

# COSTAO NIGHT RUNNING

Folha 1

## 5K

Nome	Colocação			Oficial	Liquido	Min/Km	Nome	Colocação			Oficial	Liquido	Min/Km
	Geral	Sexo	Faixa					Geral	Sexo	Faixa			
<b>14-24 Homens</b>							<b>30-34 Homens - Continuação</b>						
Jurandyr Couto	1	1		15:54.5		3:11	Adelar Antunes Fernandes	21	20	7	19:19.0	19:15.8	3:51
Rafael Maioral	3	3		16:13.3	16:11.9	3:14	Alan Teodoro	23	22	8	19:52.2	19:38.7	3:56
Felipe Sales	4	4		16:27.6	16:26.0	3:17	Cristiano Fagundes Linhares	24	23	9	19:53.1	19:46.6	3:57
Lucas Manoel De Farias	6	6	1	16:51.8	16:50.4	3:22	Rafael Boechat De Jesus	25	24	10	19:53.7	19:14.0	3:51
Felipe Augusto Dias	12	12	2	17:57.9	17:57.4	3:36							
Witold Kawalec	19	18	3	19:03.8	19:00.8	3:48	Aloisio Pacheco Da Silva	29	28	11	20:06.2	19:26.7	3:54
Carlos Eduardo Vieira	20	19	4	19:07.8	19:07.8	3:49	Luiz Carlos Da Cunha	34	33	12	20:26.0	19:54.6	3:59
Victor Theodoro De Souza	27	26	5	19:55.7	19:37.4	3:56	Vagner Carmo Dos Santos	42	39	13	21:24.8	21:12.8	4:15
							Leandro Pereira	49	46	14	21:48.0	21:44.1	4:21
Ivan Sragowitz	38	35	6	21:05.4		4:13	Maico Rodrigo Silva Dos	63	59	15	22:34.0	21:40.1	4:20
Alexandre Casagrande	41	38	7	21:23.8		4:17							
Bruno Da Silva Volkov	50	47	8	21:52.7	21:14.1	4:15	André Guerreiro	66	62	16	22:47.8	21:48.1	4:22
Maurício Gerber Da Silva	107	100	9	26:00.7	25:19.0	5:04	Elton Franzoi Coutinho	71	67	17	22:55.6	22:43.4	4:33
Hernandes Alves Dos Santos	107	107	10	26:23.2	26:03.2	5:13	Edson Francisco Pellense	73	68	18	23:01.2	22:48.5	4:33
							Luiz Carlos Pereira Junior	78	71	19	23:15.4	22:33.3	4:31
Klismann Felisberto	218	153	11	30:21.1	29:54.2	5:59	André Sardá Vieira	81	73	20	23:28.7	23:02.9	4:37
Kean Renan Possamai	223	154	12	30:28.8	30:12.1	6:02							
Leonardo Reis Fressato	245	161	13	31:33.7	30:45.1	6:09	Fernando Maciel De Miranda	90	81	21	24:14.7	24:08.9	4:50
Leonardo Silva	271	167	14	33:14.6	32:22.8	6:28	Luis Felipe Borges De Barros	99	88	22	24:45.3	24:17.6	4:51
							Flávio Scotti Calacibeta	118	95	23	25:31.9	25:21.0	5:04
<b>25-29 Homens</b>							Leandro Polisseni	128	101	24	26:04.3	25:47.0	5:09
Diogo Trindade	2	2		16:09.5		3:14	Marcelo Moreira Franco	130	103	25	26:05.3	25:28.6	5:06
Joao Rafael Domingos	7	7	1	17:33.4	17:31.4	3:30							
Edmilson Pereira Junior	16	16	2	18:28.7	18:27.7	3:42	Fábio Britto	133	104	26	26:10.7	25:54.1	5:11
Jefferson Lucas Motta De	17	17	3	18:46.1	18:42.7	3:44	Deivis Philippi Koroll	134	105	27	26:18.7	25:42.8	5:09
Divânio Martins Junior	28	27	4	19:57.1	19:48.7	3:58	Guilherme Vanzin	143	110	28	26:40.9	26:10.0	5:14
Marcos Adão	31	30	5	20:20.8	19:50.2	3:58	Renato Oliveira Martinez	150	115	29	27:08.7	27:08.7	5:26
							Ailysson Alberto Silva	152	117	30	27:24.5	27:22.8	5:29
José Rodrigo Stramosk Peres	30	36	6	21:16.0	20:56.7	4:11							
Geilson De Freitas Ferreira	53	50	7	22:04.3	21:57.6	4:23	Eduardo Zelante Ambiel	161	123	31	27:42.2	27:07.7	5:26
Josue Charles Klein	54	51	8	22:08.9	21:18.5	4:15	Anderson Kohler	165	126	32	27:50.6	27:23.7	5:29
Renan Ricchitella	55	52	9	22:13.6	22:10.9	4:26	Rafael Judar Vicchini	169	127	33	27:58.6	27:28.1	5:29
