



**Forest RUN**  
**RESULTADO PERCURSO MÉDIO (14K)**  
**FEMININO - GERAL**



Coloc.	Numero	Nome	Fx.Et.	Cl.Fx.	Equipe	Ritmo	Vel.	Tempo
1	108	ANDREIA CRISTINA DE AGUIAR	F4049	-	BILL TEAM ECOENDURANCE	00:08:58	6,70	02:05:28
2	133	GEANE ALMEIDA	F3039	-	CONTRA O TEMPO	00:09:25	6,38	02:11:44
3	102	ALESSANDRA MAPELLI	F3039	-		00:09:54	6,06	02:18:43
4	191	RAFAELLA PORTO	F1629	-	MOVING ASSESSORIA	00:10:01	5,99	02:20:15
5	152	JULIANA DE OLIVEIRA MENDES	F3039	-	CRUZEIRO RUNNERS	00:10:49	5,55	02:31:20
6	211	THAÍS MELO DE PAULA SEIXAS	F3039	1	MFS ASSESSORIA ESPORTIVA	00:10:50	5,54	02:31:38
7	205	SANDRA MORETI	F4049	1	MFS ASSESSORIA ESPORTIVA	00:10:50	5,54	02:31:42
8	210	TATIANA NEVES	F1629	1	HOME FRONT FITNESS	00:10:53	5,52	02:32:16
9	207	SILVANIA PEREIRA	F4049	2	HOME FRONT FITNESS	00:11:31	5,21	02:41:16
10	201	ROSIMARY MORAIS	F5099	1	CONTRA O TEMPO	00:11:43	5,12	02:44:09
11	118	CRISTIANA FERREIRA DE ANDRADE	F1629	2	PERSONAL RUN	00:12:03	4,98	02:48:40
12	155	KARINE DE MORAIS CARRIJO	F3039	2		00:12:17	4,89	02:51:56
13	179	MICHELE GRACIANO	F3039	3	CORNELIUS ACADEMIA	00:12:23	4,85	02:53:18
14	192	REGINA APARECIDA DA SILVA SANT SANTOS	F4049	3	HOME FRONT FITNESS	00:12:24	4,84	02:53:31
15	180	MÔNICA BORGES	F3039	4	TENDÊNCIA OUTDOOR	00:12:37	4,75	02:56:41
16	187	PAULINHA ARAÚJO	F1629	3	CORNELIUS ACADEMIA	00:12:39	4,74	02:57:10
17	160	LORENA BRANQUINHO	F3039	5	AMIGOS DA MONTANHA	00:12:43	4,72	02:58:02
18	122	DELMA PEREIRA CAIXETA	F4049	4	CORNELIUS ACADEMIA	00:12:46	4,70	02:58:50
19	159	LILLIAN M DE OLIVEIRA	F4049	5	TENDÊNCIA OUTDOOR	00:12:58	4,63	03:01:35
20	110	ANNA LAURA CARNEIRO	F4049	6	TENDÊNCIA OUTDOOR	00:13:05	4,58	03:03:15
21	217	VANESSA FONSECA GONÇALVES	F3039	6	TENDÊNCIA OUTDOOR	00:13:05	4,58	03:03:15
22	165	LUCIENE SOUSA	F5099	2	TENDÊNCIA OUTDOOR	00:13:20	4,50	03:06:35
23	115	CASSIA RENATA MARIA ROSA	F4049	7	CRUZEIRO RUNNERS	00:13:21	4,50	03:06:52
24	181	MORGANA RISSI DE SOUSA	F3039	7		00:13:23	4,48	03:07:26
25	163	LUCIANA PEREIRA DA SILVA	F4049	8	TENDÊNCIA OUTDOOR	00:13:30	4,44	03:09:02
26	135	GISELE SILVA RESENDE	F3039	8	PERSONAL RUN	00:13:36	4,41	03:10:26
27	200	ROSE LACERDA DE MEDEIROS	F5099	3	ROSE MEDEIROS TREINAMENTO	00:13:52	4,33	03:14:09
28	164	LUCIANI FLORES DIONISIO	F4049	9		00:13:53	4,32	03:14:21
29	169	MARCIA GOMES	F4049	10	TENDÊNCIA OUTDOOR	00:13:56	4,31	03:15:02
30	173	MARIA ESTELA DA SILVA	F5099	4	TENDÊNCIA OUTDOOR	00:14:09	4,24	03:18:02
31	175	MARIANA PAFUME DE OLIVEIRA	F3039	9	TENDÊNCIA OUTDOOR	00:14:14	4,21	03:19:23
32	126	ELIANA PEREIRA DOS SANTOS LONDE	F5099	5	TENDÊNCIA OUTDOOR	00:15:09	3,96	03:32:10
33	103	ALEXSANY D. MARQUES KURANE	F4049	11	ACORA	00:15:10	3,96	03:32:22
34	221	WALESSANY ILMA FAULA LIMA	F5099	6	ROSE MEDEIROS TREINAMENTO	00:15:10	3,96	03:32:23
35	109	ANDREIA CRISTINE TUPINAMBÁ	F1629	4	HOME FRONT FITNESS	00:15:17	3,93	03:34:00
36	119	CRISTIANE DA SILVA	F4049	12	CRUZEIRO RUNNERS	00:15:43	3,82	03:40:01
37	222	WANESSA RODRIGUES	F4049	13	CRUZEIRO RUNNERS	00:15:43	3,82	03:40:04
38	226	ZENILDA ALVES	F3039	10	AMIGOS DA CORRIDA SLZ	00:16:06	3,73	03:45:30

