		4349	LARISSA DOS SANTOS FRAGOZO	1995		8:45.35	18:22.7	24:51.37	0:26:00.36
46		4276	ANA PAULA DE SOUZA VILLELA DA COSTA	2000	LILIA GODOI ASSESSORIA ESPORTIVA	8:04.44	18:00.8	24:52.90	0:25:02.21
47		4346	JOYCE LEARDINI XIMENES	1983		9:13.69	18:41.0	24:54.96	0:26:07.70
48		4114	INES RODRIGUES PINHEIRO	1970	ASSIST	8:41.00	18:32.6	24:58.47	0:25:11.97
49		4270	ALINE DE NAZARE PEREIRA	1984	GAM	8:32.52	18:24.5	24:59.44	0:26:26.73
50		4202	QUESIA RODRIGUES PEREIRA	1984	ASSIST	8:53.91		25:00.77	0:26:03.33
51	PMERJ	2079	LORRANY RODRIGUES FIGUEIREDO	1985		7:57.13	18:23.1	25:06.60	0:25:11.49
52		4361	LUCIANA DA CUNHA RABELLO	1976	EAGLES	9:25.59	18:58.2	25:10.71	0:26:30.82
53		4244	TALITA MOREIRA DE SOUZA	1989	ASSIST	7:48.74		25:16.86	0:25:47.08
54		4472	MARIA SOLEDAD OMAR	1973	EZK TEAM	8:59.78	18:42.5	25:17.55	0:25:17.55
55		4310	FERNANDA RISI	1977		8:55.36	19:41.8	25:30.35	0:25:30.35
56		4484	THAINARA SANTA BRIGIDA DE SOUZA LOPES	1995		8:42.83	18:42.2	25:32.70	0:25:32.70
57		4007	ADRIANA BARBOSA MACHADO	1992	ASSIST	8:47.89	18:43.9	25:37.17	0:27:41.10
58		4227	SABRINA SOBRINHO SOARES	2000	ASSIST	9:04.69	19:05.5	25:53.75	0:27:36.10
59		4187	MIRIANE DO NASCIMENTO MARTINS PEREIRA	1985	ASSIST	9:21.55	25:21.6	26:19.23	0:28:11.68
60		4045	BRUNA DA CONCEICAO AZEVEDO MELO	1987	ASSIST	10:12.4	20:10.0	26:22.84	0:28:08.28
61		4480	ROSA HAJE DETTMAR	1982	ROSA HAJE	10:35.9	19:50.5	26:24.53	0:26:24.53
62	PMERJ	2096	POLYANA LOUREIRO MARTINS	1988		9:24.14	19:35.8	26:31.73	0:27:42.06
63		4332	JANDIRA DE OLIVEIRA	1966	LILIA DE OLIVEIRA GODOI	9:48.70	19:32.5	26:33.99	0:26:33.99
64		4372	MARIA EMILIA ARAUJO MOURAO	1966	LILIA GODOI ASSESSORIA ESPORTIVA	9:20.41	19:32.8	26:42.75	0:27:27.44
65		4421	THAYSSA ARAUJO COCARO MONTEIRO	1989	LILIA GODOI ASSESSORIA ESPORTIVA	9:21.53	19:32.1	26:44.76	0:27:28.14
66		4240	SIMONE PEREIRA DA SILVA SANTANA	1973	ASSIST	9:14.40	19:35.9	26:45.52	0:27:00.48
67		4434	VIVIANE TORRES VIEIRA	1977		9:45.13	19:59.8	26:59.94	0:28:17.36
68		4274	AMANDA LAHIS DE BARCELLOS WINTER	1993		9:31.72	20:18.2	27:00.63	0:28:38.63
69		4020	AMANDA BAPTISTA DOS SANTOS CAMPOS	2001	ASSIST	9:47.20	20:03.6	27:03.47	0:27:49.17
70		4052	CATIA CILENE APARECIDA BOTELHO SANTOS	1967	ASSIST	9:11.94	19:32.0	27:05.27	0:27:26.95
71		4051	CAROLINE DE CAMPOS LIMA CHIDIDI	1991	ASSIST	10:15.3	20:45.8	27:07.74	0:28:31.53
72		4420	THAIS CARDOSO RAFAEL DE OLIVEIRA	1999	BRENO DA SILVA FELIZARDO	9:50.55	20:23.4	27:28.76	0:30:53.18
