



**Resultado Oficial**  
**08 de dezembro de 2019**  
**5K Feminino Geral**



Coloc.	Núm.	Atleta	Idd.	Equipe	Tempo Bruto	Tempo Líquido
1	5076	GLAUCIELE DE OLIVEIRA DE SOUZA	22	ASSIST	00:19:17	00:19:17
2	5040	CLAUDIANA MORAIS MACEDO	33	ASSIST	00:19:54	00:19:53
3	5484	ADELITA KELEN ANTUNES GOMES	39		00:20:25	00:20:24
4	5221	BRUNA RAMOS AUGUSTINHO	26		00:21:10	00:21:10
5	5332	FAIZA KHALIDA FAGUNDES COUTINHO	47	PORTAO 17 MARACANA	00:22:49	00:22:48
6	5504	NATALIA TAVARES CUTRIM	35	JC STUDIO	00:22:56	00:22:55
7	5138	MARIA DE FATIMA CAMARA BOTELHO	53	ASSIST	00:23:47	00:23:03
8	5261	MARIA SOLEDAD OMAR	46	EZK TEAM	00:23:33	00:23:29
9	5499	JOSILENE GONCALVES DA SILVA	21	ITA FOGO	00:23:53	00:23:53
10	5259	KARINI MADEIRA	37	EZK TEAM	00:24:21	00:24:12
11	5311	CINTIA TEREZA LIMA FERRARO	34		00:25:06	00:25:05
12	5114	LEILA LAIZE PEREIRA DE ALMEIDA DOS SANTOS	30	ASSIST	00:25:44	00:25:41
13	5232	ANDREA GOMES FLORO CARDOZO	44	QUARTETO FANTÁSTICO	00:26:14	00:26:07
14	5264	VALÉRIA MOREIRA GUIMARÃES	45	EZK TEAM	00:26:26	00:26:13
15	5509	RAILDA MARIA DE SOUZA	50		00:26:24	00:26:24
16	5421	MONIQUE NOVAES COSTA LUIZ	35		00:27:11	00:27:10
17	5469	TATIANA PESCA MARQUES	41		00:27:31	00:27:24
18	5456	SEFORA PEREIRA	31	RAFINHA RUNNING	00:27:32	00:27:32
19	5380	LUCIANA DOS SANTOS SOARES PEREIRA	49	LOBOS DO VILAR	00:27:41	00:27:38
20	5526	ELIANA MOURA DOS SANTOS PEREGRINO	60		00:27:52	00:27:52
21	5090	JAILMA NUNES DA SILVA	33	ASSIST	00:28:09	00:28:06
22	5464	SIMONE DA COSTA CRUZ SILVA	37		00:28:21	00:28:18
23	5039	CLARISSA NASCIMENTO PEDROSO	34	ASSIST	00:28:33	00:28:33
24	5327	EGUIOMAR FRANCISCO DAS CHAGAS	56		00:28:50	00:28:43
25	5466	SOPHIA BEATRICE NIEVES	20		00:28:50	00:28:46
26	5263	SOLANGE CUNHA	46	EZK TEAM	00:29:02	00:28:49
27	5310	CIDALIA MARIA FERREIRA VIEIRA	50	TRILHAS E AVENTURAS	00:29:18	00:28:52
28	5265	ABELINA DOS ANOS DA SILVA	50	SARACURUNNERS	00:29:13	00:29:13
29	5433	RAFAELA DE PAULA RODRIGUES VIEIRA DA SIL	34		00:29:24	00:29:22
30	5154	NADJA NARA MENDES DE SOUZA	48	ASSIST	00:29:35	00:29:23
31	5555	ANA CRISTINA DA CONCEICAO	47		00:29:38	00:29:38
32	5338	FRANCINE REGUENGO COSTA	29		00:30:23	00:29:47
33	5506	RENATA STUMPF GOMES BRANCO	30	JOTAEFE	00:29:55	00:29:49
34	5276	ANA CLAUDIA DIOGO	44		00:30:34	00:30:18
35	5286	ANGELA DOS REIS CARDIM	49	ITABORAI RUN	00:30:47	00:30:18
36	5495	ERIKA DE OLIVEIRA ALVES	49		00:30:30	00:30:18
37	5417	MICHELLE DOS SANTOS MOTTA BRAGANCA	44	SESI SAO GONCALO	00:30:55	00:30:19
