



**Corrida e Caminhada GAM Fênix | 3ª edição**  
**24/03/2024 | Niterói - RJ**  
**8K Masculino Categorias**



**JUNIOR [15-19 anos]**

Coloc. Categ.	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		8132	HERBERT ROSSI SANTOS	2007		7'15,00 (2)	14'30,59 (1)	19'51,55 (1)	27'44,00 (1,+1)	35'24,92 (1)	0h41'25,17	40'41,82
2		8106	CAIO LUIS DE ALMEIDA ESPINOLA	2009		5'59,28 (1)	15'05,85 (2)	23'33,28 (2)	35'39,06 (2,-1)	46'38,09 (2)	0h54'16,68	54'03,58

**OPEN [20-29 anos]**

Coloc. Categ.	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		8193	JOAO LUCAS DE SOUZA VICENTE	1996		5'47,08 (2)	12'12,97 (2)	16'31,44 (2)	22'42,13 (2)	29'11,58 (1,+1)	0h33'24,89	33'24,89
2		8175	SYLLAS CARDOSO DE BRITO	1996	SB FISIO	5'30,83 (1)	11'43,24 (1)	16'07,71 (1)	22'36,38 (1)	29'12,34 (2,-1)	0h33'37,96	33'37,96
3		8152	LUIZ MATHEUS DE CASTRO OLIVEIRA	2001		6'06,73 (3)	12'32,11 (3)	17'05,08 (3)	23'45,51 (3)	30'35,21 (3)	0h35'24,36	35'21,99
4		8140	JOAO GUILHERME ITABORAI	1996		6'24,49 (5)	13'02,61 (5,-1)	17'37,58 (4,+1)	24'06,28 (4,+1)	30'51,22 (4)	0h36'35,67	35'22,83
5		8096	WILLIAN SANCHES NOGUEIRA DE GOES JUNIOR	1996	SANCHES RUNNING	6'09,23 (4)	13'01,85 (4,+1)	17'49,81 (5,-1)	24'33,06 (5,-1)	31'32,46 (5)	0h36'09,15	36'09,03
6		8007	BRENO DA SILVA FELIZARDO	1998	ASSIST	7'32,52 (7)	14'59,85 (6)	20'17,81 (6)	27'50,79 (6,+1)	35'15,18 (6)	0h41'23,16	40'03,56
7		8158	MATHEUS DOS SANTOS REIS	1997		7'28,25 (6)	16'17,32 (7)	22'57,52 (7)	32'02,54 (7,-1)	41'37,12 (7)	0h47'59,17	47'53,81
8		8145	LUCAS A BELCHIOR	1999		10'24,25 (10)	19'36,79 (9)	25'31,98 (9)	34'10,79 (9,+1)	42'37,84 (8,+1)	0h49'15,43	48'17,55
9		8186	IAHN IGEL SODRE	2001		8'56,00 (8)	18'44,09 (8)	24'52,51 (8)	33'49,31 (8)	43'25,61 (9,-1)	0h50'07,68	49'39,08
10		8027	IGOR DE CARVALHO GRANGEIRO	1998	ASSIST	10'13,54 (9)	19'49,31 (10)	26'19,27 (10)	35'12,08 (10,-1)	45'13,58 (10)	0h53'36,18	52'56,09
11		8122	FABRIZIO RODRIGUES ALMEIDA	2002		10'34,29 (11)	22'53,75 (11)	31'52,17 (11)	44'10 (11)	1h01'45,40 (11)	1h05'30,71	1h04'43,83

**ADULTO [30-39 anos]**

Coloc. Categ.	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		8024	GUILHERME VELASCO DE OLIVEIRA	1988	ASSIST	5'31,23 (1)	11'30,11 (1)	15'42,82 (1)	21'35,52 (1)	27'43,22 (1)	0h32'06,89	32'06,26
2		8131	HELOIR DA COSTA ALBERTO	1991		6'26,04 (6)	12'58,63 (4,-2)	17'32,84 (2,+2)	24'13,04 (2,+4)	31'15,97 (2)	0h35'49,89	35'39,55
3	PMERJ	6042	GEFERSON SANTOS MATOS	1989		5'50,77 (2)	12'29,63 (2,+2)	17'33,84 (3,-1)	24'31,04 (4,-2)	31'38,23 (3)	0h36'18,40	36'17,81
