



# OFF ROAD RUN | 11ª EDIÇÃO | 12/11/2023

10K Feminino Categorias



## OPEN (20-29 anos)

Coloc.	Núm.	Nome	Sx.	Idd.	Equipe	Tempo	Líquido
1	1062	CRISCIELLY LOHANE SOARES DE SOUZA	F	27	NIKITI RUN CLUB	00:56:14	00:56:09
2	1130	JADE MYLENA DE OLIVEIRA MENDES	F	25		01:01:35	01:01:23
3	1120	ERICKA NENEU DA SILVA	F	21	INSTITUTO FERNANDA KELLER	01:01:50	01:01:25
4	1164	THAYNA FERREIRA SILVA	F	25		01:02:47	01:02:17
5	1098	ANA PAULA SOARES DE MENDONCA	F	29		01:07:45	01:07:06
6	1058	JASMINE DE MELLO FERRAZ	F	29	RAFINHA RUNNING	01:09:17	01:08:29
7	1042	ANA JULIA DE SOUZA XAVIER	F	22	RF SPORTS	01:11:00	01:10:18
8	1041	ALEXIA VIANNA GONCALVES	F	28	RF SPORTS	01:12:33	01:11:49
9	1111	CATHERINE BERANGER DE FARIAS MELLO	F	23		01:12:58	01:12:40
10	1147	MIRIAN ANNECHINE MARCAL	F	29		01:25:23	01:24:57

## ADULTO (30-39 anos)

Coloc.	Núm.	Nome	Sx.	Idd.	Equipe	Tempo	Líquido
1	1044	CAROLINA FERNANDES GUIMARAES	F	37	RF SPORTS	00:56:09	00:56:09
2	1154	RENATA APARECIDA DE OLIVEIRA NASCIMENTO	F	34	ANGRA RJ	01:00:49	01:00:30
3	1113	CHRISTIANE GOULART REIS	F	38	RUNNING FREE	01:02:01	01:00:53
4	1055	DANIEL BARBOSA MOREIRA	F	38	RAFINHA RUNNING	01:01:48	01:01:14
5	1031	CRISTIANE DE AZEVEDO OLIVEIRA RODRIGUES	F	37	EZK TEAM	01:05:00	01:04:32
6	1040	TAMARA DE SOUZA ZAO	F	31	EZK TEAM	01:05:00	01:04:41
7	1097	ALINE ANASTACIO	F	39		01:08:40	01:07:49
8	1166	VANESSA GOULART REIS	F	34	RUNNING FREE	01:11:08	01:10:03
9	1082	SUELLEN OLIVEIRA	F	35	FF SPORTS	01:16:17	01:15:23
10	1006	ALINE ALVARENGA DA ROCHA	F	38	TORRES TRAIL RUN	01:17:02	01:16:22
11	1107	BRUNA ERRUBIDART	F	33		01:18:25	01:17:39
12	1139	JULIANA RODRIGUES DE MOURA DE ALMEIDA	F	35	KRUELA BICICLANTO	01:19:46	01:19:00
13	1061	BARBARA DE ALCANTARA REY	F	30	NIKITI RUN CLUB	01:20:55	01:20:03
14	1152	RAQUEL SANTOS CORREA BOM	F	37	RUNNING FREE	01:21:49	01:21:08

