



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



Coloc. Geral	PMERJ	Núm.	Atleta	Nasc.	Equipe	Parcial 1,5K	Parcial 3,0K	Tempo Líquido	Tempo Bruto
1		4120	JEFERSON NUNES DE FREITAS	2000	ASSIST	4:37.53		12:10.73	0:12:10.73
2		4430	VITOR HUGO OLIVEIRA RANGEL	2007	MARCOS QUINTANILHA	4:39.30	9:40.67	12:50.15	0:12:50.53
3		4306	FABIO SANCHES	1990	SANCHES RUNNING	4:38.34	1:29:21	12:51.20	0:12:53.06
4		4495	MATEUS SERRA			4:38.22	1:29:20	13:13.80	0:13:16.35
5	PMERJ	2095	PEDRO ALEX SANTA RITA DA SILVA	1988	SANCHES RUNNING	4:45.62		13:28.04	0:13:29.96
6	PMERJ	2106	RODRIGO FRANZINI CAMPOS	1986	MARCOS QUINTANILHA	4:53.93	10:15.3	13:54.38	0:14:00.06
7		4334	JAYME DANYEL MARTINS DE ASSIS	1996	SANCHES RUNNING	4:55.58	10:36.1	14:01.03	0:14:03.82
8		4110	HUGO FERREIRA DA SILVA	1994	ASSIST	4:57.47	10:25.5	14:08.92	0:14:09.71
9		4465	JORGE MICKAEL DIAS	1994	MARCOS QUINTANILHA	4:59.58		14:09.04	0:14:09.04
10		4436	WALLACE RODRIGUES PIMENTEL	1986		5:00.42		14:16.30	0:14:18.99
11		4293	DANIEL PERES MACHADO	1980	RUNNERS OLD SCHOOL ROS	5:10.39		14:17.22	0:14:21.32
12	PMERJ	2047	CARLOS ROBERTO FERREIRA SILVA	1978	EZK TEAM	5:15.34	10:50.2	14:31.22	0:14:38.40
13	PMERJ	2074	LEANDRO NOBREGA CALDAS	1983		5:11.82	10:57.2	14:51.12	0:14:54.52
14		4439	WESLEY RAMOS PIANOR DA SILVA	1990	SANCHES RUNNING	5:09.35	10:57.1	14:58.73	0:15:01.18
15		4339	JOAO PEDRO QUADROS GOMES DA SILVA	2007	TROPA DA ORLA	5:14.24	11:10.9	15:12.30	0:15:21.26
16		4321	GUILHERME BRENO SOUZA DA SILVA	1988	EZK TEAM	5:33.66		15:12.76	0:15:19.00
17		4493	GEOVANE SANTOS DA SILVA	1993	SANCHES RUNNING	5:28.23		15:15.27	0:15:15.27
18		4259	WILLIAN ANDERSON LAURIANO VIANA	1996	ASSIST	5:29.83	11:25.1	15:22.56	0:15:48.06
19		4173	MARCIO RAFAEL MELO DE MIRANDA	1987	ASSIST	5:29.50	11:37.1	15:39.46	0:15:44.80
20		4441	WILSON GONCALVES DE ALEXANDRINO	1976	TROVAO AZUL	5:31.25	1:27:38	15:39.83	0:15:45.62
21	PMERJ	2009	ELSON ARAUJO DOS SANTOS	1986	ASSIST	5:34.54	11:22.5	15:40.81	0:15:56.03
22	PMERJ	2015	LEANDRO CARNEIRO NOGUEIRA	1990	ASSIST	5:35.99	11:44.9	15:40.86	0:15:45.11
23		4163	LUCIO GABRIEL SANTOS BARRETO	2008	ASSIST	5:14.82	11:18.9	15:41.93	0:15:43.62
24		4261	ADILON JUNIOR DA SILVA OLIVEIRA	1997		5:06.99	11:35.3	15:49.91	0:15:55.43
25		4129	JOVANE GONCALVES DA SILVA	1975	ASSIST	5:39.03	11:57.0	16:01.22	0:16:01.22
26		4405	RICARDO LOPES DE CARVALHO	1961		5:41.25	12:05.8	16:08.41	0:16:12.03
27	PMERJ	2051	DIEGO MAXIMO DO NASCIMENTO	1985	SANCHES RUNNING	5:55.35	12:30.4	16:34.78	0:16:39.65
28		4379	MAURO BRAGA SILVA	1967	SANCHES RUNNING	5:57.45	12:29.3	16:38.24	0:16:39.80
29	PMERJ	2116	VANDERSON MORAES DE MOURA	1978	CPAM	5:52.21	12:24.3	16:42.70	0:16:49.87
30		4399	RAMON TOMAZ FELIX FIGUEIREDO	2007		6:02.36	12:17.9	16:46.59	0:17:43.38
31		4029	ANDRE LUIZ GOMES DOS SANTOS	1991	ASSIST	5:43.76	12:26.6	16:55.35	0:16:59.51
32		4248	THIAGO FERREIRA SANTANA DA SILVA	1999	ASSIST	5:41.25	12:22.2	16:58.06	0:16:58.06
