

## DESAFIO H2 TEAM -NIGHT RUN- 3ª ETAPA RIO CASCA

### Relatório Geral - 5 KM - Masculino

Coloc.	Numero	Nome	Fx.Et.	Cl.Fx.	Equipe	Ritmo	Vel.	Tempo
1	66	DANILO	M3034	-	H2 TEAM	00:02:56	20,41	00:14:42
2	234	MARCOS VINÍCIUS DA SILVA	M5054	-	H2 TEAM	00:03:04	19,59	00:15:19
3	228	MARCO TÚLIO DO NASCIMENTO ROSA	M2529	-	H2 TEAM	00:03:05	19,46	00:15:25
4	281	PEDRO HENRIQUE FERREIRA DA LUZ	M2024	-	CATAS ALTAS RUNNERS/ BETIM RUNNERS	00:03:06	19,40	00:15:28
5	309	RUAN FAUSTINO MENDES OLIMPIO	M2024	-	STUDIO FITNESS	00:03:08	19,17	00:15:39
6	152	JOAO PAULO LOPES SANTANA	M4044	1	CORRE RAUL	00:03:12	18,75	00:16:00
7	4	AFONSO LEANDRO MIRANDA COTTA	M3539	1	BOX DS	00:03:12	18,71	00:16:02
8	84	ERICK KAUAN DA SILVA SANTOS	M2024	1	ARENA WM	00:03:12	18,71	00:16:02
9	74	EDIGAR CEZAR	M1419	1	JF TREINAMENTO ESPORTIVO	00:03:14	18,52	00:16:12
10	275	PAULO ROBERTO CAMARGOS QUINTAS	M2529	1	H2TEAM/LABORATÓRIO LIZZETA	00:03:15	18,42	00:16:17
11	336	VLADIMIR MARTINS DE LIMA	M1419	2	JEFERSON FREITAS TREINAMENTO ESPORTIVO	00:03:16	18,35	00:16:21
12	310	SABINO MÁRTIR MENDES	M4044	2	H2TEAM	00:03:17	18,31	00:16:23
13	154	JOÃO VITOR SILVA ROSARIO	M2529	2	MARGARIDENSE RUNING	00:03:17	18,27	00:16:25
14	271	PAULO ALBERTO MARÇAL	M3539	2	PRO ESPORTE	00:03:18	18,15	00:16:32
15	157	JOSÉ CARLOS MALAQUIAS	M5054	1		00:03:19	18,07	00:16:36
16	203	LUCAS FRADE	M2529	3	H2 TEAM	00:03:19	18,07	00:16:36
17	264	MATHEUS HENRIQUE DA SILVA DE SOUZA	M2529	4		00:03:20	18,04	00:16:38
18	357	JOSE MIGUEL FELÍCIO JUNIOR	M3539	3	ENTREFARMA	00:03:21	17,93	00:16:44
19	92	FABRÍCIO ROCHA	M3539	4	FARMÁCIA DO POVO	00:03:21	17,91	00:16:45
20	300	RONALDO ARAÚJO DE OLIVEIRA	M4549	1	H2TEAM	00:03:23	17,77	00:16:53
21	276	PEDRO BARBOSA DE OLIVEIRA	M4044	3		00:03:24	17,68	00:16:58
22	41	CAIO CESAR DIAS RODRIGUES	M3539	5	COWKGITAR@GMAIL.C OM	00:03:25	17,58	00:17:04
23	25	ANTÔNIO FLORENTINO DOS SANTOS	M4044	4	H2 TEAM	00:03:25	17,56	00:17:05
24	215	LUIZ HENRIQUE TIMOTEO	M3034	1	BOXDS	00:03:27	17,37	00:17:16
25	142	JEFERSON SABINO	M4044	5	ROCKSPORT	00:03:27	17,36	00:17:17
26	298	RODRIGO FAUSTINO	M4549	2		00:03:28	17,27	00:17:22
27	283	PHELIPE ALVES GUICHARDI	M3539	6	MIX FIT CENTRO DE TREINAMENTO	00:03:29	17,24	00:17:24
28	231	MARCOS JUNIOR SILVA ROSÁRIO	M2529	5		00:03:30	17,11	00:17:32
29	88	FABIANO MIRANDA	M3539	7	H2TEAM	00:03:31	17,09	00:17:33
30	226	MARCO ANTONIO OLIVEIRA ROCHA	M3539	8		00:03:31	17,09	00:17:33
31	105	GABRIEL HENRIQUE	M2024	2	ENTREFARMA	00:03:31	17,06	00:17:35

## DESAFIO H2 TEAM -NIGHT RUN- 3ª ETAPA RIO CASCA

### Relatório Geral - 5 KM - Masculino

Coloc.	Numero	Nome	Fx.Et.	Cl.Fx.	Equipe	Ritmo	Vel.	Tempo
32	326	THIAGO SATHLER SOARES DE ALMEIDA	M3539	9	TOP RUN	00:03:32	16,95	00:17:42
33	219	MAICON DOS SANTOS VIEIRA	M2529	6		00:03:33	16,90	00:17:45
34	327	TIAGO MORGADO MARTINS	M3034	2	CORRE GRAMA	00:03:37	16,57	00:18:06
35	141	JEFERSON DE FREITAS MARCOLINO	M3539	10	JF TREINAMENTO ESPORTIVO	00:03:38	16,50	00:18:11
36	67	DANILO DOMINGOS DE SOUZA	M3034	3	CORRE FÁCIL MANHUAÇU MG	00:03:39	16,42	00:18:16
37	153	JOÃO VITOR NICOMEDES	M2024	3	H2 TEAM PONTE NOVA	00:03:42	16,23	00:18:29
38	29	AROLD JUNIOR ABREU PASCOAL	M2024	4	JF TREINAMENTO ESPORTIVO	00:03:43	16,16	00:18:34
39	51	CASSIANO BATISTA AVELAR	M2529	7		00:03:43	16,11	00:18:37
40	206	LUCAS WALLACE DA SILVA	M3034	4		00:03:43	16,11	00:18:37
41	62	CLEITON ALVES DOS REIS	M2529	8		00:03:44	16,10	00:18:38
42	5	ALEX JUNIOR	M2529	9	CORRE URUCANIA / ACADEMIA EVOLUIR	00:03:44	16,06	00:18:41
43	56	CILAS BENTO SILVA	M4044	6	H2 TEAM	00:03:45	16,01	00:18:44
44	149	JOÃO CARLOS JACOB MACHADO	M4044	7	EQUIPE FÊNIX SEM FRONTEIRAS	00:03:45	15,99	00:18:46
45	27	ARLINDO DIAS	M5054	2	BORA CORRER	00:03:46	15,96	00:18:48
46	81	ELIAS PEREIRA FERREIRA	M4044	8	H2TEAM	00:03:46	15,92	00:18:51
47	121	HUDSON DUTRA	M5054	3	POLÍCIA MILITAR	00:03:47	15,87	00:18:54
48	295	RICHARD FERRAZ CARDOSO	M4044	9		00:03:47	15,86	00:18:55
49	322	THALES SILVESTRE	M2024	5	JF TREINAMENTO ESPORTIVO	00:03:47	15,86	00:18:55
50	102	FREDERICO POLESCA SOARES	M4044	10		00:03:47	15,86	00:18:55
51	140	JARDEL LOPES	M2529	10	BOX DS	00:03:48	15,79	00:19:00
52	91	FABRICIO ROBERTO MIRANDA	M3539	11	H2 TEAM	00:03:48	15,78	00:19:01
53	272	PAULO CÉSAR BATISTA	M4549	3	CORRE URUCANIA	00:03:50	15,68	00:19:08
54	204	LUCAS GABRIEL PRATA DA SILVA	M1419	3	H2 TEAM	00:03:50	15,64	00:19:11
55	108	GILBERTO SOARES	M3539	12	JEFERSON FREITAS	00:03:51	15,58	00:19:15
56	1	ADOMILDO SILVA ROSARIO	M4044	11	MARGARINAS RUNIG	00:03:52	15,54	00:19:18
57	188	LAUDEMIRO MARTINS MOISES	M4044	12	EQUIPE CORRE URUCÂNIA / ACADEMIA EVOLUIR	00:03:52	15,53	00:19:19
58	286	RAFAEL MARTINS ENÉIAS MOISÉS	M1419	4	EQUIPE CORRE URUCÂNIA / ACADEMIA EVOLUIR	00:03:52	15,52	00:19:20
59	73	DOUGLAS SOARES GONÇALVES	M3539	13	PERSONAL TRAINER DOUGLAS SOARES	00:03:52	15,52	00:19:20
60	343	WENER	M3034	5		00:03:52	15,50	00:19:21
61	352	JORDAN FERNANDES	M3034	6	ENERGY FIT CENTRO DE TREINAMENTO	00:03:52	15,49	00:19:22
62	360	VICTOR HUGO SILVA	M2024	6	H2 TEAM	00:03:53	15,48	00:19:23
63	368	JOSÉ LUIZ FERNANDES	M4549	4		00:03:53	15,46	00:19:24

