



Forest RUN
RESULTADO PERCURSO MÉDIO (14K)
MASCULINO - GERAL



Coloc.	Numero	Nome	Fx.Et.	Cl.Fx.	Equipe	Ritmo	Vel.	Tempo
1	161	LUCAS GERMANO	M1629	-	HOME FRONT FITNESS	00:07:22	8,14	01:43:13
2	149	JOSE CARLOS BORGES	M5099	-	HOME FRONT FITNESS	00:08:02	7,47	01:52:31
3	202	ROSIMAURO FONSECA	M5099	-		00:08:09	7,36	01:54:10
4	136	GUILHERME BERNARDO	M1629	-	CORNELIUS ACADEMIA	00:08:10	7,35	01:54:15
5	112	ARTHUR TEIXEIRA	M1629	-	BOCAINA AVENTURA	00:08:22	7,18	01:57:04
6	141	HUGO REZENDE	M4049	1	RUN TEAM TAP	00:08:23	7,16	01:57:18
7	157	LEONARDO VERÍSSIMO CARRERA	M3039	1	ESPORTE LIVRE SAÚDE	00:08:24	7,14	01:57:41
8	212	THALES MENDES ARAÚJO	M3039	2	MFS ASSESSORIA ESPORTIVA	00:08:42	6,90	02:01:43
9	134	GETÚLIO MARTINS	M3039	3	BILL TEAM ECOENDURANCE	00:08:57	6,70	02:05:22
10	123	DIEGO ARAUJO LEMOS	M3039	4	TENDÊNCIA OUTDOOR	00:09:03	6,62	02:06:48
11	171	MARCOS DOMINGOS DE MELO RAMOS	M3039	5	BILL TEAM ECOENDURANCE	00:09:06	6,59	02:07:24
12	151	JOSÉ SEVERINO DE PAULA NETO	M4049	2	BILL TEAM ECOENDURANCE	00:09:09	6,56	02:08:02
13	162	LUCAS RAFAEL	M1629	1		00:09:11	6,54	02:08:30
14	204	SAMUEL LEMOS	M3039	6		00:09:40	6,21	02:15:19
15	107	ANDRÉ LUIZ DE LACERDA BORGES	M4049	3	SCIENCE FITNESS CLUB	00:09:40	6,21	02:15:20
16	113	CAMILO ESTEVES DA SILVA NETTO	M4049	4	PERSONAL RUN	00:09:41	6,20	02:15:33
17	193	REGINALDO REZENDE DE OLIVEIRA	M3039	7		00:09:51	6,09	02:17:51
18	145	JANDERSON BORGES LIMA	M1629	2		00:09:53	6,07	02:18:25
19	111	ANTÔNIO DA SILVA BONFIM	M5099	1	CRUZEIRO RUNNERS	00:09:58	6,02	02:19:36
20	132	FLAVIO LIMA	M3039	8	HOME FRONT FITNESS	00:10:19	5,81	02:24:31
21	220	VITOR GUIMARAES	M3039	9	BILL TEAM ECOENDURANCE	00:10:34	5,68	02:27:52
22	131	FABRÍCIO EUGÊNIO ALVES	M1629	3	CRUZEIRO RUNNERS	00:10:36	5,66	02:28:28
23	214	TIAGO FERREIRA RIOS	M3039	10		00:10:39	5,63	02:29:10
24	121	DANILO PEREIRA	M1629	4	CORNELIUS ACADEMIA	00:10:41	5,61	02:29:40
25	216	ULISSES GUIMARÃES	M4049	5	HOME FRONT FITNESS	00:10:51	5,53	02:31:53
26	150	JOSÉ GERALDO HONORATO	M5099	2	PERSONAL RUN	00:10:54	5,50	02:32:36
27	130	EVERTON LOURENÇO	M3039	11	BOCAINA AVENTURA	00:10:55	5,49	02:32:53
28	158	LESSANDRO REZENDE	M4049	6		00:11:00	5,45	02:34:03
29	170	MARCO AURÉLIO NUNES	M4049	7	CORNELIUS ACADEMIA	00:11:02	5,44	02:34:29
30	177	MAURÍCIO GONÇALVES COSTA	M5099	3	MFS ASSESSORIA ESPORTIVA	00:11:19	5,30	02:38:27
31	198	ROGERIO GONCALVES	M5099	4	TENDÊNCIA OUTDOOR	00:11:26	5,25	02:40:08
32	138	GUTO PINHEIRO	M3039	12		00:11:33	5,19	02:41:42
33	218	VINICIUS DA CRUZ FARIA	M1629	5	AMIGOS DA MONTANHA	00:11:36	5,17	02:42:23
34	172	MARCOS ANTONIO SAHIUM	M3039	13	TENDÊNCIA OUTDOOR	00:11:45	5,11	02:44:29
35	129	ERICK PEREIRA	M3039	14	TENDÊNCIA OUTDOOR	00:11:58	5,01	02:47:32
36	206	SERGIO CARVALHO	M4049	8	HOME FRONT FITNESS	00:12:01	5,00	02:48:10
37	219	VINICIUS MELO	M3039	15	PERSONAL RUN	00:12:02	4,98	02:48:31
38	148	JOSÉ DIVINO COSTA	M4049	9		00:12:21	4,86	02:52:57
39	143	ÍTALO GOULART BECK	M1629	6	MFS ASSESSORIA ESPORTIVA	00:12:27	4,82	02:54:22
40	213	THIAGO CORDEIRO SILVA	M3039	16	TENDÊNCIA OUTDOOR	00:12:28	4,81	02:54:29
41	225	YURI NASCIMENTO	M4049	10	PAULO OLIVEIRA PERSONAL TRAINER	00:12:34	4,77	02:55:58
42	147	JOAO PAULO FIGUEIREDO	M4049	11	MFS ASSESSORIA ESPORTIVA	00:12:51	4,67	02:59:59
43	176	MARKUS FIUZA	M1629	7	CORNELIUS ACADEMIA	00:12:53	4,65	03:00:28
44	142	ILIO JUNIOR	M3039	17		00:13:04	4,59	03:02:58
45	137	GUSTAVO MANZANO MAURICIO DE ARAUJO	M3039	18	PERSONAL RUN	00:13:15	4,53	03:05:30