4		8166	RAFAEL RAMOS PINTO	1988	FAIXA PRETA RUNNING	5'58,34 (3)	12'45,22 (3)	17'37,18 (4,-1)	24'29,88 (3)	31'44,81 (4)	0h36'23,40	36'23,40
5		8022	GABRIEL GONCALVES WEBER	1988	ASSIST	6'24,26 (5)	13'21,61 (6,+1)	18'19,10 (7,-1)	25'05,04 (7,-2)	32'12,96 (7)	0h37'11,75	36'48,15
6		8183	WESLEY DE MORAIS GIOBINI	1992		6'28,27 (8)	13'22,85 (7,-2)	18'13,31 (6,+1)	24'57,02 (5,+3)	32'09,94 (6)	0h36'53,66	36'49,29
7		8032	JOAO SILVA DE JESUS	1985	ASSIST	6'28,75 (9)	13'18,38 (5,+1)	18'12,33 (5)	25'01,05 (6,+3)	32'08,22 (5)	0h37'15,65	37'03,06
8		8110	CARLOS EDUARDO DALVI DE SOUZA	1986		6'47,51 (11)	13'35,88 (10,-2)	18'38,09 (8,+2)	25'41,55 (8,+3)	33'04,22 (8)	0h38'11,67	37'55,59
9	PMERJ	6024	RENATO OLIVEIRA BAIMA	1987	SANCHES RUNNING	6'15,84 (4)	13'27,71 (8,+2)	18'40,17 (11,-3)	26'03,89 (10,-6)	33'26,30 (9,+2)	0h38'17,90	38'17,90
10	PMERJ	6034	ARTHUR MUNIZ DO NASCIMENTO	1987		6'54,75 (12)	13'37,64 (11,-2)	18'39,33 (10,+1)	25'52,57 (9,+3)	33'44,46 (11,-1)	0h39'34,43	38'43,34
11		8092	FILIPPE LOUBACK NICOLAU	1989	SANCHES RUNNING	6'59,00 (15)	14'09,60 (13,-1)	19'10,80 (12,+1)	26'24,28 (12,+3)	34'01,43 (12)	0h39'30,91	38'46,30
12		8091	CASSIANO DE OLIVEIRA HOTT	1994	SANCHES RUNNING	6'27,25 (7)	13'30,62 (9,+2)	18'38,32 (9)	26'15,05 (11,-4)	33'42,45 (10,-1)	0h39'27,17	38'59,58
13		8011	CELSO MARTINS DOS SANTOS	1991	ASSIST	6'57,25 (13)	14'10,61 (14,-1)	19'21,58 (13,+1)	26'33,80 (13)	34'11,70 (13)	0h39'25,40	39'05,06
14	PMERJ	6031	ANDRE AMIM MEIRA	1985	GAM	7'19,10 (18)	14'29,22 (15,-1)	19'29,69 (15)	26'43,18 (14,+4)	34'35,56 (14,+1)	0h39'34,40	39'34,40
15		8116	EDSON HENRIQUEL ALMEIDA	1991	CBPMERJ	7'16,97 (16)	14'51,07 (17,-1)	20'04,03 (16,+1)	27'30,76 (16)	35'23,65 (15,+1)	0h41'10,41	40'19,78
16	PMERJ	6026	ADRIANO LOPES DA SILVA	1986	FAIXA PRETA	6'29,60 (10)	13'51,46 (12,+3)	19'26,92 (14,-2)	27'27,13 (15,-5)	35'45,03 (16,-2)	0h41'05,41	41'05,41
17	PMERJ	6068	WEPLISON SILVA MENDES	1989		8'04,04 (26)	15'50,36 (23,-4)	21'18,56 (21,+2)	28'55,07 (19,+7)	36'46,18 (18,+3)	0h43'11,17	42'27,84
18		8031	JEFFERSON FLORENTINO SOBRINHO	1986	ASSIST	7'59,53 (24)	15'32,37 (19,-2)	20'56,83 (18,+1)	28'39,31 (17,+7)	36'45,95 (17,+1)	0h43'06,42	42'35,60
19	PMERJ	6049	JULIO DE ARAUJO PEREIRA	1993		7'18,53 (17)	15'32,63 (20,+5)	21'45,33 (23,-3)	31'01,65 (25,-8)	41'14,66 (25,-2)	0h43'19,91	43'00,33
20	PMERJ	6070	WILSON OLIVEIRA PINTO	1985	GUARDIAS OF THE RACE	8'21,78 (28)	17'00,61 (28,-5)	22'26,32 (25,+3)	30'07,12 (23,+5)	37'34,44 (20,+5)	0h44'07,69	43'03,62