Matheus Henrique Ferraz De	59	55	10	22:23.7	22:21.0	4:28	Neter Felipe Santos Dos	177	132	34	28:15.2	27:31.1	5:30
							Thiago De Souza Menegas	185	136	35	28:44.1	28:09.0	5:38
Marcelo Jorgens Sartori	61	57	11	22:30.9	22:21.1	4:28							
Dário Alexandre Guimarães	64	60	12	22:40.8	21:53.7	4:23	Alex De Almeida Tango	208	147	36	29:50.8	29:14.5	5:51
Israel Oliveira	68	64	13	22:50.1	22:47.9	4:33	Murilo José De Lima	232	156	37	31:06.4	30:21.8	6:04
Daniel Bonelli Paulo	69	65	14	22:51.5	22:00.5	4:24	Rafael Discher Fressato	246	162	38	31:33.9	30:47.0	6:09
Felipe Guimarães	79	72	15	23:16.4	22:26.2	4:29	Marcus Pacheco Lupiano	257	166	39	32:05.6	31:20.2	6:16
							Augusto Menegaro	298	173	40	36:54.7	36:22.7	7:17
André Bonadias Gadelha	86	77	16	23:43.8	23:37.2	4:43							
Vicente Mahfuz Joner	113	92	17	25:24.6	25:08.2	5:01	Daniela Nakamoto	303	174	41	37:52.7	37:22.0	7:29
Gabriel Peixer Da Silva	117	94	18	25:31.2	24:51.2	4:58							
Rodrigo Souza Banegas	123	98	19	25:49.2	25:24.5	5:05	<b>35-39 Homens</b>						
Lucas Chichorro Tolentino	136	106	20	26:21.2	25:39.6	5:08	Sebastião Santos	14	14	1	18:24.0	18:21.8	3:41
							Fabio Rene Dos Santos	26	25	2	19:55.6		3:59
Marcus Vinicius Prado Peres	110	112	21	26:58.0	26:49.8	5:22	Anderson Senigalia Chagas	30	29	3	20:15.9	20:14.0	4:03
Marcelo Ometto Filippini	154	119	22	27:27.2	26:37.3	5:19	Marcos Alcioni Silva	37	34	4	21:05.2	21:01.6	4:12
Ricardo Pícolo Scervino	159	121	23	27:38.9	26:49.2	5:22	Jefferson Colaço Medeiros	40	37	5	21:21.8	21:16.1	4:15
Mauri Cherobin	160	122	24	27:41.8	26:56.7	5:23							
Tiago Basilio Silveira	172	128	25	28:00.7	27:15.1	5:27	Fabio Potolowsky	57	53	6	22:19.2	22:02.7	4:25
							Rafael Cabrera Da Silveira	58	54	7	22:21.1	21:39.3	4:20
João Batista Dos Reis Neto	190	137	26	28:58.5	28:13.3	5:39	Jean Do Amaral Lima	67	63	8	22:48.5	22:40.8	4:32
Carlos Alexandre Wehmut	194	138	27	29:02.8	28:47.2	5:45	Edison Jose Da Silva	82	74	9	23:34.2		4:43
Vitor Linsmeyer	201	141	28	29:22.1	28:44.6	5:45	Diego Bandeira	83	75	10	23:37.5	23:36.5	4:43
Jose Carlos Stapassoli Jr	252	165	29	31:51.4	31:06.9	6:13							
Jean Carlos Grimm	275	168	30	33:40.4	32:56.4	6:35	Wilson Leite	89	80	11	24:09.1	23:36.7	4:43
							Alexandre Avila	93	84	12	24:28.2	24:23.0	4:53
Antônio José Martins	316	177	31	40:24.6	39:59.5	7:60	Cleiton Stoinski	111	90	13	25:11.5	24:55.7	4:59
							Marcelo Peres Ramos	122	97	14	25:48.0	25:00.3	5:00
<b>30-34 Homens</b>							Michel Quinteiro Milcent A	129	102	15	26:05.0	25:52.5	5:11
Marcelo Colaço Do Rosário	5	5		16:33.2	16:32.7	3:19							
Luciano Mendes Dalsotto	8	8	1	17:41.1	17:38.4	3:32	Carlos Eduardo Peres	144	111	16	26:50.8	26:27.7	5:18
Dionei De Matos	9	9	2	17:42.1	17:40.6	3:32	Valmor Guerreiro Filho	148	113	17	27:01.2	26:01.2	5:12
Jasiel Neves	10	10	3	17:44.8	17:43.2	3:33	Alex William Hofmeister	162	124	18	27:43.4	27:30.0	5:30
José Adelino Correa	11	11	4	17:50.4		3:34	Andre Porto Prade	176	131	19	28:09.8	27:21.6	5:28
Fernando Lauro De Gois	13	13	5	18:04.4	18:02.1	3:36	João Francisco Ávila Dos	179	134	20	28:18.5	27:26.6	5:29
Jairo Vieira	15	15	6	18:26.6		3:41							