## DESAFIO H2 TEAM -NIGHT RUN- 3ª ETAPA RIO CASCA

### Relatório Geral - 5 KM - Masculino

Coloc.	Numero	Nome	Fx.Et.	Cl.Fx.	Equipe	Ritmo	Vel.	Tempo
64	134	ISAAC MAYRON DA CRUZ	M2529	11		00:03:53	15,44	00:19:26
65	240	PABLO DUTRA MOREIRA	M3539	14	SUPLEMENTO GOOD GRÃO	00:03:53	15,44	00:19:26
66	78	EDUARDO COÊLHO	M3539	15	GERAÇÃO RUNNING	00:03:54	15,38	00:19:30
67	119	HIGOR LATINI	M2529	12	H2 TEAM	00:03:54	15,36	00:19:32
68	83	EMÍLIO MENDES GOMES	M4044	13		00:03:55	15,31	00:19:36
69	28	ARNALDO FELIPE SANTIAGO	M4549	5		00:03:59	15,06	00:19:55
70	192	LEANDRO JUNIOR TOLEDO	M3034	7	FÊNIX SEM FRONTEIRAS	00:03:59	15,05	00:19:56
71	254	JORDANIO LUIZ DA SILVA	M4549	6		00:03:59	15,03	00:19:58
72	68	DAVI GERALDO SILVA	M1419	5	H2 TEAM	00:04:00	14,99	00:20:01
73	197	LEUDINEI PINTO GOMES	M3034	8	CORRE QUE PASSA - ABRE CAMPO (MG)	00:04:00	14,98	00:20:02
74	344	WILSON EDSON DOS SANTOS	M5054	4	FÊNIX	00:04:00	14,98	00:20:02
75	113	GUSTAVO LIMA	M2024	7	JF TREINAMENTO ESPORTIVO	00:04:01	14,94	00:20:05
76	279	PEDRO FONSECA VIEIRA	M2024	8		00:04:03	14,83	00:20:14
77	312	SEBASTIÃO MESSIAS DA SILVA	M3539	16		00:04:04	14,77	00:20:19
78	116	HELENO DE ANDRADE LANA	M4549	7	H2 TEAM	00:04:04	14,73	00:20:22
79	158	JOSÉ DE JESUS ANTÃO	M5559	1		00:04:05	14,67	00:20:27
80	77	EDSON EDUARDO GOMES	M5559	2	FÊNIX SEM FRONTEIRAS	00:04:05	14,67	00:20:27
81	225	MARCO ANTÔNIO OLIVEIRA INÁCIO	M2529	13	H2 TEAM	00:04:05	14,67	00:20:27
82	7	ALISSON FERNANDES FERREIRA	M2024	9	H2 TEAM	00:04:06	14,66	00:20:28
83	131	IRINEU DE OLIVEIRA COSTA	M4044	14		00:04:06	14,66	00:20:28
84	250	MATHEUS MARQUES DE ALMEIDA	M1419	6		00:04:08	14,53	00:20:39
85	296	RODRIGO CINESIO	M3539	17	AM ESPORTE	00:04:10	14,38	00:20:52
86	161	JOSÉ RAIMUNDO LUIZ	M4549	8		00:04:11	14,37	00:20:53
87	359	TALES DE SOUZA ERNESTO	M3539	18	FENIX SEMFRONTEIRAS	00:04:11	14,35	00:20:54
88	75	EDIO GOMES IZIDORO	M3034	9		00:04:11	14,35	00:20:54
89	247	MARLON DE OLIVEIRA NUNES VIEIRA	M2529	14	MARLON DE OLIVEIRA NUNES VIEIRA	00:04:12	14,31	00:20:58
90	342	WELLINGTON ELOI VIEIRA	M4044	15	BOXDS	00:04:12	14,26	00:21:02
91	30	ARTHUR	M1419	7		00:04:12	14,26	00:21:02
92	249	MATEUS DOS SANTOS LOPES	M1419	8		00:04:13	14,25	00:21:03
93	46	CARLOS EDUARDO CAETANO DIAS	M2529	15	SPF RUNNING TEAM	00:04:13	14,21	00:21:07
94	47	CARLOS OCTAVIO FERNANDES VIEIRA	M2529	16	SPF RUNNING TEAM	00:04:14	14,20	00:21:08
95	179	JUSCELINO LOPES	M4549	9		00:04:15	14,11	00:21:16
96	44	CARLOS A SOUZA	M4549	10	CARLOS A SOUZA	00:04:16	14,07	00:21:19
97	261	NATAN JOSE SILVA DO NASCIMENTO	M1419	9	H2TEAM	00:04:16	14,07	00:21:19

## DESAFIO H2 TEAM -NIGHT RUN- 3ª ETAPA RIO CASCA

### Relatório Geral - 5 KM - Masculino

Coloc.	Numero	Nome	Fx.Et.	Cl.Fx.	Equipe	Ritmo	Vel.	Tempo
98	151	JOÃO GABRIEL DE OLIVEIRA SANTANA	M2024	10		00:04:17	14,02	00:21:24
99	19	ANDRÉ PASCOAL CUNHA	M4549	11		00:04:17	14,02	00:21:24
100	263	OSMAR BARBOSA DA SILVA JUNIOR	M4044	16		00:04:17	14,01	00:21:25
101	40	BRUNO JOSÉ FELIZARDO	M3034	10	FÊNIX SEM FRONTEIRAS DE PONTE NOVA	00:04:17	13,99	00:21:27
102	79	EDUARDO SOUZA	M2529	17	TRIO AMEBA	00:04:20	13,86	00:21:39
103	36	BRUNNO AUGUSTO HONORATO	M2529	18	EQUIPE CORRE URUCANIA	00:04:20	13,85	00:21:40
104	361	LEANDRO POLESCA	M3034	11	CORREDORES SEM LIMITES	00:04:21	13,79	00:21:45
105	162	JOSÉ ROBSON NUNES	M6099	1		00:04:21	13,78	00:21:46
106	338	WANDERSON DO CARMO ROSSI	M2529	19	INOVE FITNESS	00:04:22	13,72	00:21:52
107	325	THÉO EDUARDO RUSSO GABRIEL CARELLI	M1419	10		00:04:24	13,63	00:22:01
108	294	RICARDO ANDRADE DE OLIVEIRA	M5054	5		00:04:26	13,53	00:22:10
109	52	CASSIANO GUIMARÃES FELIPE	M3034	12	CORRE GRAMA/JF TREINAMENTO ESPORTIVO	00:04:26	13,52	00:22:11
110	54	CAUÃ VITOR VENTURA RAVAIANO	M2024	11		00:04:27	13,50	00:22:13
111	293	RENAN SILVA LIMA	M3539	19		00:04:27	13,47	00:22:16
112	274	PAULO HONORATO CARNEIRO	M6099	2	ACADEMIA BOA FORMA	00:04:27	13,47	00:22:16
113	38	BRUNO CÉSAR COELHO NEVES	M4044	17		00:04:27	13,47	00:22:16
114	63	CLERES MIRANDA CABRAL	M5559	3	FÊNIX	00:04:28	13,42	00:22:21
115	304	RONAN CRISTIANO GOMES	M4549	12	URUCANIADESAFIOH2	00:04:31	13,29	00:22:34
116	233	MARCOS ROBERTO DE PAULA PEREIRA	M4044	18		00:04:31	13,27	00:22:36
117	328	VAGNER EVANGELISTA ALVES DA CRUZ	M3539	20		00:04:32	13,25	00:22:39
118	31	ARTHUR GABRIEL SIMÃO GERALDO	M1419	11	H2 TEAM	00:04:32	13,23	00:22:41
119	133	ISAAC BRANDÃO DE PAULA	M3539	21		00:04:33	13,20	00:22:44
120	60	CLAUDIANO	M5054	6		00:04:34	13,16	00:22:48
121	355	ADILSON DE SOUZA	M6099	3		00:04:34	13,16	00:22:48
122	291	RAUL QUIRINO DINIZ	M4549	13		00:04:34	13,15	00:22:49
123	167	JOVELINO CRUZ FERRERA	M4549	14		00:04:35	13,09	00:22:55
124	248	MARRUY FAGUNDES DA PAIXAO	M2529	20		00:04:39	12,88	00:23:17
125	235	MARCUS VINICIUS BORDONI DA SILVA	M4044	19	MARCUSBORDONI@GM AIL.COM	00:04:40	12,87	00:23:19
126	341	WELLINGTON CAVALHEIRO	M3539	22		00:04:40	12,87	00:23:19
127	209	LÚCIO FREDERICO	M3034	13		00:04:40	12,85	00:23:21
128	265	PABLO PICASSO DE SOUZA	M3034	14	ENGESEG	00:04:41	12,83	00:23:23
129	303	RONALDY AMORIM DE OLIVEIRA	M3034	15		00:04:42	12,76	00:23:31
130	109	GILSON FABRICIO DA CRUZ COUTO	M4044	20		00:04:42	12,75	00:23:32

## DESAFIO H2 TEAM -NIGHT RUN- 3ª ETAPA RIO CASCA

### Relatório Geral - 5 KM - Masculino

Coloc.	Numero	Nome	Fx.Et.	Cl.Fx.	Equipe	Ritmo	Vel.	Tempo
131	168	JOVENTINO DE SOUZA GOMES	M3539	23		00:04:43	12,70	00:23:37
132	97	FERNANDO BREGUEZ GOMES	M5054	7		00:04:44	12,68	00:23:39
133	115	HEITOR VASCONCELOS DE AVELAR	M2529	21		00:04:44	12,66	00:23:42
134	90	FABRÍCIO FERREIRA DE ABREU	M3539	24		00:04:46	12,61	00:23:48
135	252	MAURO JUNIOR ARAUJO DOMICIANO	M2529	22	CORRE QUE PASSA	00:04:46	12,59	00:23:50
136	37	BRUNO BRAGA	M2529	23	TRIO AMEBA	00:04:47	12,55	00:23:54
137	103	GABRIEL FILIPE ROCHA AUGUSTO	M3034	16		00:04:48	12,52	00:23:58
138	287	RAFAEL SILVÉRIO HELENO SOUSA MARTINS	M2529	24		00:04:48	12,48	00:24:02
139	126	IGOR COELHO RODRIGUES XAVIER	M2024	12		00:04:49	12,45	00:24:06
140	9	ALLYSSON TEODORO LOYOLA	M3539	25	BOX DS	00:04:50	12,41	00:24:10
141	213	LUIZ FERNANDO ALBUQUERQUE DIAS	M2529	25		00:04:51	12,39	00:24:13
142	39	BRUNO GERIMIAS	M3034	17		00:04:52	12,32	00:24:21
143	297	RODRIGO CORDEIRO DE SOUZA	M5559	4		00:04:53	12,28	00:24:26
144	64	CRISTYAN DIAS	M4044	21		00:04:53	12,27	00:24:27
145	106	GERALDO ROSA DIONIZIO	M4044	22	MARGARIDENSE RUNING	00:04:56	12,18	00:24:38
146	163	JOSE RONALDO DE OLIVEIRA	M4549	15	AVULSO	00:04:56	12,17	00:24:39
147	184	KAYKY JUNIOR FERREIRA MATEUS	M2024	13		00:04:56	12,15	00:24:42
148	280	PEDRO GODOI	M1419	12		00:04:57	12,10	00:24:47
149	278	PEDRO EMANUEL PASCHOAL DE OLIVEIRA	M1419	13		00:04:58	12,10	00:24:48
150	6	ALEXANDER PEDRO GARIGLIO ROCHA	M4549	16		00:04:58	12,07	00:24:51
151	127	IGOR HENRIQUE SOARES CARLOTA	M3034	18		00:04:59	12,06	00:24:53
152	367	LUCAS DOS SANTOS FELIPE	M2024	14	SÃO CRISTÓVÃO	00:05:00	11,98	00:25:02
153	366	VÍTOR DE SOUZA RUSSO	M1419	14		00:05:03	11,89	00:25:14
154	202	LUCAS CAMPOS	M3034	19		00:05:04	11,83	00:25:22
155	349	TIAGO DA SILVA CASTRO	M2529	26		00:05:07	11,72	00:25:36
156	289	RAIMUNDO CRIVELARO	M5559	5	FÊNIX	00:05:07	11,71	00:25:37
157	318	PEDRO COUTINHO	M1419	15		00:05:08	11,70	00:25:38
158	136	ITIENE NOGUEIRA COUTO	M3539	26		00:05:13	11,52	00:26:03
159	100	FLÁVIO BARBOSA DOS REIS	M4044	23		00:05:13	11,51	00:26:04
160	98	FLANDER MOL	M2529	27	H2TEAM	00:05:13	11,49	00:26:07
161	269	PATRICK BRENO	M1419	16		00:05:14	11,45	00:26:12
162	76	EDMILSON COELHO HUDSON	M6099	4		00:05:16	11,39	00:26:20
163	251	MATHEUS PEREIRA ARAÚJO SANTO	M3034	20	TRI AMEBA	00:05:17	11,36	00:26:24
164	211	LUIZ ANTÔNIO CAETANO	M4549	17	RIO CASCA	00:05:22	11,17	00:26:51
165	26	ANTONIO PASCOAL CLAUDIO	M5559	6	H2 TEAM	00:05:22	11,17	00:26:52