21		8182	WAGNER DOS SANTOS PINTO	1986	EQUIPE CAVEIRA RUNNING	7'27,09 (19)	15'38,62 (21)	21'25,59 (22,-1)	29'38,63 (21,-2)	37'57,44 (21,+1)	0h47'07,42	43'10,37
22		8099	ANDRE LUIZ DOS REIS	1991		6'58,01 (14)	14'46,10 (16,+2)	20'24,32 (17,-1)	28'48,79 (18,-4)	37'24,67 (19,-2)	0h43'22,69	43'20,10
23	PMERJ	6041	FELIPE GONZALEZ VIEIRA	1992		7'42,06 (22)	15'39,35 (22)	21'18,06 (20,+2)	29'46,09 (22)	38'09,43 (22,-2)	0h45'03,43	43'40,10
24		8009	CARLOS WILSON CARVALHO DE OLIVEIRA	1990	ASSIST	7'40,76 (21)	16'12,35 (24)	22'02,55 (24)	30'11,86 (24,-3)	38'33,41 (24)	0h44'06,44	43'45,60
25		8112	DANIEL MESQUITA BORDALO DA COSTA	1987		7'39,11 (20)	15'27,61 (18,+2)	21'12,82 (19,-1)	29'34,57 (20)	38'30,93 (23,-4)	0h45'30,67	44'13,60
26	PMERJ	6044	GUILHERME MESQUITA CODECO	1986		8'31,99 (29)	17'32,81 (30,-3)	23'48,24 (28,+2)	33'09,05 (27,+2)	43'06,59 (26,+2)	0h50'47,94	49'52,81
27		8062	RODRIGO DOS SANTOS CASTRO	1989	ASSIST	8'01,77 (25)	16'29,09 (26)	23'33,26 (27,-1)	33'02,05 (26,-1)	43'30,36 (27)	0h51'49,43	51'00,31
28	PMERJ	6054	MARCELO LEONARDO FERREIRA LOPES	1990		8'55,78 (34)	19'11,84 (35,-6)	26'03,77 (33,+2)	35'04,55 (29,+5)	44'42,35 (28,+5)	0h52'05,93	51'48,57
29		8121	FABRICIO RAMOS BENEVENUTO	1985		8'43,33 (31)	18'22,09 (32,-2)	25'13,28 (30,+2)	35'12,07 (30,+1)	45'40,11 (30)	0h53'20,68	52'30,60
30		8191	THIAGO NASCIMENTO DE LIRA	1985		9'41,06 (38)	19'43,59 (37,-3)	26'41,02 (35,+2)	35'59,82 (34,+4)	45'59,13 (33,+2)	0h53'27,68	52'40,10
31	PMERJ	6021	THIAGO DOS SANTOS PEREIRA	1985	ASSIST	9'13,50 (36)	19'14,53 (36,-3)	26'04,73 (34,+2)	35'40,78 (33,+3)	45'58,81 (32,+2)	0h53'37,93	52'47,80
32		8161	MURILO LIMA CARVALHO DA FONSECA	1993		9'09,77 (35)	18'57,58 (34,-3)	25'34,56 (31,+3)	35'15,57 (31,+4)	46'14,86 (34,-3)	0h53'32,18	53'16,60
33	PMERJ	6058	NILDSON LOPES DE OLIVEIRA	1987	MARCO QUINTANILHA	8'44,82 (32)	18'32,33 (33,-1)	46'20,85 (40,-7)	35'30,29 (32)	45'57,00 (31,+9)	0h53'55,68	53'44,32
34		8060	RENAN RIMON PALMEIRA DE ARAUJO	1986	ASSIST	7'44,73 (23)	16'14,57 (25,+3)	22'54,02 (26,-1)	34'22,03 (28,-5)	45'34,08 (29,-3)	0h54'06,18	53'46,31
35	PMERJ	6011	MARCUS VINICIUS DA SILVA PAVAO	1988	ASSIST	9'42,99 (39)	19'59,28 (38,-2)	27'08,98 (36,+2)	37'19,79 (36,+3)	47'19,00 (35,+1)	0h56'17,43	55'29,31
36		8104	BRUNO MARQUES REIS	1994	NAO TEM NINGUEM	17'02,91 (41)	25'49,37 (41,-3)	33'07,32 (39,+2)	41'53,19 (38,+3)	52'53,00 (37,+2)	0h57'43,45	57'43,45
37		8153	MANUEL RAFAEL DA SILVA	1987		9'37,37 (37)	21'30,17 (39,-2)	29'44,59 (37,+2)	41'48,93 (37)	52'48,00 (36,+1)	0h59'12,19	59'12,19