38	5250	PATRICIA CARVALHO DA SILVA	50	ELIZANDRA MACHADO	00:30:47	00:30:47
39	5305	CAROLINA POMBO	45		00:31:16	00:31:09
40	5010	ALZIRA MATOS CANHETE	57	ASSIST	00:32:05	00:31:24
41	5171	RENATA DO NASCIMENTO COSTA	39	ASSIST	00:32:26	00:31:25
42	5121	LUANA PEREIRA DE AMORIM	19	ASSIST	00:31:44	00:31:29
43	5015	ANA PAULA FAUSTINO	42	ASSIST	00:31:54	00:31:47
44	5160	PATRICIA CACILDA CASTRO DO NASCIMENTO	33	ASSIST	00:32:25	00:31:58
45	5238	MÁRCIA MATTOS DE OLIVEIRA	54	QUARTETO FANTÁSTICO	00:32:27	00:32:12
46	5505	RAQUEL MORENO LEAL	55		00:32:27	00:32:25
47	5393	MARCELA DE JESUS COCO	43		00:32:36	00:32:32
48	5245	ELIZANDRA DA SILVA MACHADO MEDINA	53	ELIZANDRA MACHADO	00:32:43	00:32:35
49	5420	MIRIA APARECIDA TREGGIA SENA	49		00:33:00	00:32:46
50	5333	FATIMA SEABRA ESCANHO	60	PROF MARIO FERREIRA	00:33:05	00:33:05

51	5179	ROCHELE PESTANA DA SILVA	46	ASSIST	00:33:37	00:33:11
52	5317	DENISE OLIVEIRA MORAES E SILVA	56		00:33:50	00:33:13
53	5239	HELEN CRISTINA DE FEEITAS AZEVEDO	42		00:33:33	00:33:15
54	5243	DANIELE GONCALVES DE AZEVEDO	39	ELIZANDRA MACHADO	00:33:16	00:33:16
55	5037	CATIA CILENE BARRETO DE JESUS	41	ASSIST	00:33:43	00:33:38
56	5251	RAQUEL MENDONÇA DA SILVA FERRAZ	44	ELIZANDRA MACHADO	00:33:53	00:33:52
57	5056	ELMA BEATRIZ RODRIGUES DE SANTANNA	37	ASSIST	00:36:16	00:33:54
58	5119	LIDUINA MARIA AGUIAR SOBRINHO	59	ASSIST	00:34:15	00:33:56
59	5241	ANALICE NASCIMENTO ALMEIDA DA SILVA	51	ELIZANDRA MACHADO	00:33:57	00:33:56
60	5543	WALKÍRIA MARQUES QUINTELA VIANA	40	RODRIGO MORAIS	00:34:22	00:34:12
61	5085	ISABEL CRISTINA DA SILVA CUNHA	39	ASSIST	00:34:43	00:34:13
62	5313	CRISTIANE CUSTODIO TAVARES	41		00:34:39	00:34:16
63	5175	RITA DE CASSIA DE JESUS MELO	54	ASSIST	00:34:38	00:34:23
64	5540	SILVIA OLIVEIRA NOGUEIRA DA SILVA	58	RUN TEAM FISIOMASTER	00:34:35	00:34:23
65	5181	RONILDA GABRIL DE JESUS VILLAR	60	ASSIST	00:34:41	00:34:24
66	5012	AMANDA SUTTER HAMMES DUVAL	31	ASSIST	00:34:27	00:34:27
67	5157	IVYLA NUNES ALVES FONSECA RODRIGUES DE AZEVEDO	46	ASSIST	00:34:42	00:34:31
68	5257	EVELYN SOUZA CAVALCANTI	18	EZK TEAM	00:34:55	00:34:43
69	5425	NORMA LUCIA CARVALHO HART	69	CORREDORES DE CRISTO	00:35:09	00:34:43
70	5478	VIVIANE CARVALHO HART DIAS	38	CORREDORES DE CRISTO	00:35:10	00:34:44
71	5470	THEREZA CYPRESTE	68	RAFINHA RUNNING	00:35:03	00:34:57
72	5244	ELISANGELA DA SILVA MACHADO ECARD	45	ELIZANDRA MACHADO	00:35:15	00:35:08
73	5102	JOSIMAR DE OLIVEIRA DIAS	39	ASSIST	00:35:10	00:35:10