## DESAFIO H2 TEAM -NIGHT RUN- 3ª ETAPA RIO CASCA

### Relatório Geral - 5 KM - Masculino

Coloc.	Numero	Nome	Fx.Et.	Cl.Fx.	Equipe	Ritmo	Vel.	Tempo
166	8	ALISSON RODRIGO ROCHA MENDES	M3539	27		00:05:23	11,16	00:26:53
167	339	WEBERTH COELHO LAERCE	M4549	18	W2LIGEIRINHOS	00:05:23	11,15	00:26:54
168	365	LUCAS SILVA BARBOSA	M2529	28		00:05:23	11,15	00:26:55
169	277	PEDRO BRAGA DE SOUZA	M3034	21	P-01	00:05:23	11,13	00:26:57
170	150	JOÃO CÉSAR DOS SANTOS	M2024	15		00:05:30	10,92	00:27:29
171	305	RONILDO SOUZA	M4044	24	FARMACIA CEZAR	00:05:34	10,79	00:27:48
172	43	CAMILO BATISTA GOMES	M3034	22	SICREDI	00:05:45	10,43	00:28:46
173	122	HUMBERTO OSVALDO FERREIRA	M5559	7	WELLERSON GAMES	00:05:48	10,35	00:28:59
174	335	VITOR BRANDÃO	M3034	23		00:05:57	10,10	00:29:43
175	273	PAULO CESAR MATHEUS GOMES SURIANE	M1419	17		00:06:02	9,94	00:30:11
176	362	TÚLIO PEREIRA ARAÚJO SANTO	M2529	29	SAO CRISTÓVÃO	00:06:03	9,93	00:30:13
177	230	MARCOS FERREIRA DA SILVA	M6099	5	ENGESEG	00:06:04	9,89	00:30:20
178	285	RAFAEL FRADE DE ALMEIDA	M3034	24		00:06:04	9,89	00:30:20
179	80	EDVAR DE OLIVEIRA NETO	M4044	25		00:06:05	9,86	00:30:26
180	216	LUIZ MARTINS RUFINO	M6099	6		00:06:05	9,86	00:30:26
181	224	MARCIO JOSÉ HUDSON	M4549	19		00:06:06	9,83	00:30:32
182	373	LUCAS COELHO CLEMENTE	M2529	30	H2 TEAM	00:06:20	9,47	00:31:40
183	196	LEONARDO MOREIRA MACHADO	M2529	31	CORRE ABRE CAMPO	00:06:35	9,11	00:32:55
184	177	JÚLIO MÁRCIO DE SOUZA	M5559	8		00:06:43	8,92	00:33:37
185	354	ROMUALDO GALDINO	M6099	7	ACROP	00:06:45	8,89	00:33:44
186	156	JOSÉ CARLOS IZIDORIO	M6099	8		00:06:45	8,88	00:33:46
187	117	HELIELTON SOUZA OLEVATE	M2024	16		00:06:59	8,59	00:34:55
188	175	JULIANO OLIVEIRA VASCONCELOS	M3539	28		00:07:08	8,42	00:35:38
189	218	MAGNO CEZAR DE SÁ RODRIGUES	M6099	9		00:08:03	7,45	00:40:16
190	61	CLEBER RIBEIRO DIAS	M5559	9	CAFÉ FINO DA SERRA	00:08:19	7,21	00:41:36
191	207	BERNARDO CARVALHO GOMES	M1419	18	MOVEIS SENNA	00:08:45	6,85	00:43:47
192	340	WELLERSON LEANDRO LOPES FERREIRA	M4044	26	WELLERSON GAMES	00:10:09	5,91	00:50:47
193	101	FRANCISCO FERREIRA	M6099	10	WELLERSON GAMES	00:10:10	5,91	00:50:48

## DESAFIO H2 TEAM -NIGHT RUN- 3ª ETAPA RIO CASCA

### Relatório Geral - 5 KM - Feminino

Coloc.	Numero	Nome	Fx.Et.	Cl.Fx.	Equipe	Ritmo	Vel.	Tempo
1	198	LILIANE DE PAULA SILVA TEIXEIRA	F3539	-		00:03:54	15,36	00:19:32
2	65	DAIANE FARIA	F2529	-	FARMÁCIA DO POVO	00:04:05	14,72	00:20:23
3	58	CÍNTIA APARECIDA CARDOSO DE OLIVEIRA	F4044	-	H2 TEAM	00:04:06	14,61	00:20:32
4	87	FABIANA CRISTINA DE OLIVEIRA GRILO	F4044	-	STUDIO FITNESS ACADEMIA	00:04:09	14,43	00:20:47
5	299	ROJANE VALICELE	F5054	-	H2TEAM	00:04:13	14,23	00:21:05
6	33	BRUNA LAURA BARBOSA DUTRA SALGADO	F3034	1		00:04:15	14,11	00:21:16
7	191	LAVÍNIA MENDES GOMES	F2529	1		00:04:17	13,99	00:21:27
8	353	FERNANDA MOREIRA	F3034	2	ENERGY FIT	00:04:18	13,95	00:21:30
9	148	JESSICA BRENDA	F3034	3	H2TEAM	00:04:18	13,94	00:21:31
10	18	ANA PAULA SANTIAGO	F3034	4	MIXFIT	00:04:20	13,85	00:21:40
11	173	JULIANA DA SILVA ALEXANDRO PATROCÍNIO	F3539	1		00:04:24	13,64	00:22:00
12	123	IARA MACEDO DE SOUZA	F3034	5		00:04:25	13,58	00:22:05
13	32	BEATRIZ GODOI	F4044	1		00:04:26	13,51	00:22:12
14	323	THAYNA	F2529	2	CORRE JEQUERI	00:04:28	13,45	00:22:18
15	217	LUIZA CLAUDIA CASTRO PASCHOAL CUNHA	F3539	2		00:04:31	13,29	00:22:34
16	321	TCHULINHA	F2529	3	BOXDS	00:04:31	13,27	00:22:36
17	356	LAÍS GRACIANO	F3539	3		00:04:33	13,18	00:22:46
18	48	CAROLINA	F2529	4		00:04:33	13,17	00:22:47
19	222	MARCILENE ALMEIDA	F3034	6	H2 TEAM	00:04:34	13,12	00:22:52
20	85	ESMERIA DE SOUZA RAMOS	F4549	1		00:04:35	13,10	00:22:54
21	170	ANDREIA SALGADO	F3034	7	FÊNIX	00:04:37	13,02	00:23:03
22	290	RAQUEL MARTINS SOARES	F3539	4		00:04:37	12,99	00:23:06
23	132	IRYS TENCHINI VIANA DOS SANTOS	F2529	5		00:04:39	12,89	00:23:16
24	20	ANDREIA CRUZ RIBEIRO	F2529	6		00:04:40	12,87	00:23:19
25	255	MICHELY CAROLINA FERREIRA VENTURA GOMES	F4549	2	URUCANIADESAFIOH2	00:04:44	12,68	00:23:40
26	2	ADRIANA LUCAS GUIMARÃES GOMES	F4044	2		00:04:44	12,68	00:23:40
27	334	VIRGÍNIA ALVES DA CRUZ PINHEIRO	F3034	8	TEAM WOLF	00:04:45	12,64	00:23:44
28	253	MAXILEA DE MIRANDA SALGADO SILVA	F5054	1		00:04:45	12,64	00:23:44
29	15	ANA LUIZA NETO	F2024	1		00:04:46	12,60	00:23:49
30	315	SIRLENE DA SILVA PONTES	F5054	2	FÊNIX	00:04:49	12,46	00:24:05
31	187	LARISSA ROCHA	F2529	7		00:04:50	12,41	00:24:10
32	21	ANDREIA DESIDERIA DA COSTA PAPA	F4549	3	FORCE ASSESSORIA	00:04:50	12,41	00:24:10
33	180	KARINA FERREIRA DE OLIVEIRA	F1419	1		00:04:50	12,41	00:24:10

## DESAFIO H2 TEAM -NIGHT RUN- 3ª ETAPA RIO CASCA

### Relatório Geral - 5 KM - Feminino

Coloc.	Numero	Nome	Fx.Et.	Cl.Fx.	Equipe	Ritmo	Vel.	Tempo
34	13	ANA ELISA TEIXEIRA ALVES LAZARINO	F2529	8		00:04:50	12,41	00:24:11
35	345	YASMIN NETTO SOARES	F1419	2		00:04:52	12,33	00:24:20
36	201	LUANA GUICARDES	F4044	3		00:04:55	12,21	00:24:34
37	331	VÂNIA MARIA TOLEDO LOURES MAGELA DOS SANTOS	F6099	1	FÊNIX SEM FRONTEIRAS	00:04:56	12,15	00:24:41
38	268	PATRÍCIA DOS SANTOS	F4044	4		00:04:57	12,14	00:24:43
39	186	LAÍS FERNANDA SILVEIRA PIOVEZANA	F2529	9		00:04:59	12,02	00:24:57
40	99	FLAVIANE TOLENTIMO DE QUEIROZ	F4044	5		00:05:03	11,90	00:25:13
41	371	MARCIA AP JULIO	F4044	6		00:05:05	11,80	00:25:26
42	69	DAVIANE AMORIM	F3539	5		00:05:06	11,75	00:25:32
43	308	ROSIMAR DE CASTRO VIANA	F4549	4		00:05:08	11,68	00:25:41
44	333	VILMA DAS DORES SOARES	F3034	9	CORRE URUCÂNIA	00:05:09	11,64	00:25:46
45	324	THAYNARA LUANA ROCHA DUARTE	F3034	10	CORRE RAUL / EVOFIT	00:05:12	11,55	00:25:58
46	110	GILZIMARA NIFA	F4044	7	CT IZA PERSONAL	00:05:13	11,51	00:26:04
47	70	DEYVIENI CRISTINA DA SILVA OLIVEIRA	F3034	11		00:05:21	11,21	00:26:45
48	241	MARIA HELOÍSA FERREIRA DE OLIVEIRA	F2024	2		00:05:24	11,12	00:26:58
49	189	LAURA DE SOUZA GOMES	F3034	12		00:05:24	11,12	00:26:58
50	307	ROSÂNGELA MOURA DE MELO	F4549	5	FÊNIX	00:05:28	10,98	00:27:20
51	182	KATIA CILENE DI CARMO PIRES MANSUR	F4549	6		00:05:28	10,97	00:27:21
52	330	VANESSA FERNANDES	F2024	3	MARGARIDENSE RUNNING	00:05:29	10,94	00:27:26
53	50	CAROLINE GOMES DA CUNHA	F3034	13	GERAÇÃO RUNNING	00:05:32	10,83	00:27:42
54	59	CLARISSA BALBI	F4044	8	SUPLEMENTOS GOOD GRÃO	00:05:33	10,82	00:27:43
55	130	IOLANDA FELIX CASSIANO	F2024	4	IOLANDA FÉLIX	00:05:35	10,74	00:27:56
56	262	JOSIANA PEREIRA BASTOS	F3539	6		00:05:38	10,64	00:28:12
57	364	LUANNA CRISTHINA VALENTIN SOUSA	F4044	9	H2 TEAM	00:05:42	10,51	00:28:32
58	190	LAUSIENE LASMAR LIPES	F4044	10		00:05:46	10,40	00:28:51
59	266	PATRÍCIA ÂNGELA LOPES GOMES	F3539	7		00:05:49	10,32	00:29:04
60	193	LEILLYANI EVELLIN SEARA CARVALHO	F3034	14		00:05:51	10,27	00:29:13
61	169	JUCELIA GOMES DE OLIVEIRA	F3034	15	CT IZA SOUSA/CORRE QUE PASSA	00:05:52	10,22	00:29:21
62	95	FERNANDA JOSE BRANDAO LANA	F3034	16	EQUIPE CORRE QUE PASSA	00:05:53	10,19	00:29:26
63	259	NATÁLIA COELHO MATOS	F2529	10	PRO SPORT	00:05:54	10,17	00:29:30
64	245	MARILAINE PEDRO SILVA GOMES	F2529	11		00:05:57	10,08	00:29:45
65	257	MILIANY TOLENTINO COELHO	F2529	12	STUDIO FITNESS	00:05:58	10,07	00:29:48
66	306	ROSA AMELIA CABRAL MIRANDA DE CASTRO	F5559	1	FÊNIX	00:05:59	10,02	00:29:57
67	363	RENATA RIBEIRO	F3539	8	FENIX SEMFRONTEIRAS	00:06:02	9,94	00:30:11