33	PMERJ	2123	YURI DE SOUZA SODRE	1992		6:10.47	12:42.0	17:04.32	0:17:04.32
34		4164	LUISANDRO JOSE NOGUEIRA	1973	ASSIST	6:09.44	12:44.5	17:14.68	0:17:14.68
35		4288	RAFAEL GOMES	1992	RAFINHA RUNNING	6:13.58	12:41.4	17:48.02	0:17:52.52

36	PMERJ	2087	MARCO ANTONIO AMARAL NASCIMENTO	1978	MULEK VENENO	6:05.86	13:23.3	18:07.59	0:18:42.71
37		4299	DIEGO LEAL DIAS	1988	SANCHES RUNNING	6:09.50	13:26.1	18:10.70	0:18:23.42
38		4498	RODRIGO LUCAS NUNES	1996		6:23.25	13:40.4	18:17.26	0:18:17.26
39		4435	WAGNER DOS SANTOS PINTO	1986	CAVEIRAS RUNNIG	6:33.17	13:40.8	18:34.01	0:18:40.25
40	PMERJ	2052	EDIO JUNIOR	1984	GAM	6:20.73	13:48.5	18:44.08	0:18:59.02
41	PMERJ	2035	ANDRE AMIM MEIRA	1985		7:05.54	14:04.1	18:56.42	0:19:45.17
42		4200	PAULO EDUARDO GOMES AGUIAR	1992	ASSIST	6:35.54	13:50.8	18:56.74	0:19:13.01
43	PMERJ	2102	ROBERTO BRANDAO ALVARENGA GOMES SILVA	1982	GAM	7:08.70	14:07.7	18:59.17	0:19:45.17
44		4345	JORLLAN VARGAS PEREIRA	1988		7:10.26	13:47.7	19:04.20	0:19:13.70
45		4453	DIMITRI DUIM DECCACHE	2009	DECCACHE	7:07.39		19:07.51	0:19:07.51
46		4367	MARCUS ANTONIUS VASCONCELOS CAJUEIRO	1968	MARCOS QUINTANILHA	6:46.71	14:04.0	19:10.04	0:19:10.04
47		4468	LEONARDO BRUST DO NASCIMENTO	1977		6:35.97	13:50.5	19:10.88	0:19:10.88
48		4437	WELLEN GIORDANI SOARES FARIAS	1973	SANCHES RUNNING	7:03.58	14:03.0	19:11.71	0:19:35.86
49		4500	THALES DE ALMEIDA REIS	1987		7:13.56	14:46.8	19:14.41	0:19:14.41
50	PMERJ	2060	FLAVIO DA GAMA SILVA	1974		7:07.48	14:28.4	19:21.08	0:19:33.95
51	PMERJ	2049	DANILO MACIEL DE SOUZA	1983		7:32.58	14:14.8	19:28.86	0:20:15.01
52		6076	ADENIR ROSA DA SILVA	1958	GUARDA NITEROI	7:17.09	14:54.8	19:30.30	0:19:30.30
53		4478	RENZO PESSOA SOARES	2000	GAM FENIX	7:34.74	14:33.4	19:31.65	0:19:31.65
54		4265	ALCIR ERNESTO DE SOUZA JUNIOR	1971		7:19.64	14:57.0	19:40.85	0:20:20.76
55		4338	JOAO LOPES DE QUEIROZ	1951	ASES DO ASFALTO	7:01.85	14:33.9	19:42.71	0:20:26.43
56		4499	SANDRO MOREIRA AMARAL	1974	EU E ELA	7:01.78	14:19.4	19:55.44	0:19:55.44
57		4221	ROGER PEREIRA DA SILVA SANTANA	2005	ASSIST	7:42.82	15:17.0	20:01.40	0:20:09.16
58	PMERJ	2065	JEFTE PESSOA DA SILVA	1977	DELTA	7:23.68	14:52.6	20:10.32	0:20:57.32
59	PMERJ	2058	FABIANO RODRIGUES DA SILVA	1980	ALFA	9:13.58	18:57.6	20:14.35	0:20:42.60
60	PMERJ	2084	LUIZ FERNANDO VALERIO	1989	MANUT	7:25.64	15:16.1	20:21.40	0:20:53.14
61	PMERJ	2126	JEFFERSON LIMA DA SILVA	1984	EZK TEAM	7:07.38		20:25.25	0:20:25.25
62	PMERJ	2046	CARLOS ROBERTO DA SILVA RIBEIRO RIBEIRO	1975	BRAVO	7:09.85	15:09.3	20:27.36	0:20:27.36
63		4059	CLEBER TAVARES DE SANTANA	1975	ASSIST	7:38.96	15:26.5	20:39.88	0:20:39.88
64	PMERJ	2033	ALFANO PAIXAO NETO	1981		7:31.87	15:18.7	20:41.52	0:21:31.46
65		4258	WILLIAM DA SILVA MOREIRA	1983	ASSIST	7:39.45	15:41.4	20:45.78	0:21:45.95
66		4273	ALMIR JOSE DE SOUZA	1955		7:21.27	15:23.5	20:48.10	0:20:57.95
67		4344	JORGE WELLINGTON DA SILVA CARVALHO	1965	DS TEAM	7:48.96	15:48.0	20:52.48	0:22:35.63
68		4307	FABIO SIQUEIRA DE ARRUDA	1983		7:57.00	15:42.9	20:52.89	0:21:15.42