74	5287	ANGELA MARIA SANTANA	65		00:35:22	00:35:14
75	5407	MARIA CELESTE FERREIRA ROSENHAYME	70		00:35:30	00:35:19
76	5016	ANA PAULA RODRIGUES BEZERRA	39	ASSIST	00:36:07	00:35:24
77	5315	DANIELE ALVES MARINHO	41		00:36:36	00:35:40
78	5379	LUCIANA BASTOS MUNIZ	41		00:36:35	00:35:40
79	5492	EDILZA DA SILVA	41		00:36:16	00:35:44
80	5191	SHEILA SANTIAGO PEREIRA DO AMARAL	44	ASSIST	00:36:09	00:35:52
81	5375	LIGILA BEZERRA FEITOSA	48		00:36:15	00:36:15
82	5020	ANDREA PINTO NEVES MEDEIROS	48	ASSIST	00:36:51	00:36:32
83	5142	MARIANA PEREIRA FELICIANO	35	ASSIST	00:37:04	00:36:35
84	5088	JACQUELINE ALVIM NOBRE SANTANNA	43	ASSIST	00:37:05	00:36:36
85	5408	MARIANA DE ABREU BARCELOS	35		00:37:44	00:37:06
86	5365	JULIA DE ARAUJO RABELLO	16	RABELLO	00:37:13	00:37:13
87	5101	JOSELMA CALISTO DE ALMEIDA	44	ASSIST	00:37:29	00:37:19
88	5108	KATIA NOGUEIRA DOS SANTOS VIEIRA	44	ASSIST	00:37:32	00:37:21
89	5538	PAULA MONTES CAMPAGNUCI MARTINS	30		00:37:58	00:37:25
90	5137	MARIA CAROLINA DE ABREU DA COSTA	31	ASSIST	00:38:27	00:38:06
91	5295	CAMILA BARBARO JEHLE	42		00:38:31	00:38:06
92	5199	THAMYRES SANTOS DE ANDRADE	32	ASSIST	00:38:22	00:38:13
93	5086	IVANA ASSUNCAO MONTEIRO	42	ASSIST	00:38:34	00:38:23
94	5494	ELIANA APARECIDA DE ANDRADE	48		00:38:56	00:38:28
95	5233	CAROLINA BIGNON DA COSTA	17	QUARTETO FANTÁSTICO	00:39:12	00:38:54
96	5328	ELIZABETH DO AMARAL REGO	60	PRIMAMIGAS	00:39:13	00:38:56
97	5344	GISELA LOPES DA ROSA MOURA	34		00:39:04	00:38:58
98	5014	ANA PAULA DESTEFANO DA SILVA	44	ASSIST	00:39:14	00:39:00
99	5025	BARBARA TEIXEIRA DE AGUIAR	37	ASSIST	00:39:34	00:39:13
100	5231	ANA PRISCILLA SANDER DA SILVA BATISTA	32	QUARTETO FANTÁSTICO	00:39:35	00:39:18
101	5234	FERNANDA DE OLIVEIRA BIGNON	39	QUARTETO FANTÁSTICO	00:39:35	00:39:18
102	5273	ALINE BALTAZAR GONCALVES	38		00:39:24	00:39:18
103	5045	DANIELLE DA SILVA ALMEIDA	30	ASSIST	00:39:30	00:39:24
104	5189	SELMA DOS SANTOS AUGUSTO DE ABREU	55	ASSIST	00:39:53	00:39:25
105	5416	MICHELLE BARBOSA DA SILVA CARMEL	35	TEMPLARIOS RUNNING	00:39:52	00:39:43
106	5159	PAOLA ACETI GUIMARAES VIENNA	32	ASSIST	00:40:39	00:40:00

107	5483	ZENILDA RODRIGUES PRETO SCHMIDT	49		00:40:43	00:40:41
108	5226	CAMILA PESSANHA DA CONCEIÇÃO SILVA	37	ACS - CBMERJ	00:41:23	00:40:47
109	5409	MARILZA MACEDO NASCIMENTO	62	CWR	00:40:58	00:40:47
110	5479	VIVIANE LOPES BRASIL	56		00:40:54	00:40:48
111	5335	FERNANDA BARCELLOS PACHECO	33		00:41:39	00:41:01
112	5422	NATHALIA FERREIRA GONCALVES	27		00:41:39	00:41:01