## DESAFIO H2 TEAM -NIGHT RUN- 3ª ETAPA RIO CASCA

### Relatório Geral - 5 KM - Feminino

Coloc.	Numero	Nome	Fx.Et.	Cl.Fx.	Equipe	Ritmo	Vel.	Tempo
68	313	SELMA SOUZA	F4044	11	FÊNIX	00:06:02	9,94	00:30:11
69	11	AMANDA JUNIA DE OLIVEIRA	F3539	9		00:06:02	9,94	00:30:11
70	171	JULIA MARIA MENDONCA BREGUEZ	F4549	7		00:06:06	9,84	00:30:29
71	135	ISABELLA LASMAR E SILVA	F3034	17		00:06:06	9,84	00:30:29
72	166	JOSILAINE CRISTINA DE SOUZA	F3539	10	CORRE URUCANIA	00:06:06	9,83	00:30:32
73	270	PAULA BARBOSA	F3034	18	CT IZA SOUZA	00:06:07	9,82	00:30:33
74	35	BRUNELLA GOMES MACEDO	F3539	11	STUDIO FITNESS	00:06:08	9,77	00:30:42
75	288	RAIANE FIORAVANTE	F2529	13	STUDIO FITNESS	00:06:09	9,76	00:30:44
76	256	MILENA	F2024	5	H2 TEAM	00:06:09	9,75	00:30:46
77	137	IZABELLA SOARES MENDES DE SOUZA	F3034	19		00:06:09	9,75	00:30:47
78	221	MÁRCIA RENATA BOTELHO COIMBRA	F4549	8		00:06:10	9,74	00:30:48
79	96	FERNANDA LACERDA	F3034	20	JF TREINAMENTO ESPORTIVO	00:06:10	9,73	00:30:49
80	147	JENNYFER DIONIZIO OTONI	F2024	6		00:06:10	9,72	00:30:52
81	260	NATÁLIA MARQUES BRANDÃO REIS	F2529	14		00:06:15	9,59	00:31:17
82	3	ADRIENE RAVAIANO MAFIA	F5054	3	CORRE URUCANIA	00:06:18	9,53	00:31:28
83	372	GABRIELE MARTINS ANDRADE	F2024	7	H2 TEAM	00:06:20	9,47	00:31:40
84	118	HÉRICA MARTINS ANDRADE	F4549	9	H2 TEAM	00:06:20	9,47	00:31:41
85	347	MARIA CLARA DO C MENDES.	F2024	8	H2 TEAM	00:06:24	9,38	00:31:58
86	181	KARINNE DA SILVA BATISTA	F3034	21	HL CONSULTORIA	00:06:24	9,37	00:32:02
87	125	IASMIM DOS SANTOS CASSIANO	F1419	3	IASMIMDOSSANTOSCAS SIANO585@GMAIL.COM	00:06:25	9,36	00:32:03
88	124	IARA VITÓRIA AMORIM BARBOSA	F2024	9		00:06:25	9,36	00:32:04
89	243	MARIA LUIZA DE PAIVA	F2529	15		00:06:35	9,11	00:32:55
90	200	LORENA LOPES FIALHO CHEMPE	F3539	12		00:06:43	8,94	00:33:33
91	94	FERNANDA DE FREITAS CASSIMIRO	F3539	13		00:06:45	8,88	00:33:47
92	311	SAYONARA DOMINGUES PEREIRA	F5054	4	INOVE	00:06:46	8,88	00:33:48
93	10	AMANDA APARECIDA ASSIS FLORES	F3034	22	CORRE GRAMA	00:06:46	8,87	00:33:49
94	22	ANGÉLICA ROSA DE SOUSA	F3539	14		00:06:46	8,86	00:33:51
95	176	JULIENE MARIA DOS SANTOS TEIXEIRA	F3034	23	CORRE URUCANIA	00:06:46	8,86	00:33:52
96	242	MARIA KARLA	F1419	4		00:06:59	8,60	00:34:53
97	292	REGINA MARTA DA CONCEIÇÃO	F4044	12		00:06:59	8,58	00:34:57
98	358	MÁRCIA SIQUEIRA MARTINS	F5054	5		00:07:00	8,56	00:35:02
99	145	JÉNIFER GONÇALVES	F2024	10		00:07:03	8,51	00:35:14
100	16	ANA PAULA COSTA MACHADO	F2529	16		00:07:05	8,47	00:35:26
101	220	MANUELA COELHO ANDRADE	F1419	5	H2 TEAM	00:07:06	8,44	00:35:32
102	183	KATIA ROSANA POLESCA TEIXEIRA SOARES	F6099	2		00:07:13	8,32	00:36:03

## DESAFIO H2 TEAM -NIGHT RUN- 3ª ETAPA RIO CASCA

### Relatório Geral - 5 KM - Feminino

Coloc.	Numero	Nome	Fx.Et.	Cl.Fx.	Equipe	Ritmo	Vel.	Tempo
103	172	JULIA SALES TEIXEIRA	F3034	24		00:07:15	8,28	00:36:13
104	329	VANESSA ALVES DA CRUZ	F3539	15	TEAM WOLF	00:07:16	8,26	00:36:20
105	139	JANAINA OLIVEIRA	F3034	25	CORRE QUE PASSA CLUB	00:07:16	8,25	00:36:21
106	237	MARIA APARECIDA GOMES DA CUNHA	F5559	2	MARIAAPGOC@GMAIL.COM	00:07:21	8,16	00:36:47
107	238	MARIA CLARA SILVA BARROZO	F1419	6		00:07:25	8,09	00:37:05
108	316	TACIANE SOUZA	F1419	7	BOXDS	00:07:25	8,08	00:37:07
109	111	GIOVANIA ALVES ROCHA CAETANO	F4549	10		00:07:26	8,07	00:37:10
110	244	MARIA RAIMUNDA GOMES	F6099	3		00:07:31	7,98	00:37:35
111	337	WANDA APARECIDA AVELINO SOUZA	F6099	4		00:07:32	7,96	00:37:42
112	34	BRUNA MARTINS GONÇALVES	F3034	26		00:07:39	7,85	00:38:13
113	12	ANA BEATRIZ ALVES ALEXANDRE	F2024	11	INOVE FITNESS	00:07:44	7,76	00:38:39
114	370	ISABELA DOS SANTOS	F3034	27		00:07:44	7,76	00:38:40
115	239	MARIA DAS GRAÇAS SILVA MARÇAL	F6099	5		00:07:44	7,75	00:38:42
116	14	ANA LUÍZA MOREIRA	F2529	17	CORRE GRAMA	00:07:47	7,72	00:38:53
117	146	JENNYFER COUTINHO SURIANI	F3034	28		00:07:50	7,66	00:39:11
118	174	JULIANA POLESCA	F5054	6		00:07:52	7,62	00:39:22
119	284	JÉSSICA MARQUES COMISSÁRIO DA SILVA ALMEIDA	F3539	16	CORRE QUE PASSA	00:08:03	7,46	00:40:14
120	82	ELISÂNGELA APARECIDA ALVES RODRIGUES	F5559	3	CORRERIA	00:08:03	7,45	00:40:17
121	232	MAYRA RODRIGUES	F3034	29		00:08:03	7,45	00:40:17
122	57	CINTIA APARECIDA BARROSO DE ABREU	F3539	17	WELLERSON GAMES	00:08:18	7,23	00:41:30
123	17	ANA PAULA MARTINS	F4549	11		00:09:48	6,12	00:49:01
124	53	CATARINA DE FÁTIMA VIEIRA	F5054	7		00:09:50	6,10	00:49:09
125	332	VERA LÚCIA CASTOR	F4549	12		00:09:50	6,10	00:49:12

## DESAFIO H2 TEAM -NIGHT RUN- 3ª ETAPA RIO CASCA

### Relatório Geral - 5 KM-CAMPEÃO MORADOR RIO CASCA - Masculino

Coloc.	Numero	Nome	Fx.Et.	Cl.Fx.	Equipe	Ritmo	Vel.	Tempo
1	89	FABIO GOMES DA CUNHA	M4044	-	GERAÇÃO RUNNING	00:03:29	17,26	00:17:23
2	138	JACKSON LUIZ SOUZA DUTRA	M2529	-	H2TEAM	00:03:34	16,79	00:17:52
3	212	LUIZ DANILO MOREIRA RESENDE	M1419	-		00:03:36	16,64	00:18:02
4	114	HADLER SANTOS MORAES	M3034	-	HADLERSM@GMAIL.CO M	00:03:45	15,99	00:18:46
5	178	JÚNIOR VITOR NICACIO	M3539	-	H2 TEAM	00:03:52	15,52	00:19:20

## DESAFIO H2 TEAM -NIGHT RUN- 3ª ETAPA RIO CASCA

### Relatório Geral - 5 KM-CAMPEÃO MORADOR RIO CASCA - Feminino

Coloc.	Numero	Nome	Fx.Et.	Cl.Fx.	Equipe	Ritmo	Vel.	Tempo
1	210	LUÍSA GOMES SALGADO	F2529	-		00:04:41	12,79	00:23:27
2	246	MARINA BARBOSA BRANGIONI	F2529	-		00:04:46	12,57	00:23:52
3	185	KÊNIA AMORA	F3034	-	GERAÇÃO RUNNING	00:04:55	12,19	00:24:37
4	348	JULIANA DEL ARCO	F5054	-	H2 TEAM	00:04:58	12,08	00:24:50
5	236	MARIA ÂNGELA DIAS GOMES	F5559	-		00:05:24	11,12	00:26:59