38	PMERJ	6025	THIAGO SILVA DE ALMEIDA	1986	SANCHES RUNNING	10'57,00 (40)	24'40,74 (40)	32'51,92 (38,+2)	46'06,81 (40)	1h01'36,82 (40,-2)	1h09'22,22	1h08'25,09
DNF		8071	VICTOR HUGO RIBEIRO DA SILVA	1992	ASSIST	8'38,04 (30)	16'48,62 (27)					

**MASTER [40-49 anos]**

Coloc. Categ.	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		8059	REGINALDO COUTINHO LUCAS JUNIOR	1982	ASSIST	5'58,23 (1)	12'15,13 (1)	16'30,60 (1)	22'37,02 (1)	28'57,23 (1)	0h33'08,14	33'06,29
2		8040	LEONARDO CAMPOS ALVES	1975	ASSIST	6'13,06 (2)	12'49,64 (2)	17'38,11 (2)	24'24,33 (2)	31'26,24 (2)	0h36'10,90	35'58,08
3		8187	JACOB SANTOS MARTINS	1984		6'13,76 (3)	13'05,34 (3)	17'45,55 (3)	24'48,76 (3)	32'06,18 (3)	0h37'00,16	36'49,04
4	PMERJ	6003	FABIO BRASIL DA ROCHA DA GRACA	1980	ASSIST	7'00,05 (14)	14'12,88 (12,-3)	19'03,09 (10,+2)	25'51,56 (9,+5)	32'46,72 (7,+3)	0h37'29,90	37'16,32
5	PMERJ	6028	ALESSANDRO EVANGELISTA CARVALHO	1976	PROJETO SAUDE	6'14,00 (4)	13'13,12 (6,-1)	18'10,33 (5,+1)	25'17,55 (5,-1)	32'36,72 (5)	0h37'24,91	37'17,82
6		8035	LAILSON BIZERRA DOS SANTOS	1982	ASSIST	6'27,27 (7)	13'09,38 (5,-1)	17'54,83 (4,+1)	24'59,05 (4,+3)	32'39,96 (6,-2)	0h38'02,42	37'27,33
7	PMERJ	6027	ALAN RODRIGUES NEVES	1980	MARCOS QUINTANILHA	6'14,22 (5)	13'05,86 (4,+2)	18'26,06 (6,-2)	25'21,28 (6,-1)	32'36,19 (4,+2)	0h37'34,41	37'30,05
8		8176	TIAGO WANDERLEY FRANCA	1984	E_PERSONAL_OFICIAL	6'36,99 (9)	13'38,37 (7)	18'31,08 (7)	25'36,05 (7,+2)	33'02,21 (8,-1)	0h38'29,67	38'00,08
9		8018	EDSON OLIVEIRA DE SANTANA	1980	ASSIST	6'33,38 (8)	13'40,72 (8,+2)	18'51,92 (9,-1)	25'59,42 (10,-2)	33'29,80 (10,-1)	0h38'28,40	38'28,40
10	PMERJ	6045	GUSTAVO DE LIMA SOBRINHO DA MOTTA PINTO	1981	IRMANDADE - FAIXA PRETA	6'15,97 (6)	13'52,34 (10,+1)	19'16,80 (11,-1)	26'33,76 (11,-5)	34'12,93 (11)	0h39'30,17	39'08,55
11		8065	THIAGO CARDOSO CHAGAS	1984	ASSIST	7'10,26 (16)	14'43,87 (16,-3)	20'04,58 (16)	27'23,31 (13,+3)	34'57,95 (13,+3)	0h40'36,37	39'59,79
12		8053	PAULO ALCEU VIANA GOMES PINTO	1980	ASSIST	7'00,50 (15)	14'08,35 (11,+1)	19'19,06 (12,-1)	26'49,05 (12,+3)	34'40,93 (12)	0h40'44,42	40'03,07
13		8012	CESAR AUGUSTUS DE OLIVEIRA FONSECA	1982	ASSIST	7'15,51 (17)	14'31,10 (15)	19'50,31 (14,+1)	27'42,54 (15,+2)	35'47,42 (15,-1)	0h42'10,41	41'08,56
14	PMERJ	6036	ELTON LUIS DE CASTRO DA CUNHA	1982	GAM	8'16,85 (29)	15'45,70 (21,-3)	20'55,40 (19,+2)	28'20,14 (18,+11)	36'12,03 (17,+2)	0h41'10,43	41'10,43