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# COSTAO NIGHT RUNNING

Folha 2

## 5K

Nome	Colocação			Oficial	Liquido	Min/Km	Nome	Colocação			Oficial	Liquido	Min/Km
	Geral	Sexo	Faixa					Geral	Sexo	Faixa			
<b>35-39 Homens - Continuação</b>							<b>50-54 Homens - Continuação</b>						
Éder Da Silva E Sá	181	135	21	28:33.8	27:38.0	5:32	Luiz Fernando Ribeiro	104	89	6	24:55.0	24:06.4	4:50
Diego Onzi De Castro	217	152	22	30:18.9	29:28.6	5:54	Gilberto Rossi Gil	112	91	7	25:12.3	24:25.7	4:53
Marcelo Bizarro Silva	238	158	23	31:16.5	30:36.6	6:07	Jaime De Matia Junior	151	116	8	27:09.7	26:42.1	5:21
Antônio F. Mufarrej	241	160	24	31:22.5	30:56.1	6:11	Jose Augusto Castro Duarte	175	130	9	28:08.8	27:46.0	5:33
Ruy Humberto P. Dieckmann	247	163	25	31:44.5	31:26.9	6:17	Luiz Henrique Wagner	251	164	10	31:49.0	31:05.3	6:13
<b>40-44 Homens</b>							<b>55-99 Homens</b>						
Fabio Garcia	288	171	26	35:38.6	35:29.1	7:06	Luiz Adolfo	43	40	1	21:32.4	21:19.1	4:16
Raimundo Nonato Dos Santos	303	172	27	35:39.3	35:07.8	7:01	Fernando Atem Martins	126	99	2	25:57.8	25:18.0	5:04
Anderson Cabral	312	176	28	38:47.4	38:03.9	7:37	Antônio Eugênio Terêncio	164	125	3	27:50.1	27:37.8	5:32
Angelo Máximo Godinho	22	21	1	19:49.3	19:43.4	3:57	Timóteo Moraes Garcia	174	129	4	28:07.0	27:26.7	5:29
Manoel A. Behnke JR.	32	31	2	20:21.3	20:16.6	4:04	Sidnei Pinto	178	133	5	28:17.7	27:20.7	5:28
Murilo Silva	33	32	3	20:24.8	20:11.0	4:02	Argemiro Guesser	198	139	6	29:15.2	28:44.6	5:45
Ivan Borges	44	41	4	21:35.1	21:27.9	4:18	Paulo Roberto Azeredo Dos Santos	204	144	7	29:38.0	29:27.1	5:54
Eduardo Toshikazu Hanada	60	56	5	22:29.6	22:24.2	4:29	Claudio Luiz Felix	214	150	8	30:10.4	29:59.1	5:60
André Luiz Martins	62	58	6	22:32.8	21:58.4	4:23	José Argemiro Meneghelli	226	155	9	30:51.8	30:29.8	6:06
Humberto V Zacchi Netto	91	82	7	24:21.6	24:03.1	4:48							
Eduardo Manoel Sardá De	92	83	8	24:23.8	23:26.2	4:41							
Marcelo De Freitas	98	87	9	24:42.0	24:17.1	4:51							
Josiano Pereira Saqueti	120	96	10	25:44.2	25:29.1	5:06							
Wilson Meirelles Murias	138	108	11	26:25.9		5:17							