## DESAFIO H2 TEAM -NIGHT RUN- 3ª ETAPA RIO CASCA

### Relatório Geral - 5 KM - Masculino

Coloc.	Numero	Nome	Fx.Et.	Cl.Fx.	Equipe	Ritmo	Vel.	Tempo
1	66	DANILO	M3034	-	H2 TEAM	00:02:56	20,41	00:14:42
2	234	MARCOS VINÍCIUS DA SILVA	M5054	-	H2 TEAM	00:03:04	19,59	00:15:19
3	228	MARCO TÚLIO DO NASCIMENTO ROSA	M2529	-	H2 TEAM	00:03:05	19,46	00:15:25
4	281	PEDRO HENRIQUE FERREIRA DA LUZ	M2024	-	CATAS ALTAS RUNNERS/ BETIM RUNNERS	00:03:06	19,40	00:15:28
5	309	RUAN FAUSTINO MENDES OLIMPIO	M2024	-	STUDIO FITNESS	00:03:08	19,17	00:15:39
6	152	JOAO PAULO LOPES SANTANA	M4044	1	CORRE RAUL	00:03:12	18,75	00:16:00
7	4	AFONSO LEANDRO MIRANDA COTTA	M3539	1	BOX DS	00:03:12	18,71	00:16:02
8	84	ERICK KAUAN DA SILVA SANTOS	M2024	1	ARENA WM	00:03:12	18,71	00:16:02
9	74	EDIGAR CEZAR	M1419	1	JF TREINAMENTO ESPORTIVO	00:03:14	18,52	00:16:12
10	275	PAULO ROBERTO CAMARGOS QUINTAS	M2529	1	H2TEAM/LABORATÓRIO LIZZETA	00:03:15	18,42	00:16:17
11	336	VLADIMIR MARTINS DE LIMA	M1419	2	JEFERSON FREITAS TREINAMENTO ESPORTIVO	00:03:16	18,35	00:16:21
12	310	SABINO MÁRTIR MENDES	M4044	2	H2TEAM	00:03:17	18,31	00:16:23
13	154	JOÃO VITOR SILVA ROSARIO	M2529	2	MARGARIDENSE RUNING	00:03:17	18,27	00:16:25
14	271	PAULO ALBERTO MARÇAL	M3539	2	PRO ESPORTE	00:03:18	18,15	00:16:32
15	157	JOSÉ CARLOS MALAQUIAS	M5054	1		00:03:19	18,07	00:16:36
16	203	LUCAS FRADE	M2529	3	H2 TEAM	00:03:19	18,07	00:16:36
17	264	MATHEUS HENRIQUE DA SILVA DE SOUZA	M2529	4		00:03:20	18,04	00:16:38
18	357	JOSE MIGUEL FELÍCIO JUNIOR	M3539	3	ENTREFARMA	00:03:21	17,93	00:16:44
19	92	FABRÍCIO ROCHA	M3539	4	FARMÁCIA DO POVO	00:03:21	17,91	00:16:45
20	300	RONALDO ARAÚJO DE OLIVEIRA	M4549	1	H2TEAM	00:03:23	17,77	00:16:53
21	276	PEDRO BARBOSA DE OLIVEIRA	M4044	3		00:03:24	17,68	00:16:58
22	41	CAIO CESAR DIAS RODRIGUES	M3539	5	COWKGITAR@GMAIL.C OM	00:03:25	17,58	00:17:04
23	25	ANTÔNIO FLORENTINO DOS SANTOS	M4044	4	H2 TEAM	00:03:25	17,56	00:17:05
24	215	LUIZ HENRIQUE TIMOTEO	M3034	1	BOXDS	00:03:27	17,37	00:17:16
25	142	JEFERSON SABINO	M4044	5	ROCKSPORT	00:03:27	17,36	00:17:17
26	298	RODRIGO FAUSTINO	M4549	2		00:03:28	17,27	00:17:22
27	283	PHELIPE ALVES GUICHARDI	M3539	6	MIX FIT CENTRO DE TREINAMENTO	00:03:29	17,24	00:17:24
28	231	MARCOS JUNIOR SILVA ROSÁRIO	M2529	5		00:03:30	17,11	00:17:32
29	88	FABIANO MIRANDA	M3539	7	H2TEAM	00:03:31	17,09	00:17:33
30	226	MARCO ANTONIO OLIVEIRA ROCHA	M3539	8		00:03:31	17,09	00:17:33
31	105	GABRIEL HENRIQUE	M2024	2	ENTREFARMA	00:03:31	17,06	00:17:35

## DESAFIO H2 TEAM -NIGHT RUN- 3ª ETAPA RIO CASCA

### Relatório Geral - 5 KM - Masculino

Coloc.	Numero	Nome	Fx.Et.	Cl.Fx.	Equipe	Ritmo	Vel.	Tempo
32	326	THIAGO SATHLER SOARES DE ALMEIDA	M3539	9	TOP RUN	00:03:32	16,95	00:17:42
33	219	MAICON DOS SANTOS VIEIRA	M2529	6		00:03:33	16,90	00:17:45
34	327	TIAGO MORGADO MARTINS	M3034	2	CORRE GRAMA	00:03:37	16,57	00:18:06
35	141	JEFERSON DE FREITAS MARCOLINO	M3539	10	JF TREINAMENTO ESPORTIVO	00:03:38	16,50	00:18:11
36	67	DANILO DOMINGOS DE SOUZA	M3034	3	CORRE FÁCIL MANHUAÇU MG	00:03:39	16,42	00:18:16
37	153	JOÃO VITOR NICOMEDES	M2024	3	H2 TEAM PONTE NOVA	00:03:42	16,23	00:18:29
38	29	AROLD JUNIOR ABREU PASCOAL	M2024	4	JF TREINAMENTO ESPORTIVO	00:03:43	16,16	00:18:34
39	51	CASSIANO BATISTA AVELAR	M2529	7		00:03:43	16,11	00:18:37
40	206	LUCAS WALLACE DA SILVA	M3034	4		00:03:43	16,11	00:18:37
41	62	CLEITON ALVES DOS REIS	M2529	8		00:03:44	16,10	00:18:38
42	5	ALEX JUNIOR	M2529	9	CORRE URUCANIA / ACADEMIA EVOLUIR	00:03:44	16,06	00:18:41
43	56	CILAS BENTO SILVA	M4044	6	H2 TEAM	00:03:45	16,01	00:18:44
44	149	JOÃO CARLOS JACOB MACHADO	M4044	7	EQUIPE FÊNIX SEM FRONTEIRAS	00:03:45	15,99	00:18:46
45	27	ARLINDO DIAS	M5054	2	BORA CORRER	00:03:46	15,96	00:18:48
46	81	ELIAS PEREIRA FERREIRA	M4044	8	H2TEAM	00:03:46	15,92	00:18:51
47	121	HUDSON DUTRA	M5054	3	POLÍCIA MILITAR	00:03:47	15,87	00:18:54
48	295	RICHARD FERRAZ CARDOSO	M4044	9		00:03:47	15,86	00:18:55
49	322	THALES SILVESTRE	M2024	5	JF TREINAMENTO ESPORTIVO	00:03:47	15,86	00:18:55
50	102	FREDERICO POLESCA SOARES	M4044	10		00:03:47	15,86	00:18:55
51	140	JARDEL LOPES	M2529	10	BOX DS	00:03:48	15,79	00:19:00
52	91	FABRICIO ROBERTO MIRANDA	M3539	11	H2 TEAM	00:03:48	15,78	00:19:01
53	272	PAULO CÉSAR BATISTA	M4549	3	CORRE URUCANIA	00:03:50	15,68	00:19:08
54	204	LUCAS GABRIEL PRATA DA SILVA	M1419	3	H2 TEAM	00:03:50	15,64	00:19:11
55	108	GILBERTO SOARES	M3539	12	JEFERSON FREITAS	00:03:51	15,58	00:19:15
56	1	ADOMILDO SILVA ROSARIO	M4044	11	MARGARINAS RUNIG	00:03:52	15,54	00:19:18
57	188	LAUDEMIRO MARTINS MOISES	M4044	12	EQUIPE CORRE URUCÂNIA / ACADEMIA EVOLUIR	00:03:52	15,53	00:19:19
58	286	RAFAEL MARTINS ENÉIAS MOISÉS	M1419	4	EQUIPE CORRE URUCÂNIA / ACADEMIA EVOLUIR	00:03:52	15,52	00:19:20
59	73	DOUGLAS SOARES GONÇALVES	M3539	13	PERSONAL TRAINER DOUGLAS SOARES	00:03:52	15,52	00:19:20
60	343	WENER	M3034	5		00:03:52	15,50	00:19:21
61	352	JORDAN FERNANDES	M3034	6	ENERGY FIT CENTRO DE TREINAMENTO	00:03:52	15,49	00:19:22
62	360	VICTOR HUGO SILVA	M2024	6	H2 TEAM	00:03:53	15,48	00:19:23
63	368	JOSÉ LUIZ FERNANDES	M4549	4		00:03:53	15,46	00:19:24

