



Corrida e Caminhada GAM Fênix | 3ª edição
24/03/2024 | Niterói - RJ
8K Feminino Geral



Coloc. Geral	Coloc. Grupo	PMERJ	Núm.	Atleta	Nasc.	Equipe	Parcial 1,5K	Parcial 3,0K	Parcial 4,0K	Parcial 5,5K	Parcial 7,0K	Tempo Bruto	Tempo Líquido
1	1		8037	LAURA MANUELA ESPINOSA MORALES	1999	ASSIST	5'23,34 (1)	10'53,23 (1)	14'45,46 (1)	20'15,63 (1)	25'53,11 (1)	0h29'36,63	29'36,63
2	2		8111	CRISTIANE DIAS PONTES DA SILVA	1974	MQ ASSESSORIA ESPORTIVA	6'04,12 (2)	12'27,97 (2)	17'03,68 (2)	23'37,62 (2)	30'41,82 (2)	0h35'26,65	35'26,65
3	3		8080	ROBERTA GASPAS DAQUINO	1995	EZK TEAM	6'30,87 (6)	13'17,22 (3,+1)	17'50,18 (3)	24'37,13 (4,+2)	31'28,84 (3)	0h35'46,90	35'46,90
4	4		8107	CAMILA VIEIRA CHAIM	1985	RAFINHA RUNNING	6'30,60 (5)	13'18,22 (4,-1)	17'50,45 (4)	24'34,64 (3,+2)	31'29,07 (4)	0h35'55,15	35'55,15
5	5		8150	CINTIA VALLADAO	1982		6'28,60 (4)	13'30,71 (5)	18'18,94 (5)	25'25,91 (5,-1)	32'44,31 (5)	0h37'26,16	37'26,16
6	6		8075	ISABELE CARNEIRO	1976	EZK TEAM	6'45,73 (7)	13'45,35 (6)	18'43,55 (6)	25'45,77 (6,+1)	32'58,19 (6)	0h38'00,41	37'58,29
7	7		8192	ISADORA FAJARDO	1992		6'22,00 (3)	14'24,83 (7)	19'30,05 (7)	26'49,29 (7,-4)	34'19,41 (7)	0h39'22,16	39'20,78
8	8		8039	LEILA LAIZE PEREIRA DE ALMEIDA DOS SANTOS	1989	ASSIST	7'06,55 (8)	14'46,37 (9,-1)	20'06,58 (8,+1)	27'33,05 (8)	35'00,20 (8)	0h40'38,91	40'06,83
9	9		8074	RAPHAELA ROCHA PIMENTEL	1980	EZK TEAM	7'11,76 (9)	14'43,87 (8,+1)	20'19,06 (9,-1)	27'53,29 (9)	35'34,21 (9)	0h41'00,91	40'59,82
10	10		8135	IEDA LOPES SALES	1978	MQ ASSESSORIA ESPORTIVA	7'14,60 (10)	14'55,20 (10)	20'22,66 (10)	28'14,39 (10)	36'09,78 (10)	0h41'25,91	41'25,91
11	11		8157	MARIA ENI LOPES SALES	1975	MQ ASSESSORIA ESPORTIVA	7'16,98 (11)	15'07,33 (11)	20'40,52 (11)	28'37,01 (11)	36'45,39 (11)	0h42'13,91	42'12,28
12	12		8124	FERNANDA WIONOSCKY FARIA	1991	AMD	7'23,49 (12)	15'25,34 (12)	20'55,55 (12)	29'10,54 (12)	37'47,40 (12)	0h44'07,68	43'16,33
13	13		8003	ALEXIA RAMIRO NASCIMENTO	2000	ASSIST	7'41,26 (16)	16'03,34 (13)	21'44,05 (13)	29'49,80 (13,+3)	38'17,41 (13)	0h43'50,42	43'47,33
14	14		8120	FABRICIA ROMERO SOUZA	1986	E_PERSONAL_OFICIAL	8'04,78 (19)	16'25,36 (15,+1)	22'40,07 (16,-1)	31'21,31 (16,+3)	40'15,42 (15,+1)	0h46'35,42	46'05,58