Paulo Teruhiko Yano	199	140	12	29:19.8	29:01.6	5:49							
Andre Luis Pereira Cortes	202	142	13	29:30.0	28:54.7	5:47							
Alexandre Zeilmann Fabris	210	148	14	29:54.0	29:03.3	5:49							
Otamir Pamplona Pereira	213	149	15	30:05.5	29:30.2	5:54							
Adão Batista Cavarzan	216	151	16	30:17.0	29:27.6	5:54							
Fábio Ramos Bittencourt	239	159	17	31:17.5	30:47.5	6:10							
Luciano Cruz	322	178	18	44:35.0	44:24.6	8:53							
<b>45-49 Homens</b>													
Diógenes Da Silva	45	42	1	21:37.2	21:25.6	4:17							
Clodoaldo Theodoro De	46	43	2	21:42.0	21:24.3	4:17							
Vilcon Pamplona Pereira	47	44	3	21:44.2	21:04.2	4:13							
Flavio De Oliveira Graf	48	45	4	21:45.4		4:21							
Marcelo De Almeida Poyares	52	49	5	21:57.9	21:54.6	4:23							
Ari Laercio Boehme	65	61	6	22:46.5	22:00.7	4:24							
Gilmar Rossoni	70	66	7	22:55.2	22:27.9	4:30							
Marcos Rocha Castro	75	70	8	23:04.0	22:43.3	4:33							
Marcos Abílio Bosquetti	87	78	9	23:51.8	23:44.2	4:45							
Marcos Aurélio Alves	88	79	10	24:02.5	23:21.4	4:40							
Egomar Prochnow	115	93	11	25:30.7	25:07.1	5:01							
Valter Costa	139	109	12	26:28.7	26:16.7	5:15							
Rodrigo Bianchini Silva	149	114	13	27:08.5		5:26							
Adyl Barreiros Vaz Vallim	153	118	14	27:27.0	27:10.8	5:26							
Waldir Jordão	157	120	15	27:34.3	26:45.7	5:21							
Alvaro Henrique Santos Almeida	203	143	16	29:33.2	28:36.1	5:43							
Carlos Augusto Lopes	206	145	17	29:40.8	29:32.2	5:54							
Roberto Fernando Carvalho	207	146	18	29:45.8	29:39.3	5:56							
Vitor Hugo Lopes Da Silva	225	157	19	31:10.3	31:06.6	6:13							
João Batista Vargas De	276	169	20	33:52.9	32:59.1	6:36							
Marcelo Gonçalves	287	170	21	35:35.4	35:02.8	7:01							
Plauto Roberto Lopes Jr	310	175	22	38:29.4	37:31.9	7:31							
<b>50-54 Homens</b>													
Carlos Silveira De Lacerda	51	48	1	21:53.1	21:50.4	4:22							
Daniel Ulysses Freire	74	69	2	23:02.0	22:22.3	4:28							
Breno Rosado Funck Filho	85	76	3	23:42.3	23:36.0	4:43							
Anísio Senna Borges	96	85	4	24:36.9	24:33.6	4:55							
Jaime Teodosio	97	86	5	24:37.1	24:07.7	4:50							