69	PMERJ	2078	LIVSON CLAUDIO RODRIGUES VIDAL	1977	GAM	7:11.03	15:25.9	21:03.79	0:21:12.15
70		4086	EMANUEL DA FONSECA SOARES	1978	ASSIST	8:02.79	15:54.9	21:04.93	0:22:56.83
71	PMERJ	2114	TACITO BRUNO DE SOUZA RODRIGUES	1987	GAM	8:23.23		21:10.93	0:21:57.30
72	PMERJ	2034	ANDERSON CARLOS GOMES DOS SANTOS	1979		7:44.01	15:56.5	21:11.49	0:21:58.36
73	PMERJ	2076	LEANDRO QUEIROZ DE PAULO SOUZA	1981		7:57.20	16:11.8	21:20.82	0:22:40.27
74		4489	CAIO LUIS DE ALMEIDA ESPINOLA	2009	ESPINOLA	7:08.13	15:51.2	21:24.41	0:21:24.41
75		4394	PAULO CESAR DE OLIVEIRA MACHADO FILHO	1995		8:04.90		21:27.31	0:21:48.88
76		4268	ALEXANDRE DA GAMA MENDONCA	2008		7:39.85		21:33.72	0:21:48.77

77	PMERJ	2072	JULIO DE ARAUJO PEREIRA	1993		7:27.59	15:33.2	21:37.41	0:22:17.72
78	PMERJ	2085	LUIZ SERGIO DOS SANTOS ALVARENGA JUNIOR	1982		8:39.02	17:05.2	21:41.13	0:21:41.13
79		4366	MARCOS ANTONIO AZEVEDO	1969		7:46.15	15:43.1	21:44.52	0:22:18.11
80		4145	KLEBER JORGE DE OLIVEIRA	1977	ASSIST	8:31.81	16:17.7	21:45.24	0:23:55.59
81		2146	ANTONIO DEMERVAL DE ABREU MACEDO	1951	CORREDORES DE CACHOEIRAS DE MACACU	7:29.69	15:42.6	21:46.17	0:21:46.17
82	PMERJ	2139	LEONARDO DAVID APOSTOLO DE OLIVEIRA	1980		7:47.89	15:58.3	21:51.33	0:21:51.33
83		4342	JORGE DANIEL GONCALVES FERNANDES PAPER A	2007		8:26.52	16:33.0	21:51.97	0:21:51.97
84		4264	ALBERTO NUNES DA COSTA	1987		8:01.56		21:55.88	0:23:02.28
85		4222	RONALD DAVID XAVIER DE SENA	1989	ASSIST	7:23.18	16:07.7	22:10.20	0:22:40.79
86	PMERJ	2081	LUIS ALBERTO NASCIMENTO MASCOTO	1985	GAM	9:11.80	17:25.8	22:14.49	0:23:37.00
87		4414	SEVERINO FERREIRA DE LIMA FILHO	1958	CIEP DOM OSCAR ROMERO RJ	7:49.40	24:11.8	22:19.94	0:22:20.84
88	PMERJ	2008	EDMILSON SANTOS QUARESMA	1987	ASSIST	7:15.26		22:26.77	0:23:09.63
89		4300	DJALMA ALVES DA SILVA	1965	CE3	7:03.83	15:55.7	22:27.72	0:22:33.10
90		4285	CARLOS ROBERTO DA SILVA	1958		7:12.36		22:40.46	0:22:55.77
91		4481	SANDRO DE GOUVEA MONTEZANO	1973		7:59.85	17:24.5	22:50.78	0:22:50.78
92		4323	HAROLDO ALVES MAIA	1962	CPN RUNNERS	9:16.85	17:12.0	23:19.88	0:24:57.50
93		4063	CRISTIANO MOREIRA VIEIRA	1973	ASSIST	9:36.27	17:45.7	23:28.16	0:24:05.36
94	PMERJ	2103	RODRIGO DE AZEREDO CARVALHO JUNIOR	1994	CHARLIE	8:23.64	18:19.6	23:36.16	0:23:36.16
95	PMERJ	2115	VAGNER LUIZ DOS SANTOS MACIEL	1981		8:11.46	16:35.7	23:36.50	0:23:36.50
96		4396	PAULO DA GAMA SILVA	1951		7:50.78	17:06.0	23:42.67	0:23:55.82
97		4336	JOAO FLORIANO VIVEIROS PINTO DE FARIA SANTOS	1978		8:06.92	17:17.9	23:46.95	0:24:36.62
98		4343	JORGE EUCLYDES DA SILVA FILHO	1959	FRIENDS RUN	7:55.44	17:09.1	23:47.85	0:24:06.69
99		4458	HUGO MALAFAIA SOUZA CRUZ	2007		8:12.47	17:57.8	23:54.77	0:23:54.77
100		4401	RENAN WILTSHIRE LISBOA SALLES	1976		8:39.90	18:05.8	24:05.44	0:24:20.25
101	PMERJ	2107	ROGERIO IGLESIAS DE FREITAS	1964	GAM	8:19.85	18:24.0	24:06.35	0:24:06.35
102		4431	VITOR JOSE FERREIRA DE ALMEIDA	1988	LILIA GODOI ASSESSORIA ESPORTIVA	7:33.69	18:15.3	24:08.35	0:24:30.66