## DESAFIO H2 TEAM -NIGHT RUN- 3ª ETAPA RIO CASCA

### Relatório Geral - 5 KM - Masculino

Coloc.	Numero	Nome	Fx.Et.	Cl.Fx.	Equipe	Ritmo	Vel.	Tempo
64	134	ISAAC MAYRON DA CRUZ	M2529	11		00:03:53	15,44	00:19:26
65	240	PABLO DUTRA MOREIRA	M3539	14	SUPLEMENTO GOOD GRÃO	00:03:53	15,44	00:19:26
66	78	EDUARDO COÊLHO	M3539	15	GERAÇÃO RUNNING	00:03:54	15,38	00:19:30
67	119	HIGOR LATINI	M2529	12	H2 TEAM	00:03:54	15,36	00:19:32
68	83	EMÍLIO MENDES GOMES	M4044	13		00:03:55	15,31	00:19:36
69	28	ARNALDO FELIPE SANTIAGO	M4549	5		00:03:59	15,06	00:19:55
70	192	LEANDRO JUNIOR TOLEDO	M3034	7	FÊNIX SEM FRONTEIRAS	00:03:59	15,05	00:19:56
71	254	JORDANIO LUIZ DA SILVA	M4549	6		00:03:59	15,03	00:19:58
72	68	DAVI GERALDO SILVA	M1419	5	H2 TEAM	00:04:00	14,99	00:20:01
73	197	LEUDINEI PINTO GOMES	M3034	8	CORRE QUE PASSA - ABRE CAMPO (MG)	00:04:00	14,98	00:20:02
74	344	WILSON EDSON DOS SANTOS	M5054	4	FÊNIX	00:04:00	14,98	00:20:02
75	113	GUSTAVO LIMA	M2024	7	JF TREINAMENTO ESPORTIVO	00:04:01	14,94	00:20:05
76	279	PEDRO FONSECA VIEIRA	M2024	8		00:04:03	14,83	00:20:14
77	312	SEBASTIÃO MESSIAS DA SILVA	M3539	16		00:04:04	14,77	00:20:19
78	116	HELENO DE ANDRADE LANA	M4549	7	H2 TEAM	00:04:04	14,73	00:20:22
79	158	JOSÉ DE JESUS ANTÃO	M5559	1		00:04:05	14,67	00:20:27
80	77	EDSON EDUARDO GOMES	M5559	2	FÊNIX SEM FRONTEIRAS	00:04:05	14,67	00:20:27
81	225	MARCO ANTÔNIO OLIVEIRA INÁCIO	M2529	13	H2 TEAM	00:04:05	14,67	00:20:27
82	7	ALISSON FERNANDES FERREIRA	M2024	9	H2 TEAM	00:04:06	14,66	00:20:28
83	131	IRINEU DE OLIVEIRA COSTA	M4044	14		00:04:06	14,66	00:20:28
84	250	MATHEUS MARQUES DE ALMEIDA	M1419	6		00:04:08	14,53	00:20:39
85	296	RODRIGO CINESIO	M3539	17	AM ESPORTE	00:04:10	14,38	00:20:52
86	161	JOSÉ RAIMUNDO LUIZ	M4549	8		00:04:11	14,37	00:20:53
87	359	TALES DE SOUZA ERNESTO	M3539	18	FENIX SEMFRONTEIRAS	00:04:11	14,35	00:20:54
88	75	EDIO GOMES IZIDORO	M3034	9		00:04:11	14,35	00:20:54
89	247	MARLON DE OLIVEIRA NUNES VIEIRA	M2529	14	MARLON DE OLIVEIRA NUNES VIEIRA	00:04:12	14,31	00:20:58
90	342	WELLINGTON ELOI VIEIRA	M4044	15	BOXDS	00:04:12	14,26	00:21:02
91	30	ARTHUR	M1419	7		00:04:12	14,26	00:21:02
92	249	MATEUS DOS SANTOS LOPES	M1419	8		00:04:13	14,25	00:21:03
93	46	CARLOS EDUARDO CAETANO DIAS	M2529	15	SPF RUNNING TEAM	00:04:13	14,21	00:21:07
94	47	CARLOS OCTAVIO FERNANDES VIEIRA	M2529	16	SPF RUNNING TEAM	00:04:14	14,20	00:21:08
95	179	JUSCELINO LOPES	M4549	9		00:04:15	14,11	00:21:16
96	44	CARLOS A SOUZA	M4549	10	CARLOS A SOUZA	00:04:16	14,07	00:21:19
97	261	NATAN JOSE SILVA DO NASCIMENTO	M1419	9	H2TEAM	00:04:16	14,07	00:21:19

## DESAFIO H2 TEAM -NIGHT RUN- 3ª ETAPA RIO CASCA

### Relatório Geral - 5 KM - Masculino

Coloc.	Numero	Nome	Fx.Et.	Cl.Fx.	Equipe	Ritmo	Vel.	Tempo
98	151	JOÃO GABRIEL DE OLIVEIRA SANTANA	M2024	10		00:04:17	14,02	00:21:24
99	19	ANDRÉ PASCOAL CUNHA	M4549	11		00:04:17	14,02	00:21:24
100	263	OSMAR BARBOSA DA SILVA JUNIOR	M4044	16		00:04:17	14,01	00:21:25
101	40	BRUNO JOSÉ FELIZARDO	M3034	10	FÊNIX SEM FRONTEIRAS DE PONTE NOVA	00:04:17	13,99	00:21:27
102	79	EDUARDO SOUZA	M2529	17	TRIO AMEBA	00:04:20	13,86	00:21:39
103	36	BRUNNO AUGUSTO HONORATO	M2529	18	EQUIPE CORRE URUCANIA	00:04:20	13,85	00:21:40
104	361	LEANDRO POLESCA	M3034	11	CORREDORES SEM LIMITES	00:04:21	13,79	00:21:45
105	162	JOSÉ ROBSON NUNES	M6099	1		00:04:21	13,78	00:21:46
106	338	WANDERSON DO CARMO ROSSI	M2529	19	INOVE FITNESS	00:04:22	13,72	00:21:52
107	325	THÉO EDUARDO RUSSO GABRIEL CARELLI	M1419	10		00:04:24	13,63	00:22:01
108	294	RICARDO ANDRADE DE OLIVEIRA	M5054	5		00:04:26	13,53	00:22:10
109	52	CASSIANO GUIMARÃES FELIPE	M3034	12	CORRE GRAMA/JF TREINAMENTO ESPORTIVO	00:04:26	13,52	00:22:11
110	54	CAUÃ VITOR VENTURA RAVAIANO	M2024	11		00:04:27	13,50	00:22:13
111	293	RENAN SILVA LIMA	M3539	19		00:04:27	13,47	00:22:16
112	274	PAULO HONORATO CARNEIRO	M6099	2	ACADEMIA BOA FORMA	00:04:27	13,47	00:22:16
113	38	BRUNO CÉSAR COELHO NEVES	M4044	17		00:04:27	13,47	00:22:16
114	63	CLERES MIRANDA CABRAL	M5559	3	FÊNIX	00:04:28	13,42	00:22:21
115	304	RONAN CRISTIANO GOMES	M4549	12	URUCANIADESAFIOH2	00:04:31	13,29	00:22:34
116	233	MARCOS ROBERTO DE PAULA PEREIRA	M4044	18		00:04:31	13,27	00:22:36
117	328	VAGNER EVANGELISTA ALVES DA CRUZ	M3539	20		00:04:32	13,25	00:22:39
118	31	ARTHUR GABRIEL SIMÃO GERALDO	M1419	11	H2 TEAM	00:04:32	13,23	00:22:41
119	133	ISAAC BRANDÃO DE PAULA	M3539	21		00:04:33	13,20	00:22:44
120	60	CLAUDIANO	M5054	6		00:04:34	13,16	00:22:48
121	355	ADILSON DE SOUZA	M6099	3		00:04:34	13,16	00:22:48
122	291	RAUL QUIRINO DINIZ	M4549	13		00:04:34	13,15	00:22:49
123	167	JOVELINO CRUZ FERRERA	M4549	14		00:04:35	13,09	00:22:55
124	248	MARRUY FAGUNDES DA PAIXAO	M2529	20		00:04:39	12,88	00:23:17
125	235	MARCUS VINICIUS BORDONI DA SILVA	M4044	19	MARCUSBORDONI@GM AIL.COM	00:04:40	12,87	00:23:19
126	341	WELLINGTON CAVALHEIRO	M3539	22		00:04:40	12,87	00:23:19
127	209	LÚCIO FREDERICO	M3034	13		00:04:40	12,85	00:23:21
128	265	PABLO PICASSO DE SOUZA	M3034	14	ENGESEG	00:04:41	12,83	00:23:23
129	303	RONALDY AMORIM DE OLIVEIRA	M3034	15		00:04:42	12,76	00:23:31
130	109	GILSON FABRICIO DA CRUZ COUTO	M4044	20		00:04:42	12,75	00:23:32

## DESAFIO H2 TEAM -NIGHT RUN- 3ª ETAPA RIO CASCA

### Relatório Geral - 5 KM - Masculino

Coloc.	Numero	Nome	Fx.Et.	Cl.Fx.	Equipe	Ritmo	Vel.	Tempo
131	168	JOVENTINO DE SOUZA GOMES	M3539	23		00:04:43	12,70	00:23:37
132	97	FERNANDO BREGUEZ GOMES	M5054	7		00:04:44	12,68	00:23:39
133	115	HEITOR VASCONCELOS DE AVELAR	M2529	21		00:04:44	12,66	00:23:42
134	90	FABRÍCIO FERREIRA DE ABREU	M3539	24		00:04:46	12,61	00:23:48
135	252	MAURO JUNIOR ARAUJO DOMICIANO	M2529	22	CORRE QUE PASSA	00:04:46	12,59	00:23:50
136	37	BRUNO BRAGA	M2529	23	TRIO AMEBA	00:04:47	12,55	00:23:54
137	103	GABRIEL FILIPE ROCHA AUGUSTO	M3034	16		00:04:48	12,52	00:23:58
138	287	RAFAEL SILVÉRIO HELENO SOUSA MARTINS	M2529	24		00:04:48	12,48	00:24:02
139	126	IGOR COELHO RODRIGUES XAVIER	M2024	12		00:04:49	12,45	00:24:06
140	9	ALLYSSON TEODORO LOYOLA	M3539	25	BOX DS	00:04:50	12,41	00:24:10
141	213	LUIZ FERNANDO ALBUQUERQUE DIAS	M2529	25		00:04:51	12,39	00:24:13
142	39	BRUNO GERIMIAS	M3034	17		00:04:52	12,32	00:24:21
143	297	RODRIGO CORDEIRO DE SOUZA	M5559	4		00:04:53	12,28	00:24:26
144	64	CRISTYAN DIAS	M4044	21		00:04:53	12,27	00:24:27
145	106	GERALDO ROSA DIONIZIO	M4044	22	MARGARIDENSE RUNING	00:04:56	12,18	00:24:38
146	163	JOSE RONALDO DE OLIVEIRA	M4549	15	AVULSO	00:04:56	12,17	00:24:39
147	184	KAYKY JUNIOR FERREIRA MATEUS	M2024	13		00:04:56	12,15	00:24:42
148	280	PEDRO GODOI	M1419	12		00:04:57	12,10	00:24:47
149	278	PEDRO EMANUEL PASCHOAL DE OLIVEIRA	M1419	13		00:04:58	12,10	00:24:48
150	6	ALEXANDER PEDRO GARIGLIO ROCHA	M4549	16		00:04:58	12,07	00:24:51
151	127	IGOR HENRIQUE SOARES CARLOTA	M3034	18		00:04:59	12,06	00:24:53
152	367	LUCAS DOS SANTOS FELIPE	M2024	14	SÃO CRISTÓVÃO	00:05:00	11,98	00:25:02
153	366	VÍTOR DE SOUZA RUSSO	M1419	14		00:05:03	11,89	00:25:14
154	202	LUCAS CAMPOS	M3034	19		00:05:04	11,83	00:25:22
155	349	TIAGO DA SILVA CASTRO	M2529	26		00:05:07	11,72	00:25:36
156	289	RAIMUNDO CRIVELARO	M5559	5	FÊNIX	00:05:07	11,71	00:25:37
157	318	PEDRO COUTINHO	M1419	15		00:05:08	11,70	00:25:38
158	136	ITIENE NOGUEIRA COUTO	M3539	26		00:05:13	11,52	00:26:03
159	100	FLÁVIO BARBOSA DOS REIS	M4044	23		00:05:13	11,51	00:26:04
160	98	FLANDER MOL	M2529	27	H2TEAM	00:05:13	11,49	00:26:07
161	269	PATRICK BRENO	M1419	16		00:05:14	11,45	00:26:12
162	76	EDMILSON COELHO HUDSON	M6099	4		00:05:16	11,39	00:26:20
163	251	MATHEUS PEREIRA ARAÚJO SANTO	M3034	20	TRI AMEBA	00:05:17	11,36	00:26:24
164	211	LUIZ ANTÔNIO CAETANO	M4549	17	RIO CASCA	00:05:22	11,17	00:26:51
165	26	ANTONIO PASCOAL CLAUDIO	M5559	6	H2 TEAM	00:05:22	11,17	00:26:52