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# COSTAO NIGHT RUNNING

Folha 3

## 5K

Nome	Colocação			Oficial	Liquido	Min/Km	Nome	Colocação			Oficial	Liquido	Min/Km
	Geral	Sexo	Faixa					Geral	Sexo	Faixa			
<b>- Mulheres</b>							<b>30-34 Mulheres - Continuação</b>						
	313	137	1	39:41.2	39:21.0	7:52	Vivian Pereira De Vasconcelos	26	6	25:49.9	25:38.2	5:08	
<b>14-24 Mulheres</b>													
Aléxia Cecília Rovaris	35	2		20:31.5	20:22.9	4:05	Rosana Ferreira	132	29	26:09.7	25:27.8	5:06	
Priscila Marlete Pereira	106	17	1	25:00.6	24:49.7	4:58	Tatiana Fernandes	135	30	26:20.6	25:46.1	5:09	
Any Rodrigues	142	33	2	26:39.2	26:11.4	5:14	Juliana Costenaro Sato	147	35	26:59.2	26:36.7	5:19	
Maria Luiza Da Cruz	183	48	3	28:40.2	28:24.3	5:41	Fabiana Muller De Barba	155	36	27:27.9	27:03.6	5:25	
Maria José Avalor	220	67	4	30:26.7	30:12.0	6:02	Nathalia Pires Cubilla	158	38	27:34.4	27:01.2	5:24	
Tatiane Cristina Salgado	233	77	5	31:08.1		6:13	Michele Tatsch	167	41	27:55.6	27:20.7	5:28	
Mithila Córdova De Oliveira	250	87	6	31:48.8		6:22	Daniella Regina Crispim	173	45	28:02.2	27:17.6	5:27	
Gabriela Maria Kawalec	256	91	7	32:01.0	31:46.4	6:22	Jackeline Klettenberg	180	46	28:30.1	28:23.1	5:41	
Daniele Santos	261	95	8	32:28.0	32:11.1	6:27	Lilian Brillinger Novello	192	55	28:59.6	28:29.2	5:42	
Natalia Luizeli	274	107	9	33:37.4	32:59.4	6:36	Aline Maria Mafra	195	57	29:10.2	28:27.5	5:42	
Sheila Nascimento Nery	299	126	10	37:00.2	36:34.8	7:19	Claudia Manoela Siqueira	207	59	29:13.2	28:59.0	5:48	
Juliana Zanguettin Pereira	301	128	11	37:37.9	37:02.2	7:24	Claudia Campos	211	63	29:58.0	29:35.8	5:55	
Bibiana Paz Pretto	321	144	12	43:34.0	42:42.3	8:33	Fernanda Mendes Barth	221	68	30:27.0	29:44.2	5:57	
Jéssyca De Castro Carmo	323	145	13	46:07.0	45:52.7	9:11	Leticia Corrêa	225	71	30:34.6	29:52.6	5:59	
<b>25-29 Mulheres</b>													
Ana Claudia Jesus	18	1		19:01.3	18:57.4	3:47	Roberta Laus	227	72	30:52.0	30:14.5	6:03	
Carla Roseni Da Silva	72	5		22:59.1	22:52.0	4:35	Rossana Podesta	240	81	31:18.0	30:30.5	6:06	
Francine Maciel Miranda Kato	100	12	1	24:47.6	24:45.0	4:57	Aline Sardá	244	84	31:27.2	30:52.9	6:10	
Luana Isis Ribeiro	102	14	2	24:49.5	24:37.1	4:55	Fernanda Bastos Da Silva	253	88	31:51.5	31:07.0	6:13	
Iriana Mara De Andrade	107	18	3	25:02.1	24:44.0	4:57	Mary Ellen Butzke Hoffmann	255	90	31:53.6	31:42.2	6:20	
Juliana Salvador Curotto	108	19	4	25:03.3	24:50.4	4:58	Flávia Maria Maciel	259	93	32:23.1	31:41.6	6:20	
Juliana Costa Shiraishi	109	20	5	25:07.2	25:01.3	5:00	Leticia Bianchini Da Silva	260	94	32:24.6	31:43.4	6:21	
Luciene Duarte De Oliveira	114	22	6	25:27.7	25:13.9	5:03	Daniela Saquete Amorim	264	98	32:52.7	32:19.8	6:28	
Tamy Henkes	116	23	7	25:30.8	25:20.7	5:04	Nádia Guesser	268	102	33:13.1	32:42.7	6:33	
Jussara Terezinha Alves	121	25	8	25:47.0	25:13.1	5:03	Fabiane Miranda Lima	269	103	33:13.1	33:05.7	6:37	
Giovana Beteli	141	32	9	26:38.9	26:31.4	5:18	Aline Vitalis	273	106	33:26.4	32:50.7	6:34	