15		8156	MARCOS ALEXANDRE CONCEICAO PEREIRA	1976		6'40,49 (11)	14'13,84 (13,+1)	19'42,30 (13)	27'28,77 (14,-3)	35'33,92 (14,-1)	0h41'41,92	41'11,81
16		8123	FELIPE RHAMNUSIA DE LIMA	1983	BF SWIM	7'23,26 (20)	15'04,11 (18,-1)	20'27,33 (17,+1)	28'10,08 (17,+3)	36'11,96 (16,+1)	0h41'38,66	41'35,57
17	PMERJ	6048	JOSE HUMBERTO EMIDIO DE LUCENA	1980	BAC	8'02,25 (24)	17'10,08 (31,-9)	23'03,03 (29,+2)	29'43,79 (22,+2)	37'01,91 (19,+10)	0h42'20,68	42'01,82
18		8050	MOISES GUIMARAES DO AMARAL	1977	ASSIST	9'07,78 (39)	19'06,07 (40,-11)	25'03,77 (35,+5)	31'19,33 (29,+10)	37'57,17 (23,+12)	0h42'12,91	42'09,57
19		8034	JORGE FERREIRA LEAL JUNIOR	1979	ASSIST	7'55,63 (22)	15'49,62 (22,-3)	21'17,82 (20,+2)	28'59,11 (19,+3)	37'04,71 (20)	0h46'13,42	42'21,87
20	PMERJ	6060	PAULO WANDERLEI TONANI JUNIOR	1983	GAM	6'37,00 (10)	14'15,37 (14,+2)	20'02,84 (15,-1)	28'05,81 (16,-6)	36'40,93 (18,-3)	0h43'30,42	43'02,59
21	PMERJ	6029	ALEXANDRE AZEVEDO DE OLIVEIRA	1978	ALEXANDRE AZEVEDO DE OLIVEIRA	29'35,14 (55)	15'34,70 (20,+1)	21'36,89 (21,-1)	29'22,00 (21,+34)	37'46,76 (22,-1)	0h43'11,43	43'11,43
22	PMERJ	6006	JONATAS MIRANDA DA SILVA	1982	ASSIST	6'46,72 (12)	14'44,59 (17,+3)	20'46,28 (18,-1)	29'01,02 (20,-8)	37'25,65 (21,-3)	0h43'20,91	43'13,79
23		8072	WAGNER PINHEIRO DA SILVA	1984	ASSIST	8'02,76 (25)	16'26,36 (25,+2)	22'26,06 (25)	30'59,31 (27,-2)	39'26,17 (24,+1)	0h45'08,41	45'07,83
24		8076	MARCELO VIEGAS	1976	EZK TEAM	8'14,07 (27)	16'40,85 (28,-2)	22'38,80 (26,+2)	30'56,82 (26,+1)	39'36,17 (25,+1)	0h46'29,92	45'29,33

25	PMERJ	6059	PAULO SERGIO MENEZES CUNHA	1982		7'16,22 (18)	15'32,57 (19,+5)	21'50,79 (22,-3)	30'31,28 (24,-6)	39'39,12 (26,-4)	0h46'08,17	45'33,79
26	PMERJ	6012	NORIVAL DE OLIVEIRA	1981	ASSIST	8'39,53 (32)	17'08,10 (30)	23'02,07 (28,+2)	31'20,33 (30,+2)	39'51,67 (28)	0h46'34,17	45'37,34
27	PMERJ	6066	TONI EMERSON CABRAL DIAS	1979		7'55,82 (23)	16'37,12 (26,+2)	22'41,07 (27,-1)	31'01,32 (28,-5)	39'43,17 (27)	0h45'59,66	45'39,84
28		8178	VAGNER MARINHO DE SOUSA	1983		9'06,01 (38)	17'51,59 (32,-1)	23'43,04 (32)	31'57,11 (31,+7)	40'33,15 (31,+1)	0h46'54,17	46'10,58
29		8165	PAULO PHILLIP TAVARES DE LIMA	1982		8'05,55 (26)	16'03,11 (24,+1)	22'03,83 (24)	30'36,07 (25,+1)	40'22,66 (30,-6)	0h47'02,92	46'19,84
30	PMERJ	6052	LEONARDO DAVID APOSTOLO DE OLIVEIRA	1980		7'33,51 (21)	15'54,37 (23)	21'52,82 (23)	30'17,09 (23,-2)	40'01,92 (29,-6)	0h46'49,17	46'30,84
31	PMERJ	6055	MARCELO MULLER	1977		8'16,73 (28)	16'40,82 (27,+5)	23'06,05 (30,-3)	32'10,29 (32,-4)	41'47,62 (32,-2)	0h48'43,93	48'16,33