15	15		8114	DANIELLE MATTAR	1969	FISIOMASTER	8'18,32 (20)	17'00,88 (21,-3)	23'06,31 (19,+2)	31'37,10 (18,+2)	40'18,67 (16,+3)	0h47'53,17	46'14,36
16	16		8190	VERA LUCIA LESSA MARTINS CAETANO	1958		7'39,35 (14)	16'09,21 (14)	22'18,16 (14)	30'56,14 (14)	40'04,77 (14)	0h46'23,16	46'23,16
17	17		8100	ANDREA FLORO	1975	QUARTETO FANTASTICO	7'55,96 (18)	16'34,29 (16,-1)	22'39,51 (15,+1)	31'19,26 (15,+3)	40'30,86 (17,-2)	0h46'42,67	46'34,78
18	18		8154	MARCIA RODRIGUES DA SILVA	1960		8'28,30 (26)	17'14,34 (23,-2)	23'29,29 (23)	32'08,06 (21,+5)	41'07,64 (20,+3)	0h47'42,42	47'15,58
19	19		8144	LUANA LAURENTINO DE LIMA	1990		7'29,78 (13)	16'35,34 (17)	22'47,32 (17)	31'32,80 (17,-4)	40'40,65 (18,-1)	0h47'30,67	47'26,82
20	20		8134	HILLIA MACHADO	1979	NRC	8'21,25 (22)	17'11,30 (22,-3)	23'19,01 (21,+1)	32'07,02 (19,+3)	41'18,11 (21)	0h47'44,92	47'39,53
21	21		8021	FLAVIA FREITAS SILVA	1992	ASSIST	7'51,28 (17)	16'53,59 (19,+1)	23'17,03 (20,-1)	32'07,31 (20,-3)	41'42,13 (22,-2)	0h48'16,42	47'49,57
22	1	PMERJ	6007	KARYTA ALINE PINNA DE JESUZ	1984	ASSIST	8'02,57 (1)	16'41,36 (1)	22'54,82 (1)	31'50,81 (1)	41'25,17 (1)	0h48'24,17	47'49,84
23	22		8089	AMANDA NUNES DO COUTO MOZER	1992	SANCHES RUNNING	8'36,59 (29)	17'24,93 (24)	23'39,38 (24)	32'59,40 (24,+5)	42'28,47 (25,-1)	0h48'29,92	48'29,92
24	23		8063	SIMONE CRISTINA DE CARVALHO GRANGEIRO	1972	ASSIST	8'27,94 (25)	17'29,53 (25,-2)	24'01,23 (25)	32'57,26 (23,+2)	42'11,08 (23,+2)	0h48'51,17	48'33,03
25	24		8001	ALESSANDRA OLIVEIRA DA SILVA	1980	ASSIST	8'30,25 (27)	17'41,33 (26,-4)	24'17,77 (26)	32'49,84 (22,+5)	42'14,88 (24,+2)	0h49'43,93	48'41,57
26	25		8019	FERNANDA GOMES DE OLIVEIRA DA SILVA	1985	ASSIST	7'40,74 (15)	16'50,59 (18,+7)	23'25,07 (22,-4)	33'05,31 (25,-10)	43'17,12 (27,-5)	0h49'37,92	49'30,08
27	26		8064	TATIANA MARTINS VIANA	1982	ASSIST	9'05,23 (33)	18'37,07 (31,-4)	25'12,75 (30,+1)	34'01,54 (27,+6)	43'11,35 (26,+4)	0h49'46,92	49'30,56
28	27		8108	CARLA GRACIELY DA SILVA COSTA	1980		8'32,01 (28)	17'44,60 (27,-1)	24'27,78 (27)	33'35,32 (26,+2)	43'23,62 (28,-1)	0h50'49,18	49'55,09