Juliana Bacciotti	145	34	10	26:52.9	26:32.7	5:19	Fernanda Moreira Cacilha	279	110	34:10.7		6:50	
Fernanda Pompeu Oaigen	170	43	11	27:59.2	27:12.7	5:27	Lauren Piana	281	112	34:45.1	33:50.1	6:46	
Tatiane Beatriz Marques	171	44	12	27:59.4	27:47.8	5:34	Giseli Vieira Dos Santos	284	115	34:56.5	34:19.3	6:52	
Marianne Lozano Fernandes	184	49	13	28:42.9	28:08.9	5:38	Ana Claudia Lopes Paz	297	125	36:43.1	35:48.2	7:09	
Marcia Da Costa Porto	186	50	14	28:46.6	28:16.4	5:39	Michelle Cristina Da Silva	300	127	37:26.0	37:06.1	7:26	
Maria Cristina Santos Campos	188	51	15	28:51.0	28:20.6	5:40	Adriana Vitalis	305	131	37:55.9	37:20.0	7:28	
Manoella Deschamps	191	54	16	28:58.7	28:13.3	5:39	Ana Paula Coelho Contin	307	133	37:56.8	37:25.6	7:29	
Michelle Linsmeyer	200	60	17	29:21.9	28:44.4	5:45	Vanessa Huppel Ripoll	317	140	40:47.1	40:14.9	8:03	
Nayana Gungel	212	64	18	30:03.6	29:22.7	5:52	<b>35-39 Mulheres</b>						
Taiana Bianchini	215	65	19	30:15.8	29:46.1	5:57	Josaine Maldaner	56	4	22:17.3	22:09.5	4:26	
Maria De Fátima Rodrigues	229	74	20	30:53.0	30:34.7	6:07	Alexandra Avila	101	13	24:48.1	24:43.3	4:56	
Carla Maria Simas	234	78	21	31:08.4	31:02.5	6:12	Mariana Pelandré	131	28	26:06.5	25:50.2	5:10	
Priscila Sopchaki	258	92	22	32:19.1		6:28	Simone Nascimento Andriano	140	31	26:33.3	26:17.5	5:16	
Veridiana Ferraz Soares	263	97	23	32:30.8	32:12.0	6:27	Elaine Capistrano	163	39	27:48.1	27:40.9	5:32	
Grazielle Cristina De Souza	270	104	24	33:13.8	32:29.1	6:30	Tatiana Porto	219	66	30:25.1	29:38.0	5:55	
Marina Melo De Medeiros	278	109	25	34:09.5	33:25.3	6:41	Elisângela Da Rosa	222	69	30:28.5	29:42.4	5:57	
Ana Paula Serraglio	280	111	26	34:20.9	33:51.6	6:46	Fabiana Ribeiro	224	70	30:33.0	29:59.9	5:60	
Helen Cristine Senem Simões	291	119	27	35:52.8	35:20.3	7:04	Kátia Regina Silva Conte	228	73	30:52.1	30:33.1	6:07	
Mairele Ditrich	295	123	28	36:23.3	35:34.2	7:07	Karina Martins	230	75	30:55.3	30:18.1	6:04	
Brenda Pankiewicz	309	135	29	38:06.1	37:48.9	7:34	Vanessa Zomer Fenili	231	76	31:01.7	30:15.8	6:03	
Betina Preto	319	142	30	43:33.7	42:41.5	8:32	Simone Elisabeth Seibel	236	79	31:10.9	31:05.3	6:13	
Aline Fogazzi	324	146	31	46:22.0	45:39.5	9:08	Marta Eli Ventura	243	83	31:25.6	30:57.6	6:12	
<b>30-34 Mulheres</b>													
Nilma Cristiane Rezende	36	3		20:38.8	20:35.4	4:07	Katia Dieckmann	248	85	31:45.0	31:27.3	6:17	
Patricia Cilene Dos Santos	76	6	1	23:05.8	22:59.2	4:36	Indira Andrade	265	99	33:02.8	32:52.5	6:35	
Nelma Aparecida Pellense	77	7	2	23:15.1	22:58.4	4:36	Simone Cristina De Oliveira	277	108	34:07.4	33:53.2	6:46	
Ana Lúcia Corrêa	84	9	3	23:41.4	23:14.0	4:39	Crisani De Lara	286	117	35:18.1	35:11.1	7:02	
Paula Andrea Serpa	105	16	4	24:59.9	24:43.9	4:57	Raquel Dos Santos	302	129	37:51.9	37:46.0	7:33	
Aline Ferreira Da Silva	110	21	5	25:10.9	25:06.8	5:01	Rosiane Martinez	315	139	40:22.6	39:35.1	7:55	
							Patricia Teixeira Buhler	325	147	46:22.2	45:39.4	9:08	