73		4371	MARIA DO AMPARO VARGAS PEREIRA	1964		9:26.13	19:50.8	27:29.90	0:27:39.22
74		4362	LUDMILA MAGALHAES	1979	LILIA GODOI ASSESSORIA ESPORTIVA	9:18.76	19:34.1	27:32.32	0:28:24.54
75		4412	SAMARA COSTA MENDES	2007	TROPA DA ORLA	8:52.08	18:56.6	27:34.08	0:27:45.24
76	PMERJ	2144	VIVIAN DA SILVA SOUZA	1986		9:43.52	20:17.9	27:41.37	0:27:41.37

77		6077	MARIA IZABEL ALVES DE SOUZA	1982		9:42.90	20:18.8	27:42.97	0:27:42.97
78		4452	DANIELLY SANTOS OLIVEIRA	1976	JOVANE RUNNING	9:22.58		27:47.12	0:27:47.12
79		4316	GABRIELLA STEFANI PEREIRA PATRICIO	1996	SANCHES RUNNING	10:10.0	20:50.4	27:50.63	0:27:50.63
80		4151	LETICIA DE OLIVEIRA RODRIGUES	1973	ASSIST	9:49.25	21:15.9	27:55.59	0:28:11.93
81		4242	SUELEN MENDES DE PAULA	1987	ASSIST	10:10.5	21:03.5	28:02.72	0:28:54.58
82	PMERJ	2128	LILIAN S FERREIRA	1978		10:19.9	21:41.2	28:02.86	0:28:02.86
83		4290	CRISTIANE SIMOES RIBEIRO SANTOS	1979	GUERREIRAS DO ASFALTO	10:01.3	20:30.7	28:06.40	0:29:36.88
84		4417	SONIA MARIA DA COSTA	1956	GUERREIRA DO ASFALTO	10:17.9	20:57.9	28:19.88	0:28:19.88
85	PMERJ	2013	KATIA REGINA NUNES DE OLIVEIRA	1977	ASSIST	10:02.0	19:51.2	28:21.49	0:29:38.72
86		4132	JULIA JACOVAZZO BARBOSA	2002	ASSIST	9:33.68	20:30.4	28:22.30	0:29:14.19
87		4422	THAYZA DOS REIS COSTA	1996	LILIA GODOI ASSESSORIA ESPORTIVA	10:14.8	21:15.6	28:39.04	0:29:00.32
88	PMERJ	2022	SABRINA DE PAULA VASCONCELOS	1983	ASSIST	9:34.66	20:39.7	28:40.97	0:29:38.13
89		4368	MARIA ZELANDIA CANDOSO DA SILVA	1965		9:00.53	18:48.3	28:46.51	0:28:57.43
90		4463	JANE MALAFAIA SOUZA CRUZ	1972		10:20.9	21:33.7	28:47.01	0:28:47.01
91	PMERJ	2007	DIANA SILVA DOS SANTOS	1985	ASSIST	10:04.9	21:18.1	28:50.68	0:30:21.75
92		4278	ANDREIA DA SILVA FONSECA BASTOS	1978	PCERJ RUNNERS	10:40.3	21:32.8	28:53.92	0:29:05.44
93		4078	DUALA PESSOA DO ROSARIO	1988	ASSIST	10:25.3	21:45.5	29:01.59	0:29:01.59
94		4505	CARLA GARBELOTTO FREITAS	1982		10:38.1		29:01.98	0:29:01.98
95		4141	KATIA NOGUEIRA DOS SANTOS VIEIRA	1975	ASSIST	10:06.6	21:25.6	29:04.32	0:29:41.71
96		4167	MARCELLY REIS CARVALHO	1988	ASSIST	10:53.6	22:02.2	29:07.52	0:29:16.43
97		4384	MIRIAM DE CARVALHO PAIXAO	1969		10:23.8		29:09.92	0:30:19.02
98	PMERJ	2025	SIMONE PONCIO CAMPOS	1987	ASSIST	10:49.4	21:46.9	29:23.71	0:29:59.58
99	PMERJ	2089	MYRIAM BROITMAN SANTOS BARROS	1964		10:35.0	21:51.3	29:37.40	0:29:50.38
100		4104	GISELE DE MELO PESSOA	1986	ASSIST	10:49.6	21:30.0	29:38.18	0:29:50.13