32		8139	JOAO FLORIANO VIVEIROS PINTO DE FARIA SANTOS	1978		8'23,03 (30)	16'59,60 (29,+4)	23'21,07 (31,-2)	32'29,07 (33,-3)	42'20,64 (33,-2)	0h50'19,17	49'30,60
33	PMERJ	6001	ADRIANO CAMPOS RODRIGUES	1976	ASSIST	9'32,10 (42)	18'46,42 (38,-4)	25'20,37 (36,+2)	33'49,15 (34,+8)	43'17,22 (34,+2)	0h49'43,42	49'43,42
34	PMERJ	6069	WESCLEY NIERO SANTOS	1981	ARAGAO	8'46,48 (33)	17'56,56 (33,+2)	24'43,00 (33)	33'56,28 (35,-2)	43'37,84 (35,-2)	0h51'23,93	50'34,55
35		8008	BRUCE PEGADO DE ALMEIDA	1975	ASSIST	8'38,96 (31)	18'19,78 (34,+2)	25'03,22 (34)	34'13,51 (36,-5)	44'07,57 (36,-2)	0h50'58,18	50'47,29
36		8105	BRUNO VILS RIBEIRO DOS SANTOS	1983		8'51,30 (34)	18'37,59 (36,+1)	25'22,77 (37,-1)	34'44,11 (37,-3)	44'31,37 (37)	0h51'46,68	51'09,09
37		8067	THIAGO RAMIRO ALVES DOS SANTOS	1984	ASSIST	9'14,24 (41)	18'43,57 (37,+1)	25'29,77 (38,-1)	35'31,31 (38,+3)	45'48,60 (39,-1)	0h53'25,20	52'43,34
38		8041	LEONARDO DULFE CARDOZO DOS REIS	1983	ASSIST	10'35,00 (51)	19'02,00 (39,+1)	26'01,00 (40,-1)	35'55,00 (40,+11)	45'32,00 (38,+2)	0h53'02,43	53'02,43
39		8014	DAVIDSON SANTOS DE CARVALHO	1982	ASSIST	10'26,76 (50)	20'38,06 (48,-7)	27'31,76 (42,+6)	37'05,08 (41,+9)	46'01,00 (40,+2)	0h54'34,93	53'37,35
40		8170	RODRIGO MULLER NASCIMENTO	1983		9'02,79 (36)	18'36,36 (35,+4)	25'46,55 (39,-4)	35'35,86 (39,-3)	46'21,00 (41,-2)	0h55'19,75	53'39,94
41		8030	JAVIER ALEJANDRO CARRENO VELASCO	1975	ASSIST	10'18,54 (48)	21'48,03 (50,-3)	29'38,21 (47,+3)	39'57,32 (47,+1)	49'57,00 (43,+4)	0h57'33,20	56'38,84
42		8184	ANDRE BARROS	1976		9'52,23 (45)	20'32,52 (47,-5)	27'43,71 (43,+4)	38'39,54 (42,+3)	49'39,00 (42,+1)	0h57'29,70	56'55,33
43	PMERJ	6067	WAGNER ELOI	1980	FOCA NA CORRIDA	17'01,62 (54)	25'48,86 (54,-4)	33'05,55 (50,+4)	41'51,68 (50,+4)	52'51,00 (49,+1)	0h57'40,20	57'40,20
44	PMERJ	6015	RENATO DOS SANTOS NASCIMENTO	1975	ASSIST	8'52,28 (35)	19'16,84 (41,+2)	27'21,52 (41)	38'52,60 (43,-8)	50'52,00 (45,-4)	0h58'46,70	58'02,88
45	PMERJ	6014	RENATO CORREIA DA SILVA	1979	ASSIST	9'09,27 (40)	20'02,60 (44,+1)	27'58,27 (44)	39'01,00 (45,-5)	50'01,00 (44)	0h58'43,69	58'04,61
46		8169	RODRIGO ANDREA DE OLIVEIRA PINTO	1978		9'44,49 (44)	20'28,05 (46)	28'48,49 (45,+1)	39'31,10 (46,-2)	51'31,00 (46,-1)	0h59'48,96	59'09,11
47	PMERJ	6062	RODRIGO OLIVEIRA DA COSTA	1982		10'42,04 (52)	23'01,03 (52,-3)	31'43,71 (48,+4)	41'12,83 (49,+3)	52'12,00 (47,+1)	1h00'35,44	59'23,85
48		8138	JEFFERSON DE CARVALHO NASCIMENTO	1982		10'25,81 (49)	21'18,34 (49,-1)	29'03,27 (46,+3)	40'26,62 (48,+1)	52'26,00 (48,-2)	1h02'02,95	1h00'27,89