103	PMERJ	2125	FABIO RHADDOUR GONCALVES	1983		7:41.01	18:29.7	24:09.89	0:24:09.89
104		4352	LEONAN NARCISO DA SILVA	2002		7:44.27	16:56.2	24:16.38	0:25:44.45
105		4156	LUCAS BAPTISTA DOS SANTOS	1997	ASSIST	7:59.20	17:26.9	24:16.89	0:25:01.56
106		4322	GUILHERME COTRIM	1981		9:47.58	18:46.3	24:31.00	0:25:27.20
107	PMERJ	2005	DARCY DE SOUZA SANTOS	1968	ASSIST	8:34.81	17:51.7	24:35.52	0:25:00.79
108	PMERJ	2120	WELLINGTON LUIS DA COSTA VARGAS	1976	CHARLIE	8:22.08		24:35.88	0:25:25.55
109		4409	RODRIGO OLIVEIRA CAMPOS	2010	OLIVEIRA CAMPOS	8:24.96	18:07.0	24:36.08	0:24:36.08
110		4217	ROBSON SARDINHA DE ANDRADE	1962	ASSIST	8:26.44	17:40.7	24:36.57	0:25:16.01
111		4328	ISAAC LUIZ MOURAO GOMES	1997	LILIA GODOI ASSESSORIA ESPORTIVA	8:31.37	18:20.6	24:55.04	0:27:27.05
112	PMERJ	2036	ANDRE LUIZ VIANNA ANDRADE	1981		9:13.03	18:41.1	25:01.20	0:26:11.41
113		4413	SEBASTIAO LOPES DE MACEDO	1955	EQUIPE VO2 MAXIMO	8:45.69	17:56.9	25:03.72	0:25:28.09
114		4474	PHILIFE MORALES	2013	EZKTEAM	8:59.39	18:42.4	25:15.75	0:25:15.75
115		4224	ROSEMBERG ESTEVAO DA SILVA	1973	ASSIST	8:53.78	18:56.9	25:29.43	0:28:22.78
116		4152	LIANDRO BERNARDINO	1972	ASSIST	8:51.00	18:31.7	25:31.55	0:25:45.75
117	PMERJ	2003	BRUNO DE MEDEIROS RODRIGUES MARTINS	1986	ASSIST	8:25.72	17:22.4	25:34.73	0:28:40.55

118	PMERJ	2135	WANDERSON MACHADO DOS SANTOS	1979		9:35.88	19:16.9	25:35.91	0:25:35.91
119		4055	CESAR MATIAS DE CARVALHO RUSSO	1982	ASSIST	9:37.09	19:43.9	25:44.38	0:26:44.06
120		4341	JOHNNY DE SOUZA PEREIRA	1988	EQUIPE DELTA	9:00.94	18:59.2	25:45.76	0:27:31.32
121		4442	WILSON RICARDO NOGUEIRA LOPES	1962		9:39.98	19:37.7	25:52.37	0:26:06.38
122		4201	PAULO VICTOR RIBEIRO LIMA	1982	ASSIST	9:11.98		25:54.18	0:27:19.61
123		4377	MATHEUS DE LIMA NAMORA	1993		8:47.60		25:57.87	0:26:26.02
124		4313	GABRIEL BROITMAN SANTOS BARROS	1994		8:57.20	18:45.3	26:04.23	0:26:18.90
125		4094	FELIPE VIEIRA DOS SANTOS	1991	ASSIST	10:12.0	20:08.4	26:23.94	0:28:09.45
126		4305	FABIO FALCAO RAPOSO	1985	FAFELLI	9:29.30		26:24.22	0:27:03.43
127		4199	PAULO CESAR SILVA PINTO	1962	ASSIST	9:19.25	19:03.8	26:25.15	0:26:50.66
128	PMERJ	2138	CRISTIANO LUIS DOS SANTOS ESPINOLA	1986	ESPINOLA	9:13.66	19:57.0	26:43.02	0:26:43.02
129		4423	THIAGO CORREA MARRA	1984		9:28.86	20:17.3	26:58.50	0:28:36.80
130	PMERJ	2056	ERICO SANTOS CARDOSO	1975		9:44.98	20:00.1	27:00.66	0:28:18.12
131		4400	RAMON VICENTE DE OLIVEIRA	1989		10:12.7	20:13.0	27:05.51	0:27:28.21
132		4056	CIDNEI GOMES GONCALVES	1982	ASSIST	9:07.60	19:14.2	27:07.28	0:27:37.22
133	PMERJ	2082	LUIS CLAUDIO DOS SANTOS	1972		9:31.18	19:56.5	27:12.87	0:28:32.51
134		4503	MATHEUS HOFFMAN KAIZER NETO	2002		9:35.68	19:12.3	27:14.56	0:27:14.56
135		4457	GABRIEL COUTINHO DE OLIVEIRA	2000		10:44.8		27:17.12	0:27:17.12
136		4380	MICHEL DA COSTA CLEMENTE	1988	MICHEL COSTA	9:11.24	26:42.1	27:18.97	0:28:26.05
137	PMERJ	2092	PAULO CESAR MONTEIRO DE OLIVEIRA	1976	ALPHA	9:26.80	20:03.0	27:25.26	0:29:25.91