101		4269	ALEXSANDRA MARIA COSTA DOS ANJOS	1990	CAVEIRAS RUNNING	10:28.0	21:47.0	29:38.85	0:29:38.85
102	PMERJ	2024	SIMONE DA SILVA GUSMAO	1982	ASSIST	10:44.0	22:15.6	29:39.78	0:29:51.12
103		4133	JULIANA ALVES DE LIMA QUARESMA	1988	ASSIST	12:07.4		29:42.59	0:30:26.28
104		4023	ANA CARINA DE MOURA PALHA MONDEGO	1980	ASSIST	10:03.6		29:49.21	0:29:49.21
105		4025	ANA PAULA ANTUNES ABREU DOS SANTOS	1982	ASSIST	10:33.2	22:35.5	29:50.78	0:33:34.94
106		4502	THAMIRES REIS	1998		11:22.2	22:19.2	29:54.77	0:29:54.77
107		4466	JULIANY SINQUINI DE ASSIS	1988	GAM FENIX	10:34.1	21:34.8	30:02.11	0:30:02.11
108		4272	ALINNE LIMA TRIBUZY LOPES	1971	EZK TEAM	10:27.2	22:02.0	30:09.64	0:30:27.43
109		4260	ADAIANA MARTINS	1982	GEOBRUGG	9:29.38	19:00.9	30:11.25	0:32:01.44
110		4037	ARINA TAVARES NEPOMUCENO DOS SANTOS	1977	ASSIST	10:36.1		30:12.03	0:31:40.49
111		4085	ELISANGELA SANTOS DA ROCHA	1982	ASSIST	11:38.5		30:13.70	0:31:30.42
112		4081	EDLANE DE OLIVEIRA MACHADO	1977	ASSIST	10:38.2	22:54.1	30:20.50	0:33:01.28
113		4060	CRISTIANE PADILHA DA SILVA	1982	ASSIST	10:46.6		30:23.32	0:31:44.10
114		4491	CLEIA MARIANA DE ALMEIDA ESPINOLA	1987	ESPINOLA	12:35.8	22:52.1	30:31.66	0:30:31.66
115	PMERJ	2097	PRICILIA SOUSA RODRIGUES PINA	1987		13:58.8	28:37.0	30:35.98	0:30:35.98
116		4194	OZANA PRUDENCIO DO COUTO	1992	ASSIST	10:48.3	22:01.2	30:38.50	0:31:07.17
117		4355	LIDIA DOS SANTOS	1969	PIB	11:36.8	22:44.2	30:49.78	0:30:49.78

118		4090	FABIANE DA SILVA RIBEIRO ROCHA	1978	ASSIST	11:32.8	22:28.1	30:55.05	0:31:22.47
119		4319	GLAUCIA CONSIDERA DE UZEDA BARBOSA	1965		11:02.7	23:04.3	30:55.98	0:31:23.80
120		4318	GISELLE BARRETO	1981	ROTA MISSIONARIA	10:21.6	22:52.5	30:58.48	0:32:43.52
121		4279	ANGELICA ROCHA MACEDO	1994		10:00.9	23:53.0	30:59.40	0:31:36.13
122		4155	LUANE LAGE GARCIA GABRIEL DE ARAUJO	1983	ASSIST	11:18.1	22:44.6	31:08.84	0:31:08.84
123		4088	FABIANA DE OLIVEIRA SANTOS	1975	ASSIST	10:17.8	23:51.0	31:17.77	0:33:01.93
124		4243	SUZANNY BORGES COUTINHO	1989	ASSIST	9:55.97	22:57.5	31:18.82	0:32:48.06
125		4331	IZABELLA NUNES DE ARAUJO	1998		10:08.3	23:29.2	31:21.84	0:32:53.90
126		4131	JOZIANE MESSIAS DA SILVA	1978	ASSIST	11:51.7	27:08.9	31:22.99	0:33:09.64
127		4383	MIRIAM CARVALHO	1972	EZK TEAM	11:28.5	23:22.5	31:25.10	0:31:25.10
128	PMERJ	2130	LUCIANA BUENO DE OLIVEIRA VALLADAO	1973	MARCOS QUINTANILHA	10:59.6	23:16.4	31:26.07	0:31:26.07
129		4403	RENATA MERATH GONZAGA	1977		11:08.6	23:03.6	31:32.49	0:32:56.28