## MASTER (40-49 anos)

Coloc.	Núm.	Nome	Sx.	Idd.	Equipe	Tempo	Líquido
1	1173	FERNANDA PIRES	F	41		00:53:03	00:52:52
2	1047	MARIANA MENEZES	F	42	RF SPORTS	00:56:42	00:56:34
3	1076	ALESSANDRA PORTO DOS SANTOS	F	42	MP RUN	01:00:45	01:00:13
4	1054	DILMA LOPES VELHO TEIXEIRA	F	46	RAFINHA RUNNING	01:03:23	01:03:20
5	1051	VANIA MIREYA MOYANO SALINAS TAVARES	F	47	RF SPORTS	01:05:20	01:05:10
6	1072	LILIANE PICANCO SIQUEIRA CAMPOS	F	47	RUN TEAM FISIOMASTER	01:05:33	01:05:23
7	1037	MICHELA ALVES DO ROSARIO PINTO	F	45	EZK TEAM	01:08:48	01:08:21
8	1039	SAMYA CHIEZA	F	42	EZK TEAM	01:10:08	01:09:32
9	1110	CAROLINA POMBO	F	49	CE3	01:13:52	01:13:14
10	1022	LUCIANA TAVARES PERDIGAO	F	48	TORRES TRAIL RUN	01:17:02	01:16:20
11	1080	MARIA FERNANDA DE MEDEIROS GUILHERME	F	42	FF SPORTS	01:19:32	01:18:57
12	1011	CRISTIANE DE ARAUJO ESTEVAO	F	44	TORRES TRAIL RUN	01:20:33	01:19:52
13	1026	TEREZA RAQUEL M FAGUNDES	F	46	TORRES TRAIL RUN	01:21:39	01:21:14
14	1067	HELLEN CRISTINA DE FREITAS AZEVEDO	F	46	GUARDA MUNICIPAL DE NITEROI	01:27:43	01:26:53
15	1077	PATRICIA FONTOURA DE CARVALHO	F	43	MP RUN	01:31:14	01:30:41
16	1175	TATIANY MARIA DA SILVA OLIVEIRA	F	41	EZK TEAM	01:32:09	01:31:41

**SENIOR (50-59 anos)**

Coloc.	Núm.	Nome	Sx.	Idd.	Equipe	Tempo	Líquido
1	1142	LINDALRA SALES DA CUNHA	F	53	GUARDA MUNICIPAL	01:05:39	01:05:29
2	1009	BIANCA DE OLIVEIRA ZANOTTA	F	59	TORRES TRAIL RUN	01:06:46	01:06:04
3	1032	ADRIANA ROSADO	F	57	EZK TEAM	01:07:31	01:07:13
4	1075	MARIA EMILIA NIEMEYER	F	51	RUN TEAM FISIOMASTER	01:07:36	01:07:17
5	1029	ANA CLAUDIA DA SILVA FERNANDES SOUZA	F	51	EZK TEAM	01:09:27	01:08:51
6	1010	CRISTIANE DA SILVA DE M PINTO	F	53	TORRES TRAIL RUN	01:11:06	01:10:23
7	1038	ERIKA DE OLIVEIRA ALVES	F	53	EZK TEAM	01:11:03	01:10:52
8	1007	ANA MARIA ALVES F NUNES	F	54	TORRES TRAIL RUN	01:12:32	01:11:46
9	1078	ELIZETE DOS SANTOS ASSUNCAO NASCIMENTO	F	53	VO2MAXIMO	01:16:20	01:15:22
10	1178	DORI SOUTO	F	52	MP RUN	01:18:51	01:18:28
11	1008	ANDREIA SILVARES NANJI	F	53	TORRES TRAIL RUN	01:20:32	01:19:52
12	1179	SIMONE TANIKAWA	F	56	W FIBRA TELECOM	01:22:11	01:21:43
13	1086	LUCIANA DE MELLO LEITAO	F	50	RUNNERS OLD SCHOOL	01:22:56	01:22:31
14	1089	ANDREA BERTOLDI PEREIRA	F	53	GRUPO BRABOS E LOUCOS	01:24:45	01:24:32
15	1145	MARCIA EMMERICK DE SOUZA GUIMARAES	F	51	MARCIA EMMERICK	01:37:55	01:37:01
16	1128	ILMA DIAS DE MELO SILVA	F	59		01:38:14	01:37:09
-	1148	PATRICIA DE BARCELOS CUNHA TRANCOSO	F	50	AMIGAS QUE A CORRIDA ME DEU		OUTSIDE TIME LIMIT

**GRAND SENIOR (acima de 59 anos)**

Coloc.	Núm.	Nome	Sx.	Idd.	Equipe	Tempo	Líquido
1	1059	MARIA CRISTINA RIBEIRO DE MELLO	F	63	RAFINHA RUNNING	01:11:27	01:10:40
2	1015	HELENA REGINA M DE FREITAS	F	68	TORRES TRAIL RUN	01:13:34	01:12:49
3	1115	CLEUSA RIBEIRO DOS SANTOS	F	68		01:25:39	01:25:15
4	1121	FATIMA SEABRA ESCANHO	F	64		01:34:50	01:33:57
5	1129	ISABEL CRISTINA FONSECA DA CRUZ	F	64	TREINO A 2	01:37:55	01:37:01