01/21/12 10:04:10 PM

# COSTAO NIGHT RUNNING

## 5K

Nome	Colocação			Oficial	Liquido	Min/Km
	Geral	Sexo	Faixa			
<b>40-44 Mulheres</b>						
Josiane Elise Lopes Fraga	80	8	1	23:18.2		4:40
Marta Helena Lagareiro	95	11	2	24:33.2	24:28.4	4:54
Elisabeth D. Da F. Konrath	103	15	3	24:52.7	24:49.0	4:58
Karoline Meyer	125	27	4	25:51.4	25:34.5	5:07
Marcia Ferreira Aquino	156	37	5	27:34.1	26:45.6	5:21
Catia Prestes Vicente	166	40	6	27:54.6	27:47.6	5:34
Carla Oliveira	168	42	7	27:56.5	27:36.4	5:31
Rosangela Saquete	205	61	8	29:40.5	29:09.7	5:50
Débora Strapasson Pizzol	209	62	9	29:53.8	29:03.0	5:49
Paula Virginia Castro Pavi	242	82	10	31:24.2	31:02.7	6:13
Martha Damo Comel	254	89	11	31:52.6	30:54.6	6:11
Solange Saquete Gonçalves	266	100	12	33:03.3	32:31.4	6:30
Eliane Rodrigues Da Cruz	267	101	13	33:09.3	32:59.8	6:36
Eliana Loch Loch	290	118	14	35:39.7		7:08
Rachel De Oliveira Ruecke	293	121	15	36:06.6	35:32.0	7:06
<b>45-49 Mulheres</b>						
Leila De Assis Martins	94	10	1	24:29.5	24:27.2	4:53
Susi Teodosio	119	24	2	25:42.9	25:17.6	5:03
Raquiani Aparecida Feijo	189	53	3	28:55.8	28:19.9	5:40
Izabela Lehn Duarte	262	96	4	32:29.5	32:07.3	6:25
Marialva Tomio Dreher	282	113	5	34:54.1	34:20.5	6:52
Márcia De Souza Prudente	285	116	6	35:01.2	34:18.7	6:52
Laione Capistrano	306	132	7	37:56.7	37:49.9	7:34
Ana Eliza Flores	314	138	8	39:41.3	39:20.3	7:52
Viviane Dexheimer Gil	318	141	9	40:59.8	40:13.6	8:03
<b>50-54 Mulheres</b>						
Seni Lentz	196	58	1	29:13.0	28:44.6	5:45
Naira Marcia Sant'anna	272	105	2	33:15.9	32:37.2	6:31
Regina Ferreira De Medeiros	294	130	3	37:54.2	37:17.2	7:27
Maria Roseli Da Silva	308	134	4	38:03.8	37:26.5	7:29
Mirian Coreti Clasen Costa	311	136	5	38:30.9	38:05.2	7:37
<b>55-99 Mulheres</b>						
Maria Irany Das Neves Lemus	182	47	1	28:39.4	28:10.2	5:38
Tereza Candemil Teixeira	188	52	2	28:52.9	28:38.6	5:44
Claudete Savi Menegaro	193	56	3	29:00.7	28:32.1	5:42
Arlene Schlegel	237	80	4	31:13.2	31:08.1	6:13
Rosário Scervino Neto	249	86	5	31:46.1	30:56.3	6:11
Lilian De Quadros Barbosa	283	114	6	34:55.1	34:33.4	6:54
Sueli Montecelli	292	120	7	35:59.0	35:20.9	7:04
Aura Gonçalves Magnabosco	294	122	8	36:11.6	35:49.4	7:10
Ieda Onzi De Castro	296	124	9	36:25.2	35:35.6	7:07
Luiza Maria Da Silva Correia	320	143	10	43:34.0	42:41.8	8:33