49		8119	FABIO GONCALVES DE CARVALHO	1977	INAIA	10'56,51 (53)	23'54,55 (53)	32'40,97 (49,+4)	44'40,10 (53)	1h02'05,55 (50,-1)	1h05'55,96	1h05'28,62
DNF	PMERJ	6016	RODRIGO DA SILVA VIANA	1981	ASSIST	9'04,56 (37)	19'24,07 (42)					
DNF	PMERJ	6061	RODRIGO GOMES DE LIMA	1980		7'23,23 (19)	22'59,53 (51)					

**SENIOR [50-59 anos]**

Coloc. Categ.	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		8079	RICARDO ARAUJO DE SA	1973	EZK TEAM	6'32,97 (3)	13'18,35 (1)	17'58,56 (1)	24'44,27 (1,+2)	32'02,45 (1)	0h37'05,91	37'03,55
2		8081	ROGERIO DE AGUIAR LOPES	1973	EZK TEAM	7'02,09 (7)	14'08,97 (7,-5)	18'58,92 (5,+2)	25'45,63 (2,+5)	32'49,30 (2,+3)	0h37'26,91	37'26,91
3	PMERJ	6032	ANTONIO RODRIGUES ALVES	1967	MAIS UM CORRENDO	6'22,01 (2)	13'41,12 (4,-1)	18'55,83 (3,+1)	25'56,80 (3,-1)	33'13,72 (3)	0h38'03,65	38'01,81
4		8133	HILDEBERTO CAVALCANTI FERREIRA FILHO	1967	STUDIO BE BRAVE	6'37,77 (4)	13'31,63 (3,+1)	18'53,84 (2,+1)	26'14,07 (4)	33'21,97 (4,-2)	0h38'15,91	38'12,83
5		8171	ROGERIO DORNELAS PEIXOTO	1967	EZK TEAM	6'44,74 (6)	14'03,85 (6)	19'14,09 (6)	26'34,29 (6)	34'12,71 (5,+1)	0h39'38,92	39'23,31
6		8002	ALEX DAMASCENO DOS SANTOS	1973	ASSIST	6'41,53 (5)	14'00,10 (5,+2)	19'17,55 (7,-2)	26'44,03 (7,-2)	34'15,94 (6,+1)	0h39'29,18	39'24,07
7	PMERJ	6047	JORGE EDUARDO PEREIRA MEDEIROS	1971		6'00,84 (1)	13'22,96 (2,+3)	18'55,92 (4,-2)	26'31,63 (5,-4)	34'45,54 (7,-3)	0h40'03,25	40'03,25
8		8045	MARCELO FERREIRA LEANDRO	1973	ASSIST	7'51,99 (10)	15'42,83 (8)	21'48,04 (8)	30'16,78 (8,+2)	38'53,88 (8)	0h45'42,18	44'50,07
9	PMERJ	6056	MARCELO VAZ DE SOUZA	1971	GAM	8'05,10 (12)	16'17,69 (10)	22'12,64 (10)	30'35,40 (10,+2)	39'17,80 (9,+1)	0h45'04,17	45'04,17
10		8101	ANTONIO DE PADUA DE CASTRO BARBOSA	1970	SOBRADO45	7'58,60 (11)	16'01,58 (9)	21'53,79 (9)	30'25,58 (9,+2)	39'26,64 (10,-1)	0h46'46,42	45'48,32
11	PMERJ	6019	SILVIO JOSE DA SILVA	1974	ASSIST	7'44,85 (8)	16'29,44 (11)	22'52,89 (11)	31'59,41 (11,-3)	41'25,01 (12,-1)	0h47'29,92	47'29,92
12		8044	MARCELO FERNANDES THEODORO	1972	ASSIST	8'19,97 (13)	17'01,55 (13,-1)	23'21,50 (13)	32'11,52 (12,+1)	41'12,60 (11,+2)	0h47'36,92	47'30,28
13		8137	IVANLESIO SILVA	1968	RUNNING FREE	9'46,04 (18)	18'54,58 (15,-1)	25'03,53 (15)	33'47,83 (14,+4)	42'49,39 (14,+1)	0h50'15,67	49'01,10
14		8043	LUIZ FABIO BARBOSA	1972	ASSIST	9'46,79 (19)	18'57,84 (16,-1)	25'03,29 (14,+2)	33'48,86 (15,+4)	42'49,66 (15,-1)	0h50'16,17	49'01,11