138		4119	JEAN PAUL SANTOS	1973	ASSIST	9:05.99		27:35.76	0:27:35.76
139		4438	WELLINGTON DA COSTA MAIA	1976		9:37.85	20:37.8	27:35.97	0:29:19.52
140		4378	MAURICIO ARANTES QUINTAL	1975	LILIA GODOI ASSESSORIA ESPORTIVA	9:26.00	20:04.1	27:42.12	0:28:37.90
141	PMERJ	2032	ALEXANDRE LUIS SILVA OLIVEIRA	1972	ALPHA	9:45.09	20:21.7	27:42.35	0:29:27.39
142		4070	DANILO DE JESUS EUFRASIO	1978	ASSIST	9:07.75	20:10.8	27:42.73	0:27:53.17
143		4161	LUCIANO DOMINGOS DE OLIVEIRA	1973	ASSIST	9:39.56	19:52.7	27:49.20	0:29:04.62
144	PMERJ	2021	RODRIGO DA SILVA VIANA	1981	ASSIST	9:33.92	20:08.3	27:49.41	0:28:48.00
145	PMERJ	2039	ARTUR MORAES	1980		10:05.2	20:40.1	28:03.23	0:29:25.33
146		4286	CAUA MORAES DE ANDRADE	2003		10:17.2	20:50.2	28:06.84	0:29:15.59
147	PMERJ	2017	LUIZ CLAUDIO DE PAULA	1984	ASSIST	10:10.6		28:15.51	0:29:07.24
148		4256	WALLACE BARBOZA MENDES	1990	ASSIST	9:18.05	21:06.6	28:16.92	0:28:20.31
149	PMERJ	2002	ANDERSON SILVA DE SANTANA	1979	ASSIST	10:20.7	20:55.6	28:19.07	0:29:27.04
150	PMERJ	2027	THIAGO DE FREITAS	1984	ASSIST	10:22.1	20:58.1	28:21.22	0:29:28.83
151	PMERJ	2119	WATILA COELHO SOUZA	1985	EQUIPE ALPHA	10:26.1	21:02.4	28:24.18	0:29:27.50
152	PMERJ	2117	VICTOR VIEIRA CAMBRAIA	1987	ALPHA	10:14.5	21:02.6	28:25.32	0:29:26.07
153	PMERJ	2112	SIMEI ELBER RIBEIRO PENA	1979	ALPHA	10:27.4		28:25.71	0:29:27.50
154	PMERJ	2086	MARCO ANTONIO DAMAS	1973	ALPHA	10:28.0	21:03.2	28:25.81	0:29:25.36
155	PMERJ	2121	WILLIAM JOSE XAVIER DA MOTA	1972	GAM	10:28.7	21:05.0	28:26.35	0:29:27.65
156	PMERJ	2075	LEANDRO PESSOA CANTO	1980		10:38.8	21:05.0	28:26.60	0:29:28.08
157	PMERJ	2050	DARLLAN BATISTA MARTINS	1985	ALPHA	10:31.2	21:07.1	28:28.91	0:29:26.35
158	PMERJ	2029	VINICCIUS FERREIRA EULALIO	1991	ASSIST	9:34.57	20:40.6	28:40.36	0:29:37.47

159		4235	SIDNEI MOBILIO FELIZARDO	1966	ASSIST	9:12.33	20:58.1	28:41.35	0:32:59.36
160	PMERJ	2077	LEONARDO NUNES GARCIA RODRIGUES	1986		15:34.3	25:45.9	28:47.48	0:28:47.48
161		4183	MAURICIO VASCONCELOS DE MOURA	1959	ASSIST	10:37.0	21:58.3	28:51.60	0:31:33.59
162	PMERJ	2018	LUTERO SILVA FIGUEIREDO	1981	ASSIST	10:55.4	21:30.1	28:52.27	0:29:25.20
163	PMERJ	2030	VINICIUS FERNANDES GONCALVES	1976	ASSIST	10:07.6	21:05.6	28:52.43	0:29:20.79
164	PMERJ	2019	MARCIO CUNHA DE OLIVEIRA	1977	ASSIST	10:39.8		28:52.79	0:29:27.59
165		4157	LUCAS VILAS BOAS VIDAL DE ARAUJO	1986	ASSIST	11:11.0	21:37.5	28:59.42	0:28:59.42
166		6075	JOSE JORGE AFONSO FILHO	1945		10:26.8	21:40.5	29:08.67	0:29:08.67
167		4232	SAULO DA SILVA SANTOS	1981	ASSIST	10:29.4	22:12.9	29:17.16	0:29:17.16
168	PMERJ	2083	LUIS OTAVIO POEYS CABRAL	1976	BATALHAO DE ACOES COM CAES BAC	10:31.4	21:29.5	29:22.15	0:31:29.15
169	PMERJ	2066	JOAO PAULO REZENDE BOIA	1990	BAC	10:27.6	21:29.9	29:24.36	0:31:30.30
170		4043	BRENO GONCALVES PEREIRA	2007	ASSIST	9:27.92	21:06.0	29:24.38	0:30:26.72
171		4230	SANDRO CESAR DE ALMEIDA COELHO	1980	ASSIST	9:48.92	21:50.3	29:28.01	0:30:01.73