29	28		8097	ALEXANDRA DE OLIVEIRA BAPTISTA	1971	TURMA DO CAMPO DE SAO BENTO	8'21,96 (23)	17'48,52 (28)	24'32,48 (28)	34'09,79 (28,-5)	44'06,81 (29,-1)	0h50'54,93	50'49,52
30	29		8051	NILENE PEIXOTO MACEDO BUENO	1960	ASSIST	9'15,74 (36)	18'54,30 (37,-7)	25'27,00 (31,+6)	34'43,80 (30,+6)	44'24,84 (30,+1)	0h51'33,68	50'57,57
31	30		8117	EGUIOMAR FRANCISCO DAS CHAGAS	1963		8'22,20 (24)	17'58,02 (29)	24'35,47 (29)	34'33,25 (29,-5)	44'55,80 (31,-2)	0h52'03,68	52'02,52
32	31		8162	NICOLE VALLEJO CORREA DOS SANTOS	1993		9'39,00 (40)	18'44,34 (33)	25'30,28 (32,+1)	35'30,60 (33,+7)	45'48,38 (34,-2)	0h53'24,70	52'40,36
33	32		8029	ISABEL CRISTINA MORAIS DOS SANTOS	1989	ASSIST	9'16,56 (37)	18'44,57 (35,-1)	25'32,51 (33,+2)	35'31,55 (34,+3)	45'51,35 (35,-2)	0h53'24,68	52'43,33
34	33		8083	MARIA ZELANDIA CARDOSO DA SILVA	1965	GUARDA MUNICIPAL DE NITEROI	8'51,49 (30)	18'46,56 (36,-4)	25'42,77 (34,+2)	35'26,80 (32,-2)	45'44,37 (33,+1)	0h53'17,93	53'06,58
35	34		8167	RAI LIRA	1968	GUERREIRAS DO ASFALTO	8'55,30 (31)	18'30,59 (30,+5)	25'52,28 (36,-6)	35'37,82 (35,-4)	45'58,36 (36)	0h53'21,43	53'15,60
36	35		8052	PAOLLA AMORIM MALHEIROS DULFE	1988	ASSIST	9'55,00 (45)	18'39,00 (32,+4)	26'01,00 (37,-5)	35'45,00 (36,+9)	46'03,00 (37)	0h53'16,43	53'16,43
37	36		8078	MARIANA CRUZ	1972	EZK TEAM	10'06,00 (47)	20'48,54 (48,-5)	27'44,24 (44,+4)	37'39,32 (43,+4)	46'42,00 (38,+6)	0h55'04,69	54'17,34
38	37		8077	MARIA LUIZA CABRAL	2008	EZK TEAM	10'07,25 (49)	20'48,54 (48,-6)	27'44,50 (45,+3)	37'38,81 (42,+7)	46'44,00 (39,+6)	0h55'04,44	54'17,83
39	38		8113	DANIELLE FARIA DE ALMEIDA	1981		9'15,14 (35)	19'03,68 (38,-1)	26'09,87 (38)	36'26,16 (37,-2)	46'58,44 (40,-2)	0h54'23,93	54'23,93
40	39		8069	THIARA SILVA REIS DE OLIVEIRA	1987	ASSIST	9'35,00 (39)	19'29,00 (41,-2)	26'54,00 (40,+1)	36'59,00 (39)	47'12,00 (41,-1)	0h54'50,94	54'50,94

41	40	8028	INES RODRIGUES PINHEIRO	1970	ASSIST	9'19,32 (38)	19'16,59 (40,-2)	26'28,28 (39,+1)	36'46,09 (38)	47'46,00 (43,-4)	0h55'54,43	54'58,86
42	41	8181	VILMA DE CARVALHO	1960		10'52,47 (56)	20'35,78 (45,-4)	27'37,22 (42,+3)	37'30,29 (41,+15)	47'30,00 (42)	0h55'16,70	55'04,32
43	42	8048	MARIELY MENAGUALI SILVA	1992	ASSIST	9'56,48 (46)	20'22,54 (44)	27'42,24 (43,+1)	38'15,54 (44,+2)	49'15,00 (44,-1)	0h56'59,19	56'45,81