## DESAFIO H2 TEAM -NIGHT RUN- 3ª ETAPA RIO CASCA

### Relatório Geral - 5 KM - Masculino

Coloc.	Numero	Nome	Fx.Et.	Cl.Fx.	Equipe	Ritmo	Vel.	Tempo
166	8	ALISSON RODRIGO ROCHA MENDES	M3539	27		00:05:23	11,16	00:26:53
167	339	WEBERTH COELHO LAERCE	M4549	18	W2LIGEIRINHOS	00:05:23	11,15	00:26:54
168	365	LUCAS SILVA BARBOSA	M2529	28		00:05:23	11,15	00:26:55
169	277	PEDRO BRAGA DE SOUZA	M3034	21	P-01	00:05:23	11,13	00:26:57
170	150	JOÃO CÉSAR DOS SANTOS	M2024	15		00:05:30	10,92	00:27:29
171	305	RONILDO SOUZA	M4044	24	FARMACIA CEZAR	00:05:34	10,79	00:27:48
172	43	CAMILO BATISTA GOMES	M3034	22	SICREDI	00:05:45	10,43	00:28:46
173	122	HUMBERTO OSVALDO FERREIRA	M5559	7	WELLERSON GAMES	00:05:48	10,35	00:28:59
174	335	VITOR BRANDÃO	M3034	23		00:05:57	10,10	00:29:43
175	273	PAULO CESAR MATHEUS GOMES SURIANE	M1419	17		00:06:02	9,94	00:30:11
176	362	TÚLIO PEREIRA ARAÚJO SANTO	M2529	29	SAO CRISTÓVÃO	00:06:03	9,93	00:30:13
177	230	MARCOS FERREIRA DA SILVA	M6099	5	ENGESEG	00:06:04	9,89	00:30:20
178	285	RAFAEL FRADE DE ALMEIDA	M3034	24		00:06:04	9,89	00:30:20
179	80	EDVAR DE OLIVEIRA NETO	M4044	25		00:06:05	9,86	00:30:26
180	216	LUIZ MARTINS RUFINO	M6099	6		00:06:05	9,86	00:30:26
181	224	MARCIO JOSÉ HUDSON	M4549	19		00:06:06	9,83	00:30:32
182	373	LUCAS COELHO CLEMENTE	M2529	30	H2 TEAM	00:06:20	9,47	00:31:40
183	196	LEONARDO MOREIRA MACHADO	M2529	31	CORRE ABRE CAMPO	00:06:35	9,11	00:32:55
184	177	JÚLIO MÁRCIO DE SOUZA	M5559	8		00:06:43	8,92	00:33:37
185	354	ROMUALDO GALDINO	M6099	7	ACROP	00:06:45	8,89	00:33:44
186	156	JOSÉ CARLOS IZIDORIO	M6099	8		00:06:45	8,88	00:33:46
187	117	HELIELTON SOUZA OLEVATE	M2024	16		00:06:59	8,59	00:34:55
188	175	JULIANO OLIVEIRA VASCONCELOS	M3539	28		00:07:08	8,42	00:35:38
189	218	MAGNO CEZAR DE SÁ RODRIGUES	M6099	9		00:08:03	7,45	00:40:16
190	61	CLEBER RIBEIRO DIAS	M5559	9	CAFÉ FINO DA SERRA	00:08:19	7,21	00:41:36
191	207	BERNARDO CARVALHO GOMES	M1419	18	MOVEIS SENNA	00:08:45	6,85	00:43:47
192	340	WELLERSON LEANDRO LOPES FERREIRA	M4044	26	WELLERSON GAMES	00:10:09	5,91	00:50:47
193	101	FRANCISCO FERREIRA	M6099	10	WELLERSON GAMES	00:10:10	5,91	00:50:48

## DESAFIO H2 TEAM -NIGHT RUN- 3ª ETAPA RIO CASCA

### Relatório Geral - 5 KM - Feminino

Coloc.	Numero	Nome	Fx.Et.	Cl.Fx.	Equipe	Ritmo	Vel.	Tempo
1	198	LILIANE DE PAULA SILVA TEIXEIRA	F3539	-		00:03:54	15,36	00:19:32
2	65	DAIANE FARIA	F2529	-	FARMÁCIA DO POVO	00:04:05	14,72	00:20:23
3	58	CÍNTIA APARECIDA CARDOSO DE OLIVEIRA	F4044	-	H2 TEAM	00:04:06	14,61	00:20:32
4	87	FABIANA CRISTINA DE OLIVEIRA GRILO	F4044	-	STUDIO FITNESS ACADEMIA	00:04:09	14,43	00:20:47
5	299	ROJANE VALICELE	F5054	-	H2TEAM	00:04:13	14,23	00:21:05
6	33	BRUNA LAURA BARBOSA DUTRA SALGADO	F3034	1		00:04:15	14,11	00:21:16
7	191	LAVÍNIA MENDES GOMES	F2529	1		00:04:17	13,99	00:21:27
8	353	FERNANDA MOREIRA	F3034	2	ENERGY FIT	00:04:18	13,95	00:21:30
9	148	JESSICA BRENDA	F3034	3	H2TEAM	00:04:18	13,94	00:21:31
10	18	ANA PAULA SANTIAGO	F3034	4	MIXFIT	00:04:20	13,85	00:21:40
11	173	JULIANA DA SILVA ALEXANDRO PATROCÍNIO	F3539	1		00:04:24	13,64	00:22:00
12	123	IARA MACEDO DE SOUZA	F3034	5		00:04:25	13,58	00:22:05
13	32	BEATRIZ GODOI	F4044	1		00:04:26	13,51	00:22:12
14	323	THAYNA	F2529	2	CORRE JEQUERI	00:04:28	13,45	00:22:18
15	217	LUIZA CLAUDIA CASTRO PASCHOAL CUNHA	F3539	2		00:04:31	13,29	00:22:34
16	321	TCHULINHA	F2529	3	BOXDS	00:04:31	13,27	00:22:36
17	356	LAÍS GRACIANO	F3539	3		00:04:33	13,18	00:22:46
18	48	CAROLINA	F2529	4		00:04:33	13,17	00:22:47
19	222	MARCILENE ALMEIDA	F3034	6	H2 TEAM	00:04:34	13,12	00:22:52
20	85	ESMERIA DE SOUZA RAMOS	F4549	1		00:04:35	13,10	00:22:54
21	170	ANDREIA SALGADO	F3034	7	FÊNIX	00:04:37	13,02	00:23:03
22	290	RAQUEL MARTINS SOARES	F3539	4		00:04:37	12,99	00:23:06
23	132	IRYS TENCHINI VIANA DOS SANTOS	F2529	5		00:04:39	12,89	00:23:16
24	20	ANDREIA CRUZ RIBEIRO	F2529	6		00:04:40	12,87	00:23:19
25	255	MICHELY CAROLINA FERREIRA VENTURA GOMES	F4549	2	URUCANIADESAFIOH2	00:04:44	12,68	00:23:40
26	2	ADRIANA LUCAS GUIMARÃES GOMES	F4044	2		00:04:44	12,68	00:23:40
27	334	VIRGÍNIA ALVES DA CRUZ PINHEIRO	F3034	8	TEAM WOLF	00:04:45	12,64	00:23:44
28	253	MAXILEA DE MIRANDA SALGADO SILVA	F5054	1		00:04:45	12,64	00:23:44
29	15	ANA LUIZA NETO	F2024	1		00:04:46	12,60	00:23:49
30	315	SIRLENE DA SILVA PONTES	F5054	2	FÊNIX	00:04:49	12,46	00:24:05
31	187	LARISSA ROCHA	F2529	7		00:04:50	12,41	00:24:10
32	21	ANDREIA DESIDERIA DA COSTA PAPA	F4549	3	FORCE ASSESSORIA	00:04:50	12,41	00:24:10
33	180	KARINA FERREIRA DE OLIVEIRA	F1419	1		00:04:50	12,41	00:24:10

