

# TREINÃO CRIATÓRIO

5KM FEM

Pos	Num	Atleta	Sx.	Idd.	Faixa	F.E	C.	Equipe	Tempo
1	5466	IRENE MARIA	F	41	F4049	-		TEAM MAROMBA	00:27:38
2	1111	SUZANA MOLENA	F	39	F3039	-		MAROMBAS TEAM	00:28:04
3	7393	AMANDA NUNES CAVALCANTE	F	38	F3039	-		BOLA RUNNING	00:28:24
4	4079	LAIS MERCATELLI	F	30	F3039	1			00:28:24
5	4153	MAYARA ABREU	F	30	F3039	2		INDIVIDUAL	00:28:50
6	4167	JUCYVANE LIMA MARTINS LIMA	F	34	F3039	3		GRUPOGABETTA	00:29:23
7	4115	LUCIANA VALLE	F	39	F3039	4		BOLA RUNNING	00:29:40
8	4207	JULIANNA NASSAR	F	45	F4049	1		ARROCHA	00:30:06
9	7065	CILENE OLIVATTO	F	52	F5059	1		CILENE RUN	00:30:22
10	6186	JACIARA MARIA DE OLIVEIRA OLIVEIRA	F	37	F3039	5		SEM	00:31:58
11	7166	ARIANE PERES	F	36	F3039	6		SEM	00:32:19
12	4176	LAIS ORETTI	F	36	F3039	7		F1 CROSS TRAINING	00:32:54
13	7196	CINTIA PIMENTEL REIS	F	45	F4049	2		NA	00:34:58
14	5040	EDNA LUCIA DO VALLE COSTA	F	46	F4049	3		BOLA RUNNING	00:35:18
15	4185	JULIANA CARLA DA SILVA	F	47	F4049	4			00:35:35
16	1108	SANDRA NUNES DE ANNDRADE	F	46	F4049	5		TEAM MAROMBA	00:36:11
17	5310	GABRIELA GONCALVES	F	42	F4049	6		TEAM MAROMBA	00:36:13
18	4047	LILIAN RODRIGUES	F	32	F3039	8		TEAM MAROMBA	00:36:15
19	5136	ELISANGELA MARTIMINIANO	F	43	F4049	7		F1 CROSS TRAINING	00:36:43
20	7392	AMANDA FERREIRA CERVIO	F	41	F4049	8			00:36:44
21	7051	ANA CAROLINA MORI NISHI	F	36	F3039	9			00:38:04
22	17	THAINARA GELAINI	F	16	F0029	1			00:39:23
23	1112	SUSANA SARTORI	F	43	F4049	9		FOCO MAXIMO	00:39:39
24	7235	CAMILA KLEIN	F	18	F0029	2		TEAM MAROMBA	00:39:50
25	5140	ELZA DIAS PEREIRA	F	45	F4049	10			00:40:21
26	1115	TATIANE FREIRE DA SILVA	F	38	F3039	10		CORREDORES DA ALEGRIA	00:40:26
27	4046	LIGIA CORREA	F	47	F4049	11		CORRENDOCOMREM OURA	00:40:40
28	5455	ILMARA FUZINELLI CORREA	F	45	F4049	12		CORRENDOCOMREM OURA	00:40:41
29	1109	SILVIA MATSUOKA ZIOLI	F	44	F4049	13			00:40:51
30	6162	IZABELLA BLANCO	F	26	F0029	3		TEAM MAROMBA	00:40:58
31	7391	ALINE OLIVEIRA	F	38	F3039	11			00:41:01
32	5084	ELISANGELA APARECIDA LEITE	F	34	F3039	12		TEAM MAROMBA	00:41:02
33	6197	JANICE CARVALHO	F	39	F3039	13		F1 CROSS TRAINING	00:41:21
34	4134	MARCIA REGINA	F	40	F4049	14		F1 CROSS TRAINING	00:41:23
35	5164	EVELIN CAROLINE	F	25	F0029	4			00:41:26
36	700	PALOMA SOUZA	F	18	F0029	5			00:41:28
37	4093	SONIA VILAS BOAS	F	50	F5059	2			00:41:34

# TREINÃO CRIATÓRIO

## 5KM FEM

38	7052	ANA LAURA	F	43	F4049	15		F1 CROSS TRAINING	00:44:21
39	5380	GLORIA MARIA	F	48	F4049	16		F1 CROSS TRAINING	00:44:22
40	6242	JOELMA STEFANUTO	F	46	F4049	17			00:45:49
41	5226	FERNANDA DANILIA KLEIN	F	46	F4049	18		TEAM MAROMBA	00:46:50
42	4164	JOSIANE NASCIMENTO	F	34	F3039	14		TEAM MAROMBA	00:47:50
43	1114	TARCIANA JS PRADO	F	37	F3039	15		PASTEL TOP 10	00:48:03
44	5079	ELIANA DA SILVA ROCHA	F	44	F4049	19		FOCO MAXIMO	00:48:54
45	1107	ROSALIA LOPES VIANA	F	36	F3039	16		TEAM MAROMBA	00:54:08
46	5406	HAYRA MACEDO DOS SANTOS	F	28	F0029	6			00:56:54
47	688	NOELIA DE OLIVEIRA SOUZA	F	55	F5059	3		VIDAL RUNNING	00:57:07
48	701	PATRICIA OLIVEIRA	F	46	F4049	20			00:58:52