130		4024	ANA CLAUDIA VIEIRA DE OLIVEIRA	1969	ASSIST	11:06.1	23:23.8	31:34.16	0:32:38.25
131		4340	JODECI FONSECA DOS SANTOS GUEDES	1973	GUERREIRAS	11:16.8	23:24.9	31:38.41	0:31:54.92
132		4415	SIMONE MARQUES DO COUTO	1976	GUERREIRAS DO ASFALTO	11:19.6	23:27.2	31:41.64	0:31:55.96
133		4327	INGRID TEIXEIRA DA COSTA	1979		11:18.8	23:25.9	31:42.28	0:31:57.85
134		4139	KAREN KRISTINY GUEDES LIMA	2000	ASSIST	11:16.8	23:16.2	31:44.44	0:33:09.00
135		4309	FERNANDA GONZALEZ PEDRO	1981	FERNANDA GONZALEZ PEDRO	11:13.5	24:23.5	31:46.61	0:31:46.61
136		4184	MICHELE DOS SANTOS ROCHA	1982	ASSIST	9:48.20	22:03.8	31:51.42	0:33:15.74
137		4432	VIVIANE LOPES BRASIL	1963	SEAP	11:50.7	24:01.6	32:10.17	0:32:10.17
138		4251	VANESSA REGINA DOS SANTOS REIS	1979	ASSIST	11:33.2	23:22.4	32:17.57	0:33:54.46
139		4416	SINTIA CARDOSO DOS SANTOS	1977		10:22.6	23:34.1	32:18.76	0:34:02.48
140		4250	VANESSA GEORG DA SILVA PIMENTEL DE SOUZA	1981	ASSIST	11:31.0	24:19.5	32:25.98	0:32:32.91
141		4198	PATRICIA RODRIGUES DO NASCIMENTO	1977	ASSIST	10:56.4	25:02.9	32:50.69	0:33:31.83
142		4385	MONIKY NOGUEIRA DE SOUZA	1984		10:17.5	20:38.5	32:51.33	0:33:59.58
143		4365	MARCIA VALERIA MARTINS CHABY	1963		11:37.1	24:25.2	33:01.30	0:33:27.64
144		4358	LILIANE DE OLIVEIRA FREITAS	1981	LILIANE DE OLIVEIRA FREITAS	12:12.9	25:25.1	33:02.75	0:34:23.76
145		4080	EDILAINE BATISTA MACHADO	1983	ASSIST	10:54.4	24:23.2	33:05.92	0:34:08.13
146		4108	HOSANA MEDEIROS TAVARES FERREIRA	1972	ASSIST	11:44.1	24:24.5	33:06.75	0:34:17.29
147		4212	RENATA DA SILVA SARDINHA	1996	ASSIST	10:26.8	23:53.7	33:11.29	0:33:37.99
148	PMERJ	2091	PATRICIA TEIXEIRA DA SILVA FRAGA	1977	GAM	12:06.5	24:15.6	33:17.31	0:34:12.59
149		4262	ADRIANA FERNANDES PINTO	1981		12:08.4		33:19.32	0:34:12.93
150		4360	LUANA PEREIRA MARQUES PINTO	1988	EDUARDO DOS SANTOS SINDER	11:10.4	24:19.7	33:19.91	0:34:12.55
151	PMERJ	2111	SILVANA CARDOSO DOS SANTOS CARVALHO	1976	ALPHA	12:24.3	25:04.1	33:30.70	0:33:30.70
152		4296	DEBORA COSTA	1991		11:46.1	25:10.5	33:31.30	0:33:52.81
153		4127	JOSELMA CALISTO DE ALMEIDA	1975	ASSIST	12:12.4	25:05.9	33:43.82	0:35:21.33
154		4148	LECI ANDRADE FRANCISCO	1956	ASSIST	12:33.3	31:09.9	33:46.29	0:33:54.56
155		4074	DIANA FERREIRA DE CASTRO	1989	ASSIST	11:33.0	25:25.1	34:08.57	0:34:20.04
156		4071	DEBORA AGUIAR SOBRINHO	1981	ASSIST	14:38.5	25:12.0	34:10.70	0:35:51.32
157		4245	TEREZINHA DE AMORIM GONCALVES	1956	ASSIST	12:34.4	25:51.7	34:10.96	0:36:43.16
