

# DESAFIO DA ESCADARIA FORSHAPE 2023

## 5K FEM

Coloc.	Num.	Atleta	Sx.	Idd.	Faixa	F.E	C.	Equipe	Liquido	Bruto
1	2	ADRIANA DE LIMA EVANGELISTA	F	30	F3034	-	.	RUNNING MONSTER	00:22:23	00:22:25
2	244	REJAINA APARECIDA DE OLIVEIRA	F	44	F4044	-	.	CORACAO DE ACO	00:22:46	00:22:47
3	214	MARILIA RAMOS ARAUJO ASSIS	F	38	F3539	-	.	FAMILIAO	00:23:56	00:24:04
4	115	GLEYSCE CAMPBELL DA SILVA MATOS	F	38	F3539	-	.	M3 RUN	00:24:48	00:24:51
5	186	LUCINEIA SAMPAIO VIANA	F	44	F4044	-	.	ASSESSORIA DINAMICA	00:25:19	00:25:22
6	65	LORENA JACOB DE MENDONCA	F	25	F2529	1	.	CORACAO DE ACO	00:25:30	00:25:33
7	158	KELVIA HERINGER	F	47	F4549	1	.	LINCE	00:25:46	00:25:51
8	22	ANDREIA ALEXANDRA DE SOUZA	F	39	F3539	1	.	TEAM PILAD	00:25:57	00:26:01
9	197	MAILLA MORAES DA SILVA	F	39	F3539	2	.	M3 RUN	00:26:13	00:26:20
10	173	LISA DENISE FROMHOLZ	F	54	F5054	1	.		00:26:38	00:26:45
11	40	CAMILA DAS GRACAS MARTINS	F	24	F2024	1	.	CORACAO DE ACO	00:26:41	00:26:43
12	78	EDNA AUXILIADORA FARIA	F	57	F5559	1	.	M3 RUN	00:27:12	00:27:15
13	175	CLEIDE CRISTINA DE OLIVEIRA	F	43	F4044	1	.	M3 RUN	00:27:23	00:27:23
14	14	SILVIANI RODRIGUES LAZARONI	F	42	F4044	2	.	M3 RUN	00:27:32	00:27:38
15	174	LIVIA MATEUS DUARTE DE AGUIAR	F	33	F3034	1	.	HOMEBOX	00:27:40	00:28:01
16	110	TASSIA BOTELHO	F	32	F3034	2	.	CORACAO DE ACO	00:28:07	00:28:13
17	120	CAMILA PEREIRA RIBEIRO PIO	F	42	F4044	3	.	CORACAO DE ACO	00:28:08	00:28:13
18	225	NATALIA CAMARGO DE JESUS BRUM	F	31	F3034	3	.		00:28:33	00:28:52
19	212	MARIANA DIAS DE OLIVEIRA NASCIMENTO MAYRINK	F	31	F3034	4	.		00:28:48	00:28:53
20	226	NATHALIA DE PAULA SOUSA	F	31	F3034	5	.	NATHALIA	00:29:17	00:29:29
21	10	ALICE HELENA DA SILVA	F	39	F3539	3	.	CORACAO DE ACO	00:29:21	00:29:29
22	223	NATALIA ALVES FRANCISCO	F	26	F2529	2	.	M3 RUN	00:29:35	00:29:42
23	160	LARISSA LINA SOARES	F	32	F3034	6	.	TEAM PILAD	00:29:49	00:29:52
24	52	CATIA REGINA AZEVEDO	F	48	F4549	2	.	CORACAO DE ACO	00:29:57	00:30:02
25	50	CAROLINE BRAGA RIBEIRO	F	28	F2529	3	.		00:29:58	00:30:30
26	266	THAMIRES MOREIRA	F	32	F3034	7	.	EQUIPE HOME BOX	00:30:32	00:30:53
27	163	LEANDRA OLIVEIRA LACERDA CARNEIRO DA CUNHA	F	53	F5054	2	.		00:30:51	00:31:02
28	209	MARIA VENTURA	F	26	F2529	4	.	TEAM PILAD	00:30:59	00:31:09
29	287	ZENILDA CANDIDA DE JESUS	F	56	F5559	2	.		00:30:59	00:31:04