113	5329	ELLEN LARA PAIXAO NOSSA	18		00:41:28	00:41:05
114	5406	MARIA ANGELICA AURELINA GOIS	56		00:41:37	00:41:11
115	5426	ORIANA DE FARIA SOUZA	55		00:41:19	00:41:13
116	5398	MARCIA SOUZA DA SILVA	41		00:42:08	00:41:36
117	5454	SANDRA MOURA DA MOTTA	62		00:41:42	00:41:36
118	5473	VALERIA TEODORIO MOREIRA	49		00:41:56	00:41:38
119	5009	ALEXSANDRA SOUZA DA SILVA	48	ASSIST	00:42:18	00:42:02
120	5184	ROSANGELA CRUZ DA COSTA	40	ASSIST	00:42:18	00:42:02
121	5340	GABRIELA PATRICIO	37		00:42:59	00:42:22
122	5029	CAMILA DA SILVA ANTUNES PADILHA	37	ASSIST	00:42:24	00:42:24
123	5227	ELAINE GONÇALVES DIAS	40	ACS - CBMERJ	00:42:26	00:42:26
124	5427	PAULA BARROSO NOGUEIRA	31		00:43:31	00:42:52
125	5028	BRUNA DIDOLICH MARTINS MAFRA	32	ASSIST	00:43:34	00:43:03
126	5161	PATRICIA CRISTINA DA SILVA PEREIRA	42	ASSIST	00:43:58	00:43:09
127	5367	JULIANA RIBEIRO DOS SANTOS	37		00:43:11	00:43:11
128	5451	ROSELI MACEDO DE OLIVEIRA COSTA	59	CWR	00:43:39	00:43:27
129	5166	PRISCILLA SOARES DA CUNHA	31	ASSIST	00:44:20	00:43:35
130	5208	VIVIANE LACERDA DE ANDRADE	41	ASSIST	00:43:36	00:43:36
131	5318	EDENILZA CESARIO	43		00:43:57	00:43:46
132	5314	DAISY LUCIDY DE AZEVEDO NICOLAU	66		00:44:08	00:43:59
133	5349	IRIANE MARTINS PEREIRA	39	MEXA-SE PELA VIDA	00:44:26	00:44:02
134	5461	SHEILA PEREIRA RODRIGUES	43		00:44:53	00:44:27
135	5467	SUELY BERNARDO DA SILVA	69		00:44:50	00:44:43
136	5447	ROSA MARIA DA SILVA CUNHA ESTEVEZ	38		00:45:04	00:44:54
137	5462	SIMONE PATRICIA NASCIMENTO DE ARRUDA ZABIEF	42	FAMILIA ARRUDA	00:45:01	00:44:55
138	5531	JULIA MAIA CHAGAS DO CARMO	69		00:47:36	00:45:41
139	5465	SIMONE RSANTOS	35		00:45:47	00:45:47
140	5198	THAMIRES VIEIRA GUIMARAES	25	ASSIST	00:46:32	00:46:05
141	5169	RAYANE FAUSTINO DE SOUSA	22	ASSIST	00:46:16	00:46:09
142	5200	THATIANE DA SILVA ALVES	33	ASSIST	00:46:28	00:46:12
143	5104	JUCIARA RIBEIRO ATANASIO SILVA	51	ASSIST	00:47:02	00:46:43
144	5011	AMANDA BAPTISTA DOS SANTOS CAMPOS	18	ASSIST	00:47:20	00:47:00
145	5194	SIMONE MARIA BAPTISTA DOS SANTOS	47	ASSIST	00:47:20	00:47:00
146	5188	SABRINA SOBRINHO SOARES	19	ASSIST	00:47:27	00:47:08
147	5048	DEBORA AGUIAR SOBRINHO	38	ASSIST	00:47:27	00:47:10
148	5013	ANA CARINA DE MOURA PALHA MONDEGO	39	ASSIST	00:47:51	00:47:17
149	5437	RENATA VIEIRA REIS	40		00:48:41	00:47:23
150	5266	ADRIANA DOS SANTOS ROSA DE SOUZA	48		00:48:16	00:48:12
151	5341	GABRIELA VASCONCELOS DUTRA	26		00:48:48	00:48:12