44	43	8087	SIRLEA GARCIA ANTONIO	1966	GUARDA MUNICIPAL DE NITEROI	9'41,76 (41)	20'40,05 (46)	28'27,99 (48,-2)	38'55,56 (46,-5)	49'55,00 (45,+3)	0h56'58,75	56'54,15
45	44	8174	STEPHANIE CALDEIRA DOS REIS	1994		9'53,27 (44)	20'49,80 (50,-2)	29'34,48 (50)	39'39,32 (48,-4)	50'39,00 (47,+3)	0h58'40,44	57'24,59
46	45	8017	EDILAINE DA COSTA	1990	ASSIST	10'06,08 (48)	20'48,08 (47)	28'16,01 (47)	39'02,60 (47,+1)	50'02,00 (46,+1)	0h58'44,70	57'40,63
47	46	8026	HENDRIKSIANNA DELMONDES CARIUZ	1975	ASSIST	10'17,29 (50)	21'22,53 (51,-2)	29'31,21 (49,+2)	41'23,31 (49,+1)	53'23 (48,+1)	1h01'37,71	1h01'02,84
48	47	8015	DAYLANE RODRIGUES DE AZEVEDO VELASCO	1982	ASSIST	10'24,76 (51)	21'46,04 (52,-2)	29'42,22 (51,+1)	41'47,08 (50,+1)	1h01'35,53 (49,+2)	1h03'03,71	1h02'09,11
49	48	8084	MARLENE SILVA	1966	GUARDA MUNICIPAL DE NITEROI	10'31,31 (54)	22'04,28 (53,-2)	30'31,73 (52,+1)	41'59,00 (51,+3)	1h01'36,45 (50,+2)	1h03'37,45	1h02'43,09
50	49	8088	SONIA MARIA DA COSTA	1956	GUARDA MUNICIPAL DE NITEROI	11'12,12 (59)	23'11,89 (56,-4)	31'12,57 (53,+3)	43'35,93 (52,+7)	1h02'31,82 (56,-3)	1h04'17,70	1h04'17,70
51	50	8004	ANA BEATRIZ MAMEDE FERREIRA	1992	ASSIST	10'45,00 (55)	24'16,38 (58,-5)	35'11,29 (56,+2)	44'20,00 (53,+2)	1h01'49,00 (53,+3)	1h05'15,71	1h05'15,71
52	51	8090	CARLA CAROLINA MOURA SANTOS	1978	SANCHES RUNNING	10'56,74 (58)	24'39,51 (59,-5)	32'52,21 (54,+5)	46'05,58 (54,+4)	1h01'36,81 (51,+3)	1h09'21,47	1h08'24,37
53	52	8047	MARIA DEL CARMEN SERODIO BARROSO	1961	ASSIST	12'18,49 (60)	25'25,00 (60,-5)	34'28,45 (55,+5)	47'17,32 (55,+5)	1h02'26,55 (55)	1h11'01,47	1h10'53,85
<i>DNF</i>		8061	RENATA MARTINS RODRIGUES	1983	ASSIST	9'47,29 (42)	19'36,07 (42)	1h01'54,08 (58,-16)				
<i>DNF</i>		8185	ANGELA REGO MONTEIRO DA LUZ MARTINS	1985		10'30,26 (53)	22'30,76 (54)	1h01'43,26 (57,-3)				
<i>DNF</i>		8036	LARISSA JENIFFER SOUSA SILVA	1993	ASSIST	10'29,09 (52)	22'46,82 (55)					
<i>DNF</i>		8056	RACHEL CARDOSO ALEXANDRE	1976	ASSIST	10'52,77 (57)	23'31,26 (57)					
<i>DNF</i>		8049	MIRIAN RANGEL VELASCO	1963	ASSIST	8'20,30 (21)	16'55,60 (20)	22'53,79 (18,+2)		40'44,66 (19,-1)		