158		4195	PATRICIA ANCHIETA DA SILVA	1985	ASSIST	12:07.5	25:11.5	34:11.63	0:35:42.32

159		4178	MARIANA RIBEIRO DE SOUSA	1997	ASSIST	11:10.4	25:36.9	34:19.88	0:35:52.65
160		4295	DANIELE LIMA ROCKMEBACH	1977		11:25.8	26:04.7	34:31.88	0:35:56.38
161		4419	TAIS PENNA LINDENMEYER	1968	LILIA GODOI ASSESSORIA ESPORTIVA	11:28.1	25:48.2	34:32.71	0:35:29.50
162		4095	FERNANDA AVELLAR CERQUEIRA	1981	ASSIST	16:15.0	27:15.5	34:42.06	0:34:42.06
163		4099	FRANCIANE MONTEIRO CARVALHO ADMIRAL	1983	ASSIST	11:51.5		34:46.19	0:35:48.29
164		4315	GABRIELLA DE OLIVEIRA DUARTE	1994		12:38.8	25:29.7	34:53.71	0:35:06.72
165		4032	ANDREA DE CASTRO BARBOSA	1978	ASSIST	13:05.3	26:15.0	34:58.76	0:35:07.65
166		4370	MARIA DE LOURDES MEDEIROS DE SOUZA	1957		13:00.4	26:44.9	35:22.81	0:35:57.66
167		4053	CECILIA DA SILVA SAMPAIO	1978	ASSIST	10:57.8	25:43.0	35:29.73	0:35:55.20
168		4046	BRUNA VALERIA CALDAS SILVA	1984	ASSIST	12:38.1	26:23.5	35:43.91	0:35:55.91
169		4471	MARIA CLARA NEVES DE MELLO CARVALHO	1990	CHARLIE	15:07.8	33:26.6	36:10.85	0:36:10.85
170		4455	ESMERALDA GRACA DE MACEDO GOMES	1976	TROVAO AZUL	12:56.1	26:52.2	36:13.84	0:36:13.84
171		4469	LETICIA MARIA SOUSA AMORIM	2003	TROVAO AZUL	12:56.8	26:53.8	36:15.03	0:36:15.03
172		4138	KAMILLY DE CARVALHO CORREIA	2007	ASSIST	13:25.5	28:37.0	36:42.69	0:37:51.05
173		4027	ANA PAULA NUNES BAPTISTA DOS SANTOS	1975	ASSIST	13:11.0	27:13.8	37:08.09	0:37:19.04
174		4154	LUANA OLIVEIRA DOS SANTOS	1984	ASSIST	12:51.8	28:00.5	37:08.33	0:37:52.68
175		4013	ALESSANDRA MARANHAO BORDADAGUA NUNES	1973	ASSIST	12:06.5	27:01.6	37:17.53	0:37:17.53
176		4473	PALLOMA MARIA MARRA	1986	LILIA GODOI ASSESSORIA ESPORTIVA	12:33.5	27:15.3	37:24.31	0:37:24.31
177		4451	DANIELLE APARECIDA DA SILVA	1973		12:54.8		37:42.03	0:37:42.03
178		4068	DANIELLE DA SILVA ALMEIDA	1989	ASSIST	11:51.4	28:35.9	37:46.61	0:39:10.24
179		4289	CRISTIANE ROSA CORTAT DA CONCEICAO	1989	LILIA GODOI ASSESSORIA ESPORTIVA	13:35.9	28:56.8	38:05.03	0:38:26.33
180		4174	MARIA DA CONCEICAO OLIVEIRA DOS SANTOS	1956	ASSIST	13:39.3		38:09.17	0:39:41.42
181		4021	AMANDA LEITE MEIRELES DA SILVA	2006	ASSIST	15:07.6		38:15.73	0:39:50.66
182		4347	JULIANA CARDOZO SOLANO	1986		12:36.9		38:48.55	0:38:48.55
183		4249	THUANE CONCEICAO DOS SANTOS	1983	ASSIST	13:02.9	30:03.2	39:09.62	0:39:09.62
184		4009	AERCIA MONTEZUMA BORGES	1969	ASSIST	14:30.8	29:08.6	39:14.33	0:39:43.39
