



Corrida e Caminhada GAM Fênix | 4ª edição  
23/03/2025 | Niterói - RJ  
8K Feminino Geral



Coloc. Geral	PMERJ	Núm.	Atleta	Nasc.	Equipe	Parcial 1,5K	Parcial 3,0K	Parcial 4,0K	Parcial 5,5K	Parcial 7,0K	Tempo Líquido	Tempo Bruto
1		8064	LAURA MANUELA ESPINOSA MORALES	1999	ASSIST	5:11.19	10:40.2	14:23.3	19:58.0		29:25.63	0:29:28.14
2		8121	BRUNA RAMOS AUGUSTINHO	1993	MARCOS QUINTANILHA	5:17.54	11:07.5	15:18.8	21:36.1	27:58.2	32:09.50	0:32:10.03
3		8221	JULIA MENDES SILVA	1996	RAFINHA RUNNING	6:11.69			25:16.7		34:56.33	0:34:56.33
4		8184	ANA CLAUDIA DA SILVA FERNANDES SOUZA	1972	EZKTEAM	6:35.26	18:19.9		25:19.5		36:56.25	0:36:56.25
5		8166	RAPHAELA ROCHA CORREA PIMENTEL	1980	EZK TEAM	6:49.35	18:41.4		25:56.2		39:25.55	0:39:31.18
6		8030	DAIANE DE OLIVEIRA PIERGIORGE	1989	ASSIST	7:12.09	14:25.4	19:27.2	26:55.4	34:39.4	39:48.10	0:40:27.20
7		8012	ANDRESA DA SILVA OLIVEIRA BARBOSA	1987	ASSIST	7:15.15	14:47.8	20:07.6	27:45.3	35:55.5	40:56.19	0:41:19.39
8		8160	NATASHA DOS SANTOS AGOSTINHO MORAES	1994	POWER APP	8:03.22	15:57.2	21:14.4	28:48.9	36:17.3	41:03.78	0:42:02.48
9		8004	ALESSANDRA OLIVEIRA DA SILVA	1980	ASSIST	7:38.27	15:31.9	21:05.8	28:57.0	37:32.3	43:17.46	0:44:22.99
10		8042	FLAVIA FREITAS SILVA	1992	ASSIST	8:07.83	16:25.4	21:52.7	30:22.9	38:59.4	44:12.61	0:45:26.13
11		8199	MARIA LUIZA CRUZ LASSANCE CABRAL	2008	EZKTEAM	8:36.88	17:29.1	23:00.8	31:19.6	39:53.5	45:09.86	0:45:09.86
12		8091	ROBERTA CAROLINA BASTOS FERREIRA DE SOUSA	1992	ASSIST	8:25.75	17:00.4	22:37.0	30:33.6	39:31.6	45:35.87	0:46:29.21
13		8092	ROBERTA RANGEL DE ARAUJO SA FARIAS	1982	ASSIST	8:35.06	17:35.4	23:14.6	31:44.7	40:52.6	46:05.50	0:46:26.14
14		8182	YASMIM SANT ANNA LIMA	1995		7:30.81	16:07.6	22:04.9	31:12.9		47:13.89	0:48:09.50
15		8126	DANIELLE MATTAR	1969	FISIOMASTER	8:18.35	16:59.1	23:08.9	31:33.5		47:20.58	0:48:11.79
16		8218	RAIANNE NEVES DE CARVALHO	1994		8:52.38	17:16.9	23:16.9	32:13.4	41:33.2	48:00.76	0:48:00.76
17		8118	ANDREA RIBEIRO DA COSTA ALBUQUERQUE	1972	BABYTUNA	8:23.62	17:29.9	23:29.9	32:37.2	42:11.6	48:10.92	0:48:37.82
18		8117	ANA LUISA RIBEIRO ALBUQUERQUE	1999	BABYTUNA	8:25.61	17:35.3	23:46.7	33:13.1		49:29.50	0:49:55.32
19		8125	DAIANA AFFONSO DE SOUZA	1989		8:40.11	17:40.0	24:04.4	33:39.9		49:49.18	0:50:06.87
20	PMERJ	6048	KARYTA ALINE PINNA DE JESUZ	1984	SANGUE AZUL RUNNERS	8:22.54	17:33.8	23:55.8	33:23.9	43:32.7	50:03.96	0:50:11.91
21		8063	JULIETE GUALINE PEREIRA	1989	ASSIST	8:37.51	17:06.6	23:31.1	33:34.2	44:18.2	50:13.75	0:53:28.49
22		8212	BERNARDETE CASADEI DE OLIVEIRA LOURES	1969	EQUIPE SKY	9:01.35	19:23.1	25:43.7	34:51.5	44:33.1	50:46.33	0:50:46.33
23		8200	ALINE MURUCCI FERREIRA	1978	EZK TEAM	9:17.53	18:28.3		34:33.6		50:52.14	0:50:52.14