172		4103	GIRLENIO DE SOUSA NASCIMENTO	1968	ASSIST	11:07.6	22:31.3	29:38.53	0:31:11.90
173		4125	JOSE FELICIANO DA SILVA	1960	ASSIST	10:11.5	21:55.4	29:39.59	0:30:29.24
174		4447	ALEXANDRE DE SOUZA CRUZ	1971		10:28.3		29:40.00	0:29:40.00
175		4049	CARLOS LUCIANO DE SOUZA SILVA	2006	ASSIST	9:38.67	22:03.6	29:46.75	0:31:27.80
176	PMERJ	2141	DOUGLAS CABRAL NASCIMENTO REIS	1995		11:22.8	22:18.6	29:54.85	0:29:54.85
177		4395	PAULO CHGAS	1965		10:38.1	22:04.6	29:56.71	0:30:33.32
178	PMERJ	2088	MARCUS HENRIQUES DAMATO	1969	CPAM	10:49.3		30:03.95	0:31:25.53
179		4363	MANOEL VICTOR DE SOUZA MAGALHAES	1990	GEOBRUGG	10:49.5	22:36.9	30:13.31	0:32:02.05
180	PMERJ	2108	ROMULO ALVES DE SOUZA JUNIOR	1988	ROMULO ALVES DE SOUZA JUNIOR	11:02.3		30:13.41	0:30:13.41
181		4205	RAFAEL DA SILVA BARBOSA	1978	ASSIST	10:20.5	22:24.2	30:16.75	0:31:58.54
182		4427	VICTOR DE AZEVEDO LARDOSA	2002		11:33.1	23:37.3	30:29.85	0:31:39.19
183	PMERJ	2043	CARLOS ERNESTO CARDINOT	1982		10:02.6	22:07.4	30:32.49	0:30:32.49
184		4302	DOUGLAS MACHADO CORTES	1985	FAMILIA MACHADO	15:53.7	24:27.1	30:35.74	0:30:35.74
185	PMERJ	2105	RODRIGO DOS SANTOS PINA	1980		11:33.5	28:36.4	30:40.42	0:30:40.42
186		4464	JOAO MAURICIO BARBOSA DO ROSARIO MORAES	2000		10:56.1		30:47.42	0:30:47.42
187		4390	NIKHOLAS MANOEL DA ROCHA ANTUNES	2001		11:12.5	23:50.2	30:57.48	0:31:37.33
188	PMERJ	2010	FABIANO MARCELO DA SILVA ROCHA	1969	ASSIST	10:48.2	22:32.3	30:57.79	0:31:22.19
189	PMERJ	2080	LUCAS FALCO DOS SANTOS BARRETO	1990		9:54.21	21:37.0	30:58.70	0:31:31.99
190		4303	EDUARDO LARDOSA	1961		10:06.2	23:44.3	31:05.22	0:32:12.10
191		4277	ANDRE PEREIRA DE SA	1973		10:41.2	22:40.0	31:05.63	0:32:05.18
192		4182	MATHEUS TAVARES FERREIRA	1997	ASSIST	11:51.5	24:13.8	31:06.12	0:32:16.61
193		4128	JOUBER GOMES DA SILVA SANTOS	1988	ASSIST	10:51.7	22:21.1	31:13.91	0:32:01.03
194	PMERJ	2020	ROBERTO CAMPOS ALVES	1982	ASSIST	9:24.50	22:18.1	31:16.10	0:32:49.34
195		4062	CRISTIANO KRENN	1977	ASSIST	11:50.7	24:20.8	31:21.76	0:33:09.65
196		4486	WLADIMIR CECILIO DOS SANTOS NETO	2006	WWN	11:04.1	23:32.3	31:33.69	0:31:33.69
197	PMERJ	2031	ALEX RODRIGUES DOS SANTOS	1975		10:35.0	22:27.7	31:42.45	0:32:27.38
198	PMERJ	2093	PAULO SERGIO FERNANDES MAIA	1948		12:05.2	24:12.2	31:56.96	0:32:20.60
199		4143	KENNEDY CRONER	1973	ASSIST	11:17.2	23:42.3	31:57.91	0:32:40.49

200		4016	ALEXANDRE SANTOS DA SILVA	1976	ASSIST	11:17.5	22:59.8	31:58.34	0:33:38.40
201		4448	MARIA DO CARMO	1958		15:10.4	31:29.6	31:58.35	0:31:58.35
202		4206	RAPHAEL PEIXOTO PEREIRA	1982	ASSIST	11:44.0	23:25.1	31:58.70	0:33:50.77
203		4030	ANDRE LUIZ RIBEIRO FELLINI	1989	ASSIST	19:10.1	11:18.3	32:50.50	0:32:50.50
204		4406	RICARDO VILLASBOAS	1960		11:02.3		32:51.26	0:33:19.38
205	PMERJ	2045	CARLOS MATOS	1982		12:03.4	26:46.9	32:58.08	0:33:56.09
206	PMERJ	2059	FABIO FERREIRA DE CARVALHO	1977	GAM	11:39.8	26:46.7	33:00.27	0:33:55.79
207	PMERJ	2136	WLADIMIR CECILIO FOS DANTOS	1966	WWN	11:50.0	25:05.2	33:36.81	0:33:36.81