15		8086	PAULO CESAR SILVA	1972	GUARDA MUNICIPAL DE NITEROI	7'48,01 (9)	16'47,83 (12,+1)	23'07,78 (12)	32'26,80 (13,-4)	42'40,86 (13,-1)	0h49'14,67	49'09,81
16		8006	ANDRE DA SILVA COSTA	1970	ASSIST	9'40,26 (17)	19'34,30 (18,+1)	27'12,98 (18)	36'55,79 (19,-2)	47'10,00 (16,+2)	0h55'36,94	54'33,07

17		8042	LIANDRO BERNARDINO	1972	ASSIST	9'20,28 (16)	19'21,06 (17,+1)	26'31,29 (17)	36'51,83 (18,-2)	47'51,00 (17)	0h55'54,45	54'58,35
18		8109	CARLOS ALBERTO CARDOSO REIS	1972	NAO TEM NINGUEM	17'02,87 (20)	25'52,36 (20)	33'05,56 (19,+1)	41'52,20 (20)	52'52,00 (18,+1)	0h57'40,44	57'40,44
<b>GRAND SENIOR [60 anos+]</b>												
Coloc. Categ.	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		8142	JOSE CARLOS RODRIGUES DOS SANTOS	1958	SANTOS	5'41,64 (1)	11'40,48 (1)	15'53,45 (1)	22'02,88 (1)	28'43,09 (1)	0h33'06,14	33'06,14
2		8115	EDNO DE SOUZA PORTO	1964		6'12,22 (2)	13'04,61 (2)	18'01,07 (2)	25'02,51 (2)	32'28,19 (2)	0h37'27,15	37'24,03
3		8102	ARANOL LOPES	1958		6'47,38 (3)	13'59,22 (3)	19'03,42 (3)	26'12,89 (3)	33'46,30 (3)	0h38'55,65	38'55,65
4		8094	HELDER DA SILVA	1961	SANCHES RUNNING	7'17,88 (4)	15'07,20 (5)	20'35,16 (5)	28'12,64 (5,-1)	36'23,77 (5)	0h41'51,18	41'51,18
5		8098	ALMIR JOSE DE SOUZA	1955		7'19,01 (5)	15'04,87 (4)	20'29,33 (4)	28'10,56 (4,+1)	36'23,71 (4)	0h42'27,16	42'14,84
6		8155	MARCIO MACHADO DOS SANTOS	1964	MARCIO MACHADO DOS SANTOS	7'57,55 (6)	16'04,86 (6)	21'50,31 (6)	30'03,81 (6)	38'48,43 (6)	0h45'08,18	44'41,10
7		8085	NELIO MARTINS DA COSTA	1957	GUARDA MUNICIPAL DE NITEROI	9'02,98 (11)	18'15,04 (9,-2)	24'29,24 (7,+2)	33'29,02 (7,+4)	42'29,34 (7)	0h48'38,43	48'32,05
8	PMERJ	6046	HENRY PINHEIRO TEIXEIRA	1964	HENRY	8'56,81 (8)	18'25,60 (10)	25'05,80 (10)	34'22,57 (10,-2)	44'00,11 (9,+1)	0h50'53,94	50'19,09
9	PMERJ	6010	LUIZ CARLOS DE FREITAS PEREIRA	1964	ASSIST	8'57,27 (9)	18'04,31 (8)	24'40,00 (9,-1)	33'55,03 (8,+1)	43'37,09 (8,+1)	0h50'43,17	50'37,05
10		8172	ROMERO ROCHA PEREIRA	1961	QUARTETO FANTASTICO	8'21,09 (7)	17'40,18 (7,+2)	24'35,12 (8,-1)	34'12,65 (9,-2)	44'28,96 (10,-2)	0h51'37,18	51'37,18
11		8151	LUIZ FERNANDO DIAS DOS SANTOS	1958		8'58,26 (10)	18'40,10 (11)	25'18,28 (11)	35'06,33 (11,-1)	45'24,11 (12,-1)	0h52'41,00	52'09,16
12		8164	PAULO BENTO DE LIMA	1957		9'43,00 (14)	19'13,00 (13)	27'11,00 (14,-1)	36'39,00 (13,+1)	47'03,00 (13,+1)	0h54'27,68	54'27,68
13		8095	ROMULO SOARES DOS SANTOS	1959	SANCHES RUNNING	10'38,00 (15)	23'11,00 (16,-1)	30'39,00 (15,+1)	40'45,00 (15)	51'45,00 (14,+1)	0h59'50,46	59'50,46
DNF		8033	JORGE DE OLIVEIRA CARIUZ	1964	ASSIST		23'00,27 (15)					