152	5377	LUANE DOS SANTOS PEREIRA	20	LOBOS DO VILAR	00:48:17	00:48:13
153	5075	GISELE SANTIAGO PEREIRA DE AMORIM	39	ASSIST	00:49:09	00:48:45
154	5145	MARLENE CONSTANCA RAPHAEL SODRE	76	ASSIST	00:49:11	00:48:51
155	5089	JACQUELINE DA CRUZ FILIZZOLA	40	ASSIST	00:50:34	00:49:53
156	5218	YARA RAMOS DE ARAUJO	58	ASSIST	00:52:10	00:50:05
157	5351	JANETE JANE BARTA DA SILVA	53		00:50:09	00:50:09
158	5350	JACI GREGORIO DE JESUS	62	PRO-RIBEIRO	00:50:35	00:50:14
159	5410	MARLISA PINTO DE CAMARGO FIRMINO	54		00:50:58	00:50:21
160	5450	ROSE BAL	38	VASCONCELOS	00:50:37	00:50:37
161	5158	OSIANA DA SILVA AZEVEDO	41	ASSIST	00:51:20	00:50:38
162	5486	ANDREIA LOPES ASSIS DE ALMEIDA	46		00:51:52	00:51:26

163	5501	MACILEIDE FERREIRA ALVES	53		00:51:52	00:51:27
164	5249	MARIA INEZ DANTAS MOURA	58	ELIZANDRA MACHADO	00:52:17	00:51:52
165	5252	RITA DE CASSIA P GUIMARÃES	59	ELIZANDRA MACHADO	00:52:19	00:52:19
166	5196	TALITA DE OLIVEIRA BALTAR MOSCOSO	34	ASSIST	00:52:55	00:52:41
167	5110	KELLY DA SILVA ROCHA	32	ASSIST	00:52:56	00:52:42
168	5296	CARLA DA VITORIA DE SOUZA RODRIGUES	42	MOUNTAIN RUN	00:53:39	00:53:16
169	5516	LETICIA DA SILVA SANTOS DO NASCIMENTO	18	FABOM	00:54:06	00:53:17
170	5517	LIDIANE DA SILVA DUARTE	25	FABOM	00:54:07	00:53:19
171	5412	MARTA VARELLA SAVINO	58		00:53:49	00:53:23
172	5342	GABRIELLE BRANDAO VASCONCELOS	16	VASCONCELOS	00:53:45	00:53:45
173	5507	ROSILENE VASCONCELOS DA COSTA	58		00:54:48	00:54:06
174	5092	JAQUELINE RIBEIRO PEREIRA BRAGA	37	ASSIST	00:54:54	00:54:20
175	5078	GLORINHA CHIODO DOS SANTOS	52	ASSIST	00:54:45	00:54:25
176	5353	JAQUELINE GOMES OLIVEIRA	22		00:54:47	00:54:26
177	5248	ILZA ALVES DE MELO BARRETO	49	ELIZANDRA MACHADO	00:55:33	00:54:58
178	5448	ROSANA CORREA MOREIRA	43		00:55:34	00:54:58
179	5511	ANDRÉA DA SILVA CESÁRIO	42	FABOM	00:55:47	00:55:00
180	5522	SIMONE PINHEIRO BARBOZA	39	FABOM	00:55:49	00:55:01
181	5087	IZALVINA SILVA DE MATTOS DE OLIVEIRA	47	ASSIST	00:55:33	00:55:13
182	5284	ANDREA LOVIS	39		00:56:24	00:55:50
183	5529	JESSICA MARTINS FERNANDES MOCA	28		00:56:50	00:56:20
184	5414	MAYARA DA CUNHA NETTO	37	ORIGINAL TEAM	00:56:48	00:56:48
185	5240	MARIA ROSA MAGALHÃES DO NASCIMENTO	25	QUARTETO FANTÁSTICO	00:58:39	00:57:51
186	5236	JOICE PEREIRA DE LIMA NASCIMENTO	36	QUARTETO FANTÁSTICO	00:58:39	00:57:52
187	5230	ADENI APARECIDA DE SOUZA	45	QUARTETO FANTÁSTICO	00:58:40	00:58:40
188	5449	ROSANGELA GUERRA DE FARIA	54	PRIMAMIGAS	00:59:21	00:59:02
189	5550	MARIA JOSE	67		01:01:21	01:00:37