208		4092	FELIPE DE AMORIM GONCALVES	1987	ASSIST	14:32.9	25:51.2	34:09.76	0:36:44.26
209	PMERJ	2122	WILSON AUGUSTO DOS SANTOS JUNIOR	1978	EQUIPE DELTA	11:55.6	26:04.3	34:25.80	0:35:13.43
210	PMERJ	2055	ELIANDRO RAMOS WELBERT	1979	11BPM	11:35.8		34:28.27	0:35:44.07
211		4353	LEONARDO DA SILVA GUARANA	1976		11:38.0	24:29.7	34:40.27	0:35:49.24
212		4150	LEONCIO ADMIRAL JUDICE	1977	ASSIST	11:54.5		34:46.10	0:35:48.00
213		4234	SIDNEI FERREIRA DE CASTRO	1968	ASSIST	12:03.5	30:59.8	34:48.38	0:35:53.33
214		4061	CRISTIANO DE ALBUQUERQUE TORRES JUNIOR	1998	ASSIST	17:05.9	25:46.0	34:48.95	0:35:39.75
215		4028	ANDERSON COSTA REIS	1980	ASSIST	12:35.7	26:03.7	34:53.99	0:36:30.18
216	PMERJ	2053	EDSON MAURICIO DE ARAUJO	1972	DELTA	12:56.3	26:51.4	35:12.66	0:35:12.66
217		4476	REFAEL OLIVEIRA MACHADO DE AVILA	2005	FAMILIA REISEMFREIO	17:06.3	25:50.3	35:37.29	0:35:37.29
218		4477	RENAN OLIVEIRA MACHADO DE AVILA	2003	FAMILIA REISEMFREIO	17:11.4	25:49.9	35:38.38	0:35:38.38
219		4475	RAPHAEL LUIZ DOS SANTOS	1987		11:49.1	26:27.6	36:10.67	0:36:10.67
220		4467	LEANDRO LOPES DECCACHE	1979	DECCACHE	13:05.8	29:22.7	37:29.36	0:37:29.36
221		4097	FERNANDO SANTANA DA SILVA	1968	ASSIST	12:48.0	29:41.0	38:35.78	0:38:41.77
222	PMERJ	2069	JORGE RIBEIRO FRAGA FILHO	1987		18:38.2	30:43.5	38:56.43	0:38:56.43
223		4121	JOAO LUIZ MONTEZUMA BORGES	1969	ASSIST	14:32.3		39:15.93	0:39:43.65
224		4122	JOAO RICARDO DRUMMOND DE MORAIS	1955	ASSIST	13:58.9		39:18.57	0:39:18.57
225		4087	EWERTON ALVES COUTINHO	1987	ASSIST	18:22.8	31:15.9	40:19.53	0:40:19.53
226		4388	NELSON BARAO	1954		13:32.6		40:35.14	0:41:10.41
227		4231	SANDRO PROENCA SILVA	1986	ASSIST	12:39.6	30:05.6	41:16.20	0:44:33.27
228		4172	MARCIO NORBERTO ROCHA	1980	ASSIST	13:56.4	30:28.9	41:17.07	0:42:59.49
229	PMERJ	2028	THIAGO DE OLIVEIRA SIMEAO	1988	ASSIST	21:57.5	12:00.7	41:34.10	0:41:34.10
230		4324	HENRRIK MOURAO SILVA	1997	LILIA GODOI ASSESSORIA ESPORTIVA	22:14.0	11:18.1	41:41.52	0:41:41.52
231	PMERJ	2054	EDUARDO DOS SANTOS SINDER	1973		13:55.1	31:13.7	41:44.67	0:42:34.33
232		4487	ALEXANDRE VIEIRA DE LIMA	1974		15:38.2	31:45.5	41:52.73	0:41:52.73
233		4036	ANTONIO CARLOS PEREIRA DE CARVALHO	1955	ASSIST	15:33.3	31:10.1	41:57.62	0:41:57.62
234		4038	AUGUSTO SCHWAGER DE CARVALHO	1980	ASSIST	15:32.8	31:10.0	41:58.65	0:41:58.65
235	PMERJ	2134	REINALDO MACHADO DE AVILA JUNIOR	1974	FAMILIA REISEMFREIO	17:07.7	32:34.1	42:34.19	0:42:34.19
236	PMERJ	2124	ANTONIO ASSIS FREITAS BARROS	1974	MONIQUE DE O SILVA	17:05.2		42:34.42	0:42:34.42
237	PMERJ	2140	DIEGO FERREIRA GUIMARAES	1988		14:48.9	32:04.4	42:36.11	0:42:36.11
238		4193	OSMAN NEVES BARBOSA	1954	ASSIST	15:02.4	31:17.8	42:36.58	0:44:07.46
239		4124	JORGE LUIZ DE ALMEIDA	1959	ASSIST	16:05.7	32:48.0	42:39.24	0:42:54.29
240		4112	IGOR LIBORIO DE AZEVEDO	1987	ASSIST	15:03.5		43:00.74	0:43:00.74

241	PMERJ	2137	ALEXANDER FERNANDES DA SILVA	1975	GAM	18:16.3	38:06.9	43:29.83	0:43:29.83