24		8161	NATHALIA DE MELO TAVARES	2000		8:10.28	17:45.5	24:19.2	34:13.0	44:33.9	50:53.20	0:51:02.74
25		8102	SCARLET NOLASCO DE MELO SILVERIO LOPES	1994	ASSIST	9:48.41	19:38.1	26:10.8	35:34.0	45:27.2	51:53.30	0:52:41.46
26		8061	JOSINALVA OLIVEIRA SACRAMENTO DE LIMA	1967	ASSIST	9:44.75	19:34.3	26:14.3	35:42.8	45:33.5	51:59.89	0:52:52.36
27		8015	BEATRIZ HERDY MONTEIRO PEIXOTO SANTOS	1997	ASSIST	8:59.37	18:35.2	25:37.0	35:16.1	45:52.9	52:17.76	0:56:08.15
28		8132	EMILLY ROBERTA DA SILVA BELO	2004	EQUIPE VO2 MAXIMO	8:44.00	18:11.3	24:50.3	35:10.0	45:54.4	52:22.11	0:52:34.70
29	PMERJ	6005	FLAVIA DE CASTRO FREITAS BASTOS DONATILIO	1986	ASSIST	9:21.16	19:15.4	26:11.7	35:51.5	46:30.5	52:54.27	0:54:13.21
30		8075	MARCELA DE JESUS COCO	1976	ASSIST	9:04.97	25:37.9	46:21.1	35:36.9		53:08.37	0:53:18.39
31		8099	SABRINA DA SILVA FERREIRA SANTOS	1994	ASSIST	9:51.87	20:07.7	27:06.0	36:45.7		53:34.34	0:54:57.88
32		8210	SOLANGE CUNHA	1973	EZK TEAM	9:40.48	19:43.8	26:26.4	36:40.4	47:46.8	54:19.20	0:54:19.20
33		8176	SUELI SANTOS MAURICIO	1956	MAURICIO RUN	8:27.32	18:01.8	24:53.6	34:42.5	45:02.8	54:20.28	0:54:25.23
34		8085	NILENE PEIXOTO MACEDO BUENO	1960	ASSIST	9:32.86	19:28.7	26:03.1	36:14.8	53:34.6	54:24.27	0:54:50.68
35		8179	VILMA DE CARVALHO	1960	GUERREIRAS DO ASFALTO	8:55.55	19:00.8	25:42.8	38:42.5	47:44.7	54:40.51	0:54:53.30

36		8194	MAHANI RIBEIRO GOMES	1984		10:23.2	20:05.4	27:02.5	37:20.4	48:17.1	54:54.98	0:54:54.98
37		8084	NATALIA CECILIA GOMES DE BRITO	1991	ASSIST	9:42.39	20:12.8	27:42.6	38:02.7	48:27.0	55:19.63	0:56:21.84
<b>38</b>	<b>PMERJ</b>	<b>6064</b>	<b>CRISTIANE PEREIRA DOS SANTOS</b>	<b>1972</b>	<b>SKY ASSESSORIA ESPORTIVA</b>	<b>9:36.58</b>	<b>27:41.5</b>	<b>48:34.1</b>	<b>36:42.5</b>		<b>55:31.59</b>	<b>0:55:31.59</b>
<b>39</b>	<b>PMERJ</b>	<b>6047</b>	<b>KARINE CARDOSO DE LIMA</b>	<b>1988</b>	<b>KARINE</b>	<b>9:43.03</b>	<b>19:40.4</b>	<b>26:39.9</b>	<b>37:16.6</b>	<b>48:34.9</b>	<b>55:39.91</b>	<b>0:56:18.21</b>
40		8104	TATIANA MARTINS VIANA	1982	ASSIST	10:19.6	21:08.4	28:11.2	38:27.2	48:55.2	55:54.31	0:56:52.97
41		8007	ANA BEATRIZ MAMEDE FERREIRA	1992	ASSIST	8:57.57	18:48.5	25:42.2	36:27.0		56:10.71	0:59:36.64
42		8031	DANIELE DA SILVA BARBOSA	1982	ASSIST	9:30.04	26:53.7	49:10.8	38:42.3		56:17.10	0:56:17.10
43		8079	MARIA DALVA DE MESQUITA MARQUES	1972	ASSIST	10:06.5	20:18.8	27:11.0	38:14.2	49:23.7	56:18.24	0:56:28.45
44		8105	THAMYRES TEIXEIRA LESSA DE SENA	1993	ASSIST	9:35.98	20:17.4	27:34.0	38:25.7	49:24.1	56:18.97	0:56:50.53
45		8019	CAMILA CRISTINA DE SOUSA RAYMUNDO	1989	ASSIST	9:38.28	20:14.1	27:36.5	38:28.1		56:45.37	0:57:35.31
<b>46</b>	<b>PMERJ</b>	<b>6033</b>	<b>CLAUDIA HALL</b>	<b>1977</b>	<b>GAM</b>	<b>9:58.08</b>	<b>20:16.3</b>	<b>27:17.6</b>	<b>37:49.3</b>	<b>50:54.9</b>	<b>57:31.15</b>	<b>0:58:50.78</b>