46	194	REINILDO MARTINS	M3039	19	PERSONAL RUN	00:13:55	4,31	03:14:45
47	139	HELICIO CESAR FERREIRA JUNIOR	M4049	12	TENDÊNCIA OUTDOOR	00:14:09	4,24	03:18:05
48	189	PAULO RICARDO LEMOS MOTA	M5099	5	TENDÊNCIA OUTDOOR	00:15:13	3,94	03:33:05
49	224	WENDEL NASCIMENTO	M1629	8	HOME FRONT FITNESS	00:15:17	3,93	03:33:57
50	168	LUIS FERNANDO TUPINAMBÁ	M3039	20	HOME FRONT FITNESS	00:15:17	3,93	03:34:00
51	178	MAURÍCIO ROBERTO VIERA	M3039	21	PERSONAL RUN	00:15:29	3,87	03:36:49
52	100	ADILSON GOMES FILHO	M4049	13	A1 ASSESSORIA	00:15:35	3,85	03:38:13
53	188	PAULO HENRIQUE OLIVEIRA	M3039	22	PAULO OLIVEIRA PERSONAL TRAINER	00:15:42	3,82	03:39:42
54	182	NAPOLEÃO POTIGUARA SILVA CUNHA	M4049	14		00:16:34	3,62	03:51:59
55	140	HENRIQUE TRAMONTI PUCCI	M3039	23	MFS ASSESSORIA ESPORTIVA	00:16:56	3,54	03:57:06
56	104	AMARILDO SOARES LEÃO	M5099	6	TENDÊNCIA OUTDOOR	00:19:20	3,10	04:30:36
57	128	ELSON FERREIRA DA CUNHA	M5099	7	PERSONAL RUN	00:20:23	2,94	04:45:19
58	166	LUIS CARLOS LEITE	M3039	24	PERSONAL RUN	00:20:43	2,90	04:50:03