185		4392	PATRICIA ELENA MARMELO TAVARES	1973		14:22.3	29:39.7	39:16.69	0:39:29.29
186		4280	ANTONIA SILVA CORREA	1959		13:09.0	28:43.8	39:27.69	0:39:46.19
187		4019	ALZIRA CARDOSO DE MATOS	1962	ASSIST	14:52.5		39:36.53	0:39:36.53
188		4292	DAISY LUCIDY DE AZEVEDO NICOLAU	1953		14:50.1	29:40.1	39:38.33	0:41:07.90
189		4375	MARILIA FALCO CORREA BARRETO	1993		12:42.1	28:48.5	39:40.12	0:40:13.88
190		4483	SUELY BERNARDO DA SILVA	1950		14:57.1	30:01.1	39:46.37	0:39:46.37
191		4001	ALESSANDRA DE FREITAS PEREIRA	1981	ASSIST	14:39.0	29:46.1	39:50.14	0:39:57.00
192		4177	MARIANA PERFEITO CARNEIRO	1987	ASSIST	22:03.4	12:58.7	40:01.50	0:40:01.50
193		4165	LUZIA AREAL BARROS	1963	ASSIST	14:34.5	30:16.3	40:10.50	0:41:11.05
194		4229	SANDRA REGINA RODRIGUES DE SANTANA SILVA	1963	ASSIST	14:40.8	29:50.4	40:22.45	0:41:53.97
195	PMERJ	2132	MARIANA MARTINS DE ALMEIDA LIMA	1991		14:35.2	30:19.2	40:22.69	0:40:22.69
196		4089	FABIANA LUCIA FERREIRA DE OLIVEIRA	1978	ASSIST	14:38.6	30:19.8	40:28.89	0:42:38.54
197		4098	FLAVIA DA SILVA FELIZARDO	1969	ASSIST	16:54.6	34:49.4	40:32.97	0:44:00.41
198		4057	CLARISSA CALEIA DE SOUZA DE PAULA	1993	ASSIST	14:25.6	30:13.1	40:41.17	0:41:22.47
199		4149	LEILA AREAL	1964	ASSIST	14:25.3	33:19.7	40:53.64	0:41:56.44

200	PMERJ	2014	LARISSA RIBEIRO DE PAULO ALFRADIQUE	1987	ASSIST	14:23.9	30:24.7	40:54.36	0:42:03.42
201	PMERJ	2062	GABRIELA PAULO DOS SANTOS	1978	ALPHA	14:21.4	30:21.3	40:55.24	0:43:01.80
202		4166	MAIARA SOARES DA SILVEIRA LAXE	1990	ASSIST	14:22.1	30:26.9	41:13.56	0:42:56.00
203		4449	ASSUCENA ALVES MARCAL	2010		16:48.2	33:16.4	41:21.50	0:41:21.50
204		4026	ANA PAULA CAVALCANTE DE LIMA SIMEAO	1994	ASSIST	21:59.1	12:01.6	41:35.55	0:41:35.55
205		4130	JOYCE MOREIRA GOMES DA SILVA	1994	ASSIST	15:11.5	31:22.1	42:21.32	0:46:44.99
206		4042	BEATRIZ ARAUJO DA SILVA	1997	ASSIST	13:44.4	31:15.6	42:21.50	0:43:11.59
207		4041	BARBARA TEIXEIRA DE AGUIAR	1982	ASSIST	14:10.4		42:45.64	0:44:33.52
208		4228	SANDRA BATISTA DA SILVA MARTINS	1971	ASSIST	14:42.6		42:55.57	0:43:09.09
209		4223	ROSANGELA CRUZ DA COSTA	1979	ASSIST	15:33.2	31:16.9	42:58.62	0:43:15.22
210		4252	VERONICA DE SOUZA GOMES	1982	ASSIST	15:12.3	32:16.3	43:08.24	0:43:51.76
211		4105	GISELLE PINTO DA SILVA	1983	ASSIST	15:23.5	32:17.1	43:10.99	0:43:52.52
212		4236	SILENE MARIA DA SILVA	1964	ASSIST	12:44.5	25:47.4	43:13.72	0:44:28.02
213		4275	ANA PAULA DE MORAES SILVA	1981		19:29.5	34:42.9	43:16.90	0:43:16.90