47	PMERJ	6015	LUIZA SOUZA JACOVAZZO BARBOSA	1982	ASSIST		19:51.3	27:26.1		50:17.8	57:41.28	0:58:31.58
48		8036	DHINNE STOFEL DOMINGUES DA SILVEIRA	1981	ASSIST	9:29.43	20:25.8	28:13.8	39:02.8	1:35:30	58:33.40	0:58:53.23
49		8156	MARIA FERNANDA HALL RODRIGUES	2005	GAM	10:05.2	20:39.7	27:54.9	38:55.2	50:58.2	59:03.96	1:00:23.18
50		8154	MARCIA RODRIGUES DA SILVA	1960		10:45.3	21:15.8	29:33.8	40:31.2	52:03.2	59:53.08	1:01:21.29
51		8133	FERNANDA DA SILVA ALMEIDA	1987	SANCHES RUNNING	9:12.90	20:23.3	28:42.1	40:03.1	51:54.8	1:00:06.84	1:00:50.87
52		8130	EDUARDA NASCIMENTO DA SILVA	1998		10:34.9	22:03.9	29:22.7	39:25.8	53:35.8	1:00:54.73	1:03:13.83
53		8201	MICHELLE LUCAS PAULINO NEVES	1983		8:40.07	20:12.7	28:34.7	41:34.6	53:16.3	1:01:02.51	1:01:02.51
54		8065	LAYLLA GEOVANNA BORGES ALVARENGA	1998	ASSIST	12:30.6	22:25.1	29:58.3	42:03.8	53:55.9	1:01:46.50	1:01:46.50
55		8081	MARIELY MENAGUALI SILVA	1992	ASSIST	10:02.3	20:16.5	29:01.1	41:21.2	54:02.1	1:02:52.06	1:04:27.63
56		8211	STELLA NUNES PEREIRA	1993		10:24.8	28:52.9	54:07.2	13:21.1		1:03:04.74	1:03:04.74
57		8115	ALINE DA SILVA MACIEL	1991	ALEXANDRE CORREIA BARBOSA	10:32.4	21:30.5	30:23.8	42:45.3	54:52.5	1:03:22.28	1:04:08.93
58		8049	HENDRIKSIANNA DELMONDES CARIUZ	1975	ASSIST	10:34.8	29:33.4	55:12.4	39:36.9		1:03:25.93	1:03:49.94
59		8220	MARLENE SILVA	1966		21:52.5			42:57.9		1:04:13.72	1:04:13.72
60		8103	SHEILA SANTIAGO PEREIRA DO AMARAL	1975	ASSIST	10:32.0	30:45.9	56:38.9	43:35.1		1:04:40.93	1:04:59.04
61		8155	MARIA CELESTE FERREIRA ROSENHAYME	1949	MARCOS QUINTANILHA	10:50.8	22:13.8	30:39.8	42:21.0	55:59.8	1:05:46.79	1:07:22.24
62		8014	AYLLA YANA RODRIGUES MACEDO MARANHÃO DE OLIVEIRA	1988	ASSIST	11:23.6	31:23.7	58:13.8	44:26.8		1:06:37.32	1:06:57.71
63		8129	DULCINEIA LUCIANO	1952	PORTAO 17	11:06.0	23:22.7	31:56.6	45:01.6	59:03.1	1:08:04.28	1:08:08.59
64		8080	MARIA DEL CARMEN SERODIO BARROSO	1961	ASSIST	12:35.8	28:02.3	37:35.0	51:35.1	1:05:56	1:15:54.53	1:16:11.09
DNF		8097	ROSILEA TEIXEIRA DOS SANTOS NASCIMENTO	1985	ASSIST		29:23.5				Desqualificado	
DNF		8052	IVANA CARVALHO MARTINS	1985	ASSIST	11:15.1	24:23.6				Desqualificado	
DNF		8127	DENISE JESUS	1983		13:26.3	29:05.2				Desqualificado	
DNF		8008	ANA LUCIA RODRIGUES DOS SANTOS	1969	ASSIST		32:36.8				Desqualificado	
DNF		8039	EDILAINE DA COSTA	1990	ASSIST		23:34.4	31:50.2		56:31.1	Desqualificado	
DNF		8006	ALINE BARBOSA AVELAR DE SOUZA	1990	ASSIST		21:21.4	29:41.4		56:26.3	Desqualificado	
DNF		8209	SIMONE NAEGELE	1983		16:13.4	32:26.7				Desqualificado	
DNF		8088	RACHEL CARDOSO ALEXANDRE	1976	ASSIST						Desqualificado	
DNF		8158	MICHELE MOTTA CARDOZO DA ROCHA	1976			19:01.8	31:42.4		52:56.7	Desqualificado	