## DESAFIO H2 TEAM -NIGHT RUN- 3ª ETAPA RIO CASCA

### Relatório Geral - 5 KM - Feminino

Coloc.	Numero	Nome	Fx.Et.	Cl.Fx.	Equipe	Ritmo	Vel.	Tempo
34	13	ANA ELISA TEIXEIRA ALVES LAZARINO	F2529	8		00:04:50	12,41	00:24:11
35	345	YASMIN NETTO SOARES	F1419	2		00:04:52	12,33	00:24:20
36	201	LUANA GUICARDES	F4044	3		00:04:55	12,21	00:24:34
37	331	VÂNIA MARIA TOLEDO LOURES MAGELA DOS SANTOS	F6099	1	FÊNIX SEM FRONTEIRAS	00:04:56	12,15	00:24:41
38	268	PATRÍCIA DOS SANTOS	F4044	4		00:04:57	12,14	00:24:43
39	186	LAÍS FERNANDA SILVEIRA PIOVEZANA	F2529	9		00:04:59	12,02	00:24:57
40	99	FLAVIANE TOLENTIMO DE QUEIROZ	F4044	5		00:05:03	11,90	00:25:13
41	371	MARCIA AP JULIO	F4044	6		00:05:05	11,80	00:25:26
42	69	DAVIANE AMORIM	F3539	5		00:05:06	11,75	00:25:32
43	308	ROSIMAR DE CASTRO VIANA	F4549	4		00:05:08	11,68	00:25:41
44	333	VILMA DAS DORES SOARES	F3034	9	CORRE URUCÂNIA	00:05:09	11,64	00:25:46
45	324	THAYNARA LUANA ROCHA DUARTE	F3034	10	CORRE RAUL / EVOFIT	00:05:12	11,55	00:25:58
46	110	GILZIMARA NIFA	F4044	7	CT IZA PERSONAL	00:05:13	11,51	00:26:04
47	70	DEYVIENI CRISTINA DA SILVA OLIVEIRA	F3034	11		00:05:21	11,21	00:26:45
48	241	MARIA HELOÍSA FERREIRA DE OLIVEIRA	F2024	2		00:05:24	11,12	00:26:58
49	189	LAURA DE SOUZA GOMES	F3034	12		00:05:24	11,12	00:26:58
50	307	ROSÂNGELA MOURA DE MELO	F4549	5	FÊNIX	00:05:28	10,98	00:27:20
51	182	KATIA CILENE DI CARMO PIRES MANSUR	F4549	6		00:05:28	10,97	00:27:21
52	330	VANESSA FERNANDES	F2024	3	MARGARIDENSE RUNNING	00:05:29	10,94	00:27:26
53	50	CAROLINE GOMES DA CUNHA	F3034	13	GERAÇÃO RUNNING	00:05:32	10,83	00:27:42
54	59	CLARISSA BALBI	F4044	8	SUPLEMENTOS GOOD GRÃO	00:05:33	10,82	00:27:43
55	130	IOLANDA FELIX CASSIANO	F2024	4	IOLANDA FÉLIX	00:05:35	10,74	00:27:56
56	262	JOSIANA PEREIRA BASTOS	F3539	6		00:05:38	10,64	00:28:12
57	364	LUANNA CRISTHINA VALENTIN SOUSA	F4044	9	H2 TEAM	00:05:42	10,51	00:28:32
58	190	LAUSIENE LASMAR LIPES	F4044	10		00:05:46	10,40	00:28:51
59	266	PATRÍCIA ÂNGELA LOPES GOMES	F3539	7		00:05:49	10,32	00:29:04
60	193	LEILLYANI EVELLIN SEARA CARVALHO	F3034	14		00:05:51	10,27	00:29:13
61	169	JUCELIA GOMES DE OLIVEIRA	F3034	15	CT IZA SOUSA/CORRE QUE PASSA	00:05:52	10,22	00:29:21
62	95	FERNANDA JOSE BRANDAO LANA	F3034	16	EQUIPE CORRE QUE PASSA	00:05:53	10,19	00:29:26
63	259	NATÁLIA COELHO MATOS	F2529	10	PRO SPORT	00:05:54	10,17	00:29:30
64	245	MARILAINE PEDRO SILVA GOMES	F2529	11		00:05:57	10,08	00:29:45
65	257	MILIANY TOLENTINO COELHO	F2529	12	STUDIO FITNESS	00:05:58	10,07	00:29:48
66	306	ROSA AMELIA CABRAL MIRANDA DE CASTRO	F5559	1	FÊNIX	00:05:59	10,02	00:29:57
67	363	RENATA RIBEIRO	F3539	8	FENIX SEMFRONTEIRAS	00:06:02	9,94	00:30:11

## DESAFIO H2 TEAM -NIGHT RUN- 3ª ETAPA RIO CASCA

### Relatório Geral - 5 KM - Feminino

Coloc.	Numero	Nome	Fx.Et.	Cl.Fx.	Equipe	Ritmo	Vel.	Tempo
68	313	SELMA SOUZA	F4044	11	FÊNIX	00:06:02	9,94	00:30:11
69	11	AMANDA JUNIA DE OLIVEIRA	F3539	9		00:06:02	9,94	00:30:11
70	171	JULIA MARIA MENDONCA BREGUEZ	F4549	7		00:06:06	9,84	00:30:29
71	135	ISABELLA LASMAR E SILVA	F3034	17		00:06:06	9,84	00:30:29
72	166	JOSILAINE CRISTINA DE SOUZA	F3539	10	CORRE URUCANIA	00:06:06	9,83	00:30:32
73	270	PAULA BARBOSA	F3034	18	CT IZA SOUZA	00:06:07	9,82	00:30:33
74	35	BRUNELLA GOMES MACEDO	F3539	11	STUDIO FITNESS	00:06:08	9,77	00:30:42
75	288	RAIANE FIORAVANTE	F2529	13	STUDIO FITNESS	00:06:09	9,76	00:30:44
76	256	MILENA	F2024	5	H2 TEAM	00:06:09	9,75	00:30:46
77	137	IZABELLA SOARES MENDES DE SOUZA	F3034	19		00:06:09	9,75	00:30:47
78	221	MÁRCIA RENATA BOTELHO COIMBRA	F4549	8		00:06:10	9,74	00:30:48
79	96	FERNANDA LACERDA	F3034	20	JF TREINAMENTO ESPORTIVO	00:06:10	9,73	00:30:49
80	147	JENNYFER DIONIZIO OTONI	F2024	6		00:06:10	9,72	00:30:52
81	260	NATÁLIA MARQUES BRANDÃO REIS	F2529	14		00:06:15	9,59	00:31:17
82	3	ADRIENE RAVAIANO MAFIA	F5054	3	CORRE URUCANIA	00:06:18	9,53	00:31:28
83	372	GABRIELE MARTINS ANDRADE	F2024	7	H2 TEAM	00:06:20	9,47	00:31:40
84	118	HÉRICA MARTINS ANDRADE	F4549	9	H2 TEAM	00:06:20	9,47	00:31:41
85	347	MARIA CLARA DO C MENDES.	F2024	8	H2 TEAM	00:06:24	9,38	00:31:58
86	181	KARINNE DA SILVA BATISTA	F3034	21	HL CONSULTORIA	00:06:24	9,37	00:32:02
87	125	IASMIM DOS SANTOS CASSIANO	F1419	3	IASMIMDOSSANTOSCAS SIANO585@GMAIL.COM	00:06:25	9,36	00:32:03
88	124	IARA VITÓRIA AMORIM BARBOSA	F2024	9		00:06:25	9,36	00:32:04
89	243	MARIA LUIZA DE PAIVA	F2529	15		00:06:35	9,11	00:32:55
90	200	LORENA LOPES FIALHO CHEMPE	F3539	12		00:06:43	8,94	00:33:33
91	94	FERNANDA DE FREITAS CASSIMIRO	F3539	13		00:06:45	8,88	00:33:47
92	311	SAYONARA DOMINGUES PEREIRA	F5054	4	INOVE	00:06:46	8,88	00:33:48
93	10	AMANDA APARECIDA ASSIS FLORES	F3034	22	CORRE GRAMA	00:06:46	8,87	00:33:49
94	22	ANGÉLICA ROSA DE SOUSA	F3539	14		00:06:46	8,86	00:33:51
95	176	JULIENE MARIA DOS SANTOS TEIXEIRA	F3034	23	CORRE URUCANIA	00:06:46	8,86	00:33:52
96	242	MARIA KARLA	F1419	4		00:06:59	8,60	00:34:53
97	292	REGINA MARTA DA CONCEIÇÃO	F4044	12		00:06:59	8,58	00:34:57
98	358	MÁRCIA SIQUEIRA MARTINS	F5054	5		00:07:00	8,56	00:35:02
99	145	JÉNIFER GONÇALVES	F2024	10		00:07:03	8,51	00:35:14
100	16	ANA PAULA COSTA MACHADO	F2529	16		00:07:05	8,47	00:35:26
101	220	MANUELA COELHO ANDRADE	F1419	5	H2 TEAM	00:07:06	8,44	00:35:32
102	183	KATIA ROSANA POLESCA TEIXEIRA SOARES	F6099	2		00:07:13	8,32	00:36:03

## DESAFIO H2 TEAM -NIGHT RUN- 3ª ETAPA RIO CASCA

### Relatório Geral - 5 KM - Feminino

Coloc.	Numero	Nome	Fx.Et.	Cl.Fx.	Equipe	Ritmo	Vel.	Tempo
103	172	JULIA SALES TEIXEIRA	F3034	24		00:07:15	8,28	00:36:13
104	329	VANESSA ALVES DA CRUZ	F3539	15	TEAM WOLF	00:07:16	8,26	00:36:20
105	139	JANAINA OLIVEIRA	F3034	25	CORRE QUE PASSA CLUB	00:07:16	8,25	00:36:21
106	237	MARIA APARECIDA GOMES DA CUNHA	F5559	2	MARIAAPGOC@GMAIL.COM	00:07:21	8,16	00:36:47
107	238	MARIA CLARA SILVA BARROZO	F1419	6		00:07:25	8,09	00:37:05
108	316	TACIANE SOUZA	F1419	7	BOXDS	00:07:25	8,08	00:37:07
109	111	GIOVANIA ALVES ROCHA CAETANO	F4549	10		00:07:26	8,07	00:37:10
110	244	MARIA RAIMUNDA GOMES	F6099	3		00:07:31	7,98	00:37:35
111	337	WANDA APARECIDA AVELINO SOUZA	F6099	4		00:07:32	7,96	00:37:42
112	34	BRUNA MARTINS GONÇALVES	F3034	26		00:07:39	7,85	00:38:13
113	12	ANA BEATRIZ ALVES ALEXANDRE	F2024	11	INOVE FITNESS	00:07:44	7,76	00:38:39
114	370	ISABELA DOS SANTOS	F3034	27		00:07:44	7,76	00:38:40
115	239	MARIA DAS GRAÇAS SILVA MARÇAL	F6099	5		00:07:44	7,75	00:38:42
116	14	ANA LUÍZA MOREIRA	F2529	17	CORRE GRAMA	00:07:47	7,72	00:38:53
117	146	JENNYFER COUTINHO SURIANI	F3034	28		00:07:50	7,66	00:39:11
118	174	JULIANA POLESCA	F5054	6		00:07:52	7,62	00:39:22
119	284	JÉSSICA MARQUES COMISSÁRIO DA SILVA ALMEIDA	F3539	16	CORRE QUE PASSA	00:08:03	7,46	00:40:14
120	82	ELISÂNGELA APARECIDA ALVES RODRIGUES	F5559	3	CORRERIA	00:08:03	7,45	00:40:17
121	232	MAYRA RODRIGUES	F3034	29		00:08:03	7,45	00:40:17
122	57	CINTIA APARECIDA BARROSO DE ABREU	F3539	17	WELLERSON GAMES	00:08:18	7,23	00:41:30
123	17	ANA PAULA MARTINS	F4549	11		00:09:48	6,12	00:49:01
124	53	CATARINA DE FÁTIMA VIEIRA	F5054	7		00:09:50	6,10	00:49:09
125	332	VERA LÚCIA CASTOR	F4549	12		00:09:50	6,10	00:49:12

## DESAFIO H2 TEAM -NIGHT RUN- 3ª ETAPA RIO CASCA

### Relatório Geral - 5 KM - PCD - Masculino

Coloc.	Numero	Nome	Fx.Et.	Cl.Fx.	Equipe	Ritmo	Vel.	Tempo
1	160	JOSÉ MARIANO SILVA MIORINI	M3539	-	H2X PCD	00:03:58	15,11	00:19:51
2	302	RONALDO MAGALHÃES SANTOS	M4549	-	EQUIPE CORRE GRAMA	00:04:12	14,31	00:20:58
3	104	GABRIEL GOMES DA SILVA	M2529	-	H2 TEM	00:05:20	11,24	00:26:42
4	214	LUIZ GUSTAVO LOPES SANTANA	M3539	-	PATRICIA RESENDE CONSULTORIA	00:05:30	10,90	00:27:32
5	351	JOSIANO AMARO	M3539	-	NO2 CROSS ACTION	00:06:24	9,37	00:32:01
6	23	RENATO NEIVA DE CASTRO	M3539	1		00:08:46	6,84	00:43:50