39	227	RAQUEL VICENTE COELHO	F5099	7	TENDÊNCIA OUTDOOR	00:16:15	3,69	03:47:27
40	203	SAMANTHA RABELO LOPES	F4049	14		00:16:20	3,67	03:48:41
41	101	ALEIRA BERDU SILVA	F4049	15	AMIGOS DA MONTANHA	00:17:09	3,50	04:00:06
42	183	NARA MIRAS	F3039	11	AMIGOS DA MONTANHA	00:17:09	3,50	04:00:06
43	174	MARIA LUISA CALIL BARROS TANNOUS	F1629	5	TENDÊNCIA OUTDOOR	00:17:26	3,44	04:03:57
44	117	CLAUDIA FELIX CHAVES FERREIRA	F5099	8	TENDÊNCIA OUTDOOR	00:17:30	3,43	04:04:54
45	125	ELAINE CRISTINA MAURA	F4049	16	AMIGOS DA MONTANHA	00:17:39	3,40	04:07:00
46	127	ELIZANGELLA BORGES SILVA COSTA	F4049	17		00:18:03	3,32	04:12:44
47	186	PATRICIA ALVES REZENDE CARVALHO LEÃO	F4049	18	TENDÊNCIA OUTDOOR	00:19:20	3,10	04:30:38
48	195	RITA DE CASSIA BARBOSA	F5099	9	TENDÊNCIA OUTDOOR	00:19:22	3,10	04:31:15
49	105	ANA PAULA ZANZOTTI	F3039	12	S3 FITNESS	00:20:23	2,94	04:45:19
50	120	DANIELA BORGES AMARAL	F3039	13	PERSONAL RUN	00:20:23	2,94	04:45:19
51	197	ROCHELLE GUTIERREZ BAZAGA	F3039	14	PERSONAL RUN	00:20:23	2,94	04:45:19
52	106	ANA RAQUEL CORDEIRO VALIM	F3039	15	PERSONAL RUN	00:20:43	2,90	04:50:02
53	144	IVA MARIA OLIVEIRA CÉSAR	F3039	16	TENDÊNCIA OUTDOOR	00:21:46	2,76	05:04:42
54	156	LARISSA QUIRINO	F3039	17		00:22:08	2,71	05:09:47