214		4192	NILCILENE SOARES OLIVEIRA	1974	ASSIST	27:39.1	18:57.6	43:18.35	0:43:18.35
215		4494	LAIZA CHRISTIANE	1980	GAM	17:23.0	38:04.6	43:31.18	0:43:31.18
216		4208	RAQUEL OLIVEIRA SILVA CUNHA	1992	ASSIST	16:25.4		43:38.47	0:44:51.38
217		4281	AURIMAR BAUNILHA DE ALMEIDA	1960		15:46.7	32:21.8	43:42.37	0:45:08.60
218		4203	RACHEL DA SILVA FIGUEIREDO BARBOSA	1982	ASSIST	16:31.4	32:58.0	43:47.19	0:45:03.64
219		4369	MARIA APARECIDA CERQUEIRA BRAZ	1970	SANCHES RUNNING	15:48.8	32:26.0	43:51.85	0:44:28.76
220		4117	IZALVINA SILVA DE MATTOS DE OLIVEIRA	1972	ASSIST	16:29.7	33:17.7	44:00.29	0:46:00.72
221		4010	ALDINA SIMONE SANTOS DE ALMEIDA	1964	ASSIST	16:05.3	32:47.2	44:06.01	0:44:23.50
222		4135	JULIANA SOARES MENDES LUCAS TORRES	1981	ASSIST	15:27.0		44:31.12	0:45:35.46
223		4064	CRISTINA DE FREITAS PAULA HENRIQUE	1979	ASSIST	15:01.2	33:01.4	44:38.45	0:48:42.93
224		4291	CRISTINA ROBERTA FRANCISCA DOS SANTOS	1977		16:07.4	33:50.2	44:43.69	0:44:43.69
225		4294	DANIELE DO NASCIMENTO FERREIRA	1983		21:47.8	10:37.7	45:04.25	0:45:04.25
226		4239	SIMONE MARIA BAPTISTA DOS SANTOS	1972	ASSIST	21:02.3	34:21.0	45:04.82	0:46:41.99
227		4282	BARBARA DA SILVA CARCABINI	1985		21:58.1	10:37.8	45:05.93	0:45:05.93
228		4284	BRUNA NASCIMENTO SILVA	1997		15:16.4	33:59.9	45:10.81	0:46:28.39
229		4106	GISLAINE MENDES LIRA	1992	ASSIST	18:26.3	20:18.9	45:50.28	0:45:50.28
230		4485	VIRGINIA ALVES DA SILVA	1995		17:48.7		45:55.80	0:45:55.80
231		4247	THAMARA BASTOS DE CASTRO	1991	ASSIST	16:59.4	34:58.5	46:17.12	0:47:23.79
232		4238	SIMONE BASTOS DE CASTRO	1966	ASSIST	17:04.3	35:04.7	46:21.07	0:47:23.10
233		4033	ANDRESSA ANTUNES PORTO COUTINHO	1986	ASSIST	19:20.4	35:01.7	46:24.74	0:46:24.74
234		4214	RITA DE CASSIA DE JESUS MELO	1965	ASSIST	19:16.3	35:56.7	46:35.10	0:46:35.10
235		4461	JANAINA DE AMORIM GONCALVES	1985		17:16.8	39:38.9	46:36.01	0:46:36.01
236		4107	GLORINHA CHIDO DOS SANTOS	1967	ASSIST	16:37.2	35:09.6	46:49.53	0:47:18.86
237		4170	MARCIA APARECIDA DE ALMEIDA PEREIRA LEAL	1970	ASSIST	17:06.9	35:23.2	47:25.37	0:48:15.78
238		4197	PATRICIA RIBAS DA SILVA TORRES	1980	ASSIST	17:03.6		47:25.72	0:48:16.23
239		4404	RENATA VIEIRA	1980		17:18.9	34:19.1	47:40.70	0:49:01.84
240		4359	LUANA DA SILVA ABREU	1980	LUANA ABREU	16:32.3	35:25.9	47:47.81	0:49:05.04

241		4191	NATHALIA CRISTINA DE SOUZA QUINTANILHA OLIVEIRA	1991		ASSIST	16:55.3		48:10.26	0:48:10.26
