

### 3ª CORRIDA DO CHOQUE - 08/03/2026

Relatório por Faixas Etárias (Corrida de 4km)

#### FAIXAS ETÁRIAS FEMININAS 4KM

##### F1424

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
1	4110	Andressa Boone	F	23	00:20:38	00:20:31	CPCHQ
2	4127	Nancy Carlini Vieira Martins	F	24	00:21:00	00:20:53	
3	4264	Gabriele Oliveira Duarte	F	23	00:21:57	00:21:52	VEMCOMNICO
4	4116	Raphaela da Cruz Severo Costa	F	18	00:22:19	00:22:05	COLEGIO TIRADENTES DE POA
5	4602	Giovanna Lipp Feoli	F	15	00:24:58	00:22:52	
6	4265	Daniele Loreto	F	21	00:23:35	00:23:11	GO RUN ASSESSORIA ESPORTIVA
7	4377	Lidiane Santos Carneiro	F	24	00:24:42	00:23:12	
8	4220	Erica Dias da Silva	F	24	00:25:26	00:23:54	GRO RUNNERS
9	4137	Thaissa Rodrigues da Silva	F	22	00:25:15	00:24:17	ACELERADOS
10	4028	Valeria Silveira Boeira	F	24	00:26:17	00:24:37	
11	4177	Larissa de Barros Gaedke	F	24	00:26:11	00:24:47	
12	4299	Patrini Wendler	F	21	00:25:35	00:24:51	
13	4037	Stephanie Barbosa dos Santos	F	24	00:26:57	00:25:14	
14	4250	Gabriela Freire Fonseca	F	17	00:26:16	00:25:23	
15	4360	Juliane Cloque da Silva	F	21	00:27:13	00:26:05	
16	4310	Vittoria Pacheco da Cruz	F	19	00:27:54	00:26:11	
17	4623	Amanda Milena Hanauer	F	23	00:27:18	00:26:15	CPCHQ
18	4408	Isabela Forster Leal Machado	F	22	00:27:55	00:26:18	
19	4179	Isadora Freitas Pastorini	F	23	00:28:11	00:26:46	
20	4326	Kassya Alves Fagundes	F	24	00:28:10	00:26:58	
21	4541	Maria Eduarda Paris	F	23	00:29:06	00:27:20	
22	4458	Danieli Bempch Costa	F	