30	55	CLAUDIA OLIVEIRA DA CRUZ RODRIGUES	F	55	F5559	3	.	TEAM PILAD	00:31:24	00:31:28
31	34	BEATRIZ C. MACEDO	F	39	F3539	4	.	CX SAO GERALDO	00:31:25	00:31:48
32	201	MARCIA DE OLIVEIRA ALMEIDA	F	55	F5559	4	.	TEAM PILAD	00:31:32	00:31:38
33	92	ESTELA ALVES	F	42	F4044	4	.		00:31:42	00:31:47
34	157	KATIUSCIA BANDEIRA	F	37	F3539	5	.		00:32:11	00:32:30
35	11	ALINE RAMOS FONSECA	F	42	F4044	5	.	PRA CORRER	00:32:15	00:32:30
36	261	SIMONE FERNANDES GONCALVES	F	46	F4549	3	.	CORACAO DE ACO	00:32:26	00:32:30
37	241	RAQUEL MENDONCA BATISTA BARROS	F	43	F4044	6	.	TEAM PILAD	00:32:35	00:32:46
38	84	ELIZABETH ALVES MARTINS	F	41	F4044	7	.	M3 RUN	00:32:38	00:32:51
39	273	VALQUIRIA MUNIZ DA SILVA	F	39	F3539	6	.	M3 RUN	00:33:01	00:33:15
40	87	ELOISA ELENA DA SILVA E SOUZA	F	69	F6569	1	.		00:33:04	00:33:13
41	183	LUCIANA RIBEIRO DA SILVA	F	41	F4044	8	.	M3 RUN	00:33:07	00:33:15
42	23	ANDREIA DE ALENCAR PAIVA DOS SANTOS	F	52	F5054	3	.	LINCE	00:33:11	00:33:17
43	142	JORGINA MAGALHAES DA SILVA	F	68	F6569	2	.	TEAM PILAD	00:33:26	00:33:38
44	167	ANA MARIA MARTINS	F	56	F5559	5	.	TEAM PILAD	00:33:28	00:33:41
45	109	GABRIELLY BERARDO DUBAL DA SILVA	F	25	F2529	5	.		00:33:35	00:33:57
46	130	ISABELA DE FREITAS PINHEIRO	F	27	F2529	6	.		00:33:46	00:34:04
47	141	JOCINEIA LEAL	F	43	F4044	9	.	TEAM PILAD	00:33:50	00:34:03
48	222	MORGANA DE ABREU LEAL	F	42	F4044	10	.	VR RUN	00:33:51	00:34:08
49	221	MILENA DE SOUZA FONSECA	F	40	F4044	11	.	M3 RUN	00:33:57	00:34:12
50	108	SIMONE DO PRADO RIBEIRO	F	52	F5054	4	.	M3 RUN	00:34:09	00:34:17
51	242	REGINA DALVA SOARES DE SOUZA E FARIA	F	66	F6569	3	.	TEAM PILAD	00:34:10	00:34:20
52	233	PALOMA QUINTINO BARBOSA	F	26	F2529	7	.	M3 RUN	00:34:40	00:35:02
53	33	BARBARA DA SILVA DIAS	F	41	F4044	12	.	M3 RUN	00:34:46	00:35:00
54	204	MARGARIDA MARIA DE RAMOS	F	59	F5559	6	.	FAMILIAO	00:34:55	00:35:06
55	159	LARA VALERIE	F	11	F0019	1	.	TEAM PILAD	00:35:00	00:35:15
56	62	DANIELLA GALBAS DE CARVALHO	F	30	F3034	8	.		00:35:00	00:35:22
57	162	LARISSA SCHETINO MARINHO	F	33	F3034	9	.		00:35:30	00:35:47
58	264	TABATA DE ARAUJO IGLESIAS	F	35	F3539	7	.	SENNÁ	00:35:38	00:36:00
59	81	ELAINE CRISTINA DO CARMO PINTO	F	47	F4549	4	.	M3 RUN	00:35:43	00:35:50
60	114	GILMARA VICENTINI	F	52	F5054	5	.		00:35:51	00:36:15