242		4146	LEANDRO DA SILVA CUNHA	1990	ASSIST	16:25.7	34:02.2	43:40.25	0:44:51.74
243		4267	ALEXANDRE BITTENCOURT SANCHES	1981	TROVAO AZUL	21:53.6	34:54.7	44:24.11	0:44:24.11
244		4216	ROBSON LUCAS TORRES	1974	ASSIST	14:13.0	32:39.1	44:34.70	0:45:34.56
245		4204	RAFAEL ALONSO DOS SANTOS HENRIQUE	1984	ASSIST	15:48.5	33:22.3	44:41.04	0:48:46.59
246		4389	NEWTON DOS SANTOS LEITAO	2009		18:36.6	24:16.3	44:55.33	0:44:55.33
247		4350	LEANDRO CARVALHO DE SOUSA	1991		21:58.5	10:44.0	45:05.39	0:45:05.39
248		4428	VINICIUS PORTUGAL BARBOSA	1990		14:53.8		45:55.18	0:47:07.76
249	PMERJ	2061	FLAVIO TADEU	1974	GAM	18:14.4	34:30.2	45:56.07	0:48:14.48
250		4456	FABIO LIMA DE SANTANA	1972	CBPMERJ	17:49.1	34:41.8	45:56.37	0:45:56.37
251	PMERJ	2131	LUCIANO AIRES GUERRELHAS	1975	GAM	32:45.3	25:01.0	45:58.07	0:45:58.07
252		4168	MARCELO FERREIRA DE OLIVEIRA	1970	ASSIST	18:28.7	35:19.0	46:02.19	0:46:02.19
253	PMERJ	2129	LORETO SANTIAGO MANGAS DE ARAUJO JUNIOR	1981		17:33.3	35:18.7	46:09.14	0:46:09.14
254		4171	MARCIO DE SOUZA SIQUEIRA	1978	ASSIST	31:17.9		46:35.09	0:46:35.09
255		4218	RODOLPHO DE SOUZA LEMOS DE OLIVEIRA	1991	ASSIST	19:34.7		46:46.52	0:46:46.52
256	PMERJ	2012	IVAN ROBERTO BAPTISTA	1976	ASSIST	16:56.5		46:56.04	0:48:20.95
257	PMERJ	2004	CRISTIANO DE ALBUQUERQUE TORRES	1976	ASSIST	17:06.0	35:18.0	47:19.63	0:48:14.32
258	PMERJ	2023	SERGIO MATHIAS LEAL	1974	ASSIST	17:07.5	35:20.8	47:21.71	0:48:13.49
259		4082	EDUARDO SARAIVA ESPINOLA	1980	ASSIST	8:29.65	23:28.2	48:53.46	0:49:37.17
260		4209	RENAN RIMON PALMEIRA DE ARAUJO	1986	ASSIST	20:32.5	12:10.4	49:29.00	0:49:29.00
261		4429	VITOR DELBON WERNECK	1980		32:33.5	24:15.8	49:42.54	0:49:42.54
262	PMERJ	2011	GILMAR BASTOS SANTIAGO	1976	ASSIST	29:32.4	19:03.4	50:38.75	0:50:38.75
263		4093	FELIPE MATHEUS CASSIMIRO DOS SANTOS	1994	ASSIST	20:35.8		51:38.07	0:51:38.07
264	PMERJ	2006	DEIVID GOMES DA SILVA	1979	ASSIST	37:22.3	46:37.1	53:11.16	0:53:11.16
265	PMERJ	2094	PAULO WANDERLEI TONANI JUNIOR	1983	GAM	28:57.6	11:51.9	54:20.20	0:54:20.20
266	PMERJ	2041	BRUNO RIBEIRO FRANCA	1986	GAM	21:45.3	39:43.4	55:01.85	0:56:04.31
267		4454	EDSON LENO DE SOUZA LENO	1980		20:38.4	55:26.0	55:55.28	0:55:55.28
268		4115	IVAN TAVARES	1953	ASSIST	19:28.2	41:49.4	55:59.24	0:56:30.68
269		4220	RODRIGO VINICIUS DE AZEVEDO GONCALVES	1991	ASSIST	35:04.4	54:15.4	59:08.31	0:59:08.31
270		4219	RODRIGO LUIZ GOMES DA SILVA	1976	ASSIST	34:33.5	19:35.0	1:00:19.37	1:00:19.37
271		4075	DIEGO BRUNO OLIVEIRA DOS SANTOS	1987	ASSIST	35:56.6	25:07.4	1:03:12.61	1:03:12.61
272	PMERJ	2048	CLAUDIO LEITAO	1975		38:31.9	24:15.7	1:03:47.36	1:03:47.36
273		4257	WALMIR PEREIRA DA SILVA	1965	ASSIST	48:06.5	57:33.7	1:04:59.58	1:04:59.58
274		4004	ADEMIR RODRIGUES DE ARAUJO JUNIOR	1994	ASSIST	39:06.4	21:51.9	1:07:36.81	1:07:36.81
275	PMERJ	2064	ISRAEL MARCOS SILVEIRA OLIVEIRA BARBOSA	1992	GAM	44:56.8		1:24:58.35	1:24:58.35
DNF		4048	CARLOS AUGUSTO CAMPOS FILHO	1970	ASSIST			<i>Desqualificado</i>	