242		4329	ISABELA VIEIRA	1974			19:03.5		49:01.65	0:49:01.65
243		4210	RENATA CEZARIO BAZILIO RIMON	1985		ASSIST	22:33.6	12:11.6	49:29.30	0:49:29.30
244		4113	ILMA PERFEITO CARNEIRO	1957		ASSIST	29:23.5	12:58.4	49:43.63	0:49:43.63
245		4233	SHYRLLENNE FLORENCE NIGHTINGALE CORREIA DA SILVA	1993		ASSIST	19:56.6	40:48.1	51:36.46	0:51:36.46
246		4039	BARBARA DANIELLE DA SILVA COSTA NASCIMENTO	1979		ASSIST	20:43.7	39:38.3	51:38.55	0:51:38.55
247		4137	JULLIANA BOSSAN MARQUES	1998		ASSIST	23:36.5	39:33.3	53:21.85	0:53:21.85
248		4181	MARYANA BOSSAN MARQUES	2004		ASSIST	24:23.5	39:29.8	53:22.27	0:53:22.27
249		4180	MARILEIDE BOSSAN DA SILVA MARQUES	1970		ASSIST	21:53.5	39:29.9	53:22.45	0:53:22.45
250		4253	VERONICA SAADI GOMES DE ANDRADE	1967		ASSIST	18:53.6	40:03.6	53:34.23	0:54:16.04
251		4254	VITORIA SAADI DE ANDRADE	1996		ASSIST	18:57.1	40:05.8	53:35.99	0:54:15.50
252		4357	LILIA GODOI	1973		LILIA GODOI ASSESSORIA ESPORTIVA	19:52.7	40:05.7	53:49.83	0:53:49.83
253		4348	LAIS MENDES DE SOUZA	1997		LILIA GODOI ASSESSORIA ESPORTIVA	24:47.7	11:19.5	54:45.13	0:54:45.13
254		4263	AGATA DUARTE SANTANA FRANCA	1987			20:33.8	39:41.9	54:56.76	0:56:03.46
255		4123	JOCENIRA DE MELLO BARREIRO TAVARES	1955		ASSIST	19:27.8	41:52.4	55:58.74	0:56:31.25
256		4225	ROZANGELA OLIVEIRA DO NASCIMENTO FIGUEIREDO	1980		ASSIST	20:47.4	23:46.1	56:20.40	0:56:54.54
257		4047	CAMILA CRISTINA DE SANTA MARIA	1993		ASSIST	21:01.3		58:03.95	0:58:03.95
258		4175	MARIA RITA DA SILVA ALMEIDA	1961		ASSIST	21:19.1	44:01.2	58:15.13	0:59:04.61
259		4044	BRUNA ALMEIDA DO AMARAL	1982		ASSIST	21:23.6	44:00.5	58:17.01	0:59:05.83
260		4314	GABRIELA VASCONCELOS DUTRA	1993			23:45.7	10:18.2	58:28.67	0:58:28.67
261		4014	ALESSANDRA PINTO DOS SANTOS DA SILVA	1978		ASSIST	36:02.0	49:55.0	59:18.31	0:59:18.31
262		4065	CYNTHIA GOMES MONTEIRO	1975		ASSIST	35:03.2	19:35.6	1:00:18.69	1:00:18.69
263		4067	DANIELA SOARES COSTA	1976		ASSIST	33:25.5	19:12.1	1:02:24.86	1:02:24.86
264		4159	LUCIANA MARQUES DE GOUVEIA	1981		ASSIST	34:25.6	18:58.6	1:03:14.75	1:03:14.75
265		4162	LUCIMAR DAVID NOBERTO SOARES	1967		ASSIST	49:36.3	1:02:40	1:03:24.18	1:03:24.18
266		4111	IAN COSTA DE OLIVEIRA	2008		ASSIST	45:23.3		1:05:58.56	1:05:58.56
267		4246	THAIS DUARTE RIBEIRO	1992		ASSIST	42:12.2	25:07.7	1:11:45.99	1:11:45.99
268		4424	VALERIA NASCIMENTO DE SA	1975			43:36.8	22:11.3	1:13:05.29	1:13:05.29
269		4298	DENISE OLIVEIRA MORAES E SILVA	1963			45:58.7		1:41:56.98	1:41:56.98