61	90	ERICA CRISTINA SOARES	F	34	F3034	10	.	ERICA SOARES	00:35:56	00:36:16
62	206	MARIA DE LOURDES SILVA DE OLIVEIRA	F	63	F6064	1	.	TEAM PILAD	00:36:13	00:36:23
63	59	CRISTIANE PASCHOALIN	F	51	F5054	6	.	TEAM PILAD	00:36:29	00:36:40
64	171	LIDYANNE VIEIRA ALVES BARRETO	F	37	F3539	8	.	T RUNNERS	00:36:42	00:37:00
65	152	JULIANA RESENDE LOURENCO RAJA GABAGLIA	F	36	F3539	9	.	M3 RUN	00:36:57	00:37:12
66	178	LUANDA CRISTINA DA SILVA	F	41	F4044	13	.	M3 RUN	00:37:02	00:37:18
67	288	PATRICIA PINTO FERREIRA MACEDO	F	39	F3539	10	.	SIDER SHOPPING	00:37:16	00:37:36
68	93	ETIENNE SILVA E SILVA	F	46	F4549	5	.		00:37:20	00:37:39
69	260	SILVANA GUELLI DE OLIVEIRA	F	67	F6569	4	.	TEAM PILAD	00:37:56	00:38:10
70	16	ANA LUCIA UCHOA	F	54	F5054	7	.	TEAM PILAD	00:37:58	00:38:10
71	228	NILZA GUILHERME CIPRIANO	F	63	F6064	2	.	TEAM PILAD	00:38:04	00:38:17
72	13	ALMIRA RIBEIRO SILVA	F	73	F7099	1	.		00:38:16	00:38:28

73	179	SUIAN DOS REIS DE SOUZA SAMORA	F	39	F3539	11	.	.		00:38:19	00:38:39
74	24	ANDREIA MERCEDES DOS SANTOS	F	43	F4044	14	.	.	M3 RUN	00:38:44	00:39:01
75	213	MARIANE SOARES	F	34	F3034	11	.	.		00:39:05	00:39:17
76	239	PRISCILA SILVEIRA DE SOUZA	F	42	F4044	15	.	.	CROSSEXPERIENCE SAO	00:39:13	00:39:37
77	39	CAMILA ALMEIDA	F	33	F3034	12	.	.	T RUNNERS	00:39:50	00:39:55
78	210	MARIA VICTORIA DE OLIVEIRA PEREIRA	F	24	F2024	2	.	.	M3 RUN	00:40:11	00:40:33
79	91	ERICA DE AVILA RIBERTO	F	31	F3034	13	.	.	-	00:41:09	00:41:26
80	15	ANA JULIA ARAUJO OLIVEIRA	F	24	F2024	3	.	.	DO NADA PODIUM	00:41:16	00:41:39
81	31	APARECIDA MARIA DUARTE	F	67	F6569	5	.	.	LINCE	00:43:04	00:43:15
82	265	THAIS MUNIZ FERNANDES	F	40	F4044	16	.	.	M3 RUN	00:43:44	00:43:58
83	25	ANDREZA HELENE DOS SANTOS SILVA	F	38	F3539	12	.	.		00:43:45	00:44:14
84	8	ALEXIA DE LA HUERTA VIDIGAL	F	28	F2529	8	.	.		00:43:52	00:44:14
85	129	INGRID GONZAGA DE SOUZA	F	32	F3034	14	.	.		00:44:25	00:44:49
86	211	MARIA VITORIA DA SILVA TOMAZ	F	22	F2024	4	.	.		00:44:27	00:44:47
87	117	GRAZIELLA DA SILVA SOARES	F	24	F2024	5	.	.		00:44:33	00:44:54
88	177	LUANA DE OLIVEIRA SOUZA	F	44	F4044	17	.	.	M3 RUN	00:44:41	00:44:56
89	267	THEREZINHA MARIA DE RAMOS ARAUJO	F	66	F6569	6	.	.	FAMILIAO	00:45:15	00:45:28
90	205	MARIA APARECIDA PEREIRA	F	59	F5559	7	.	.		00:45:44	00:46:03
91	208	MARIA LEANDRA GOMES AMORIM	F	71	F7099	2	.	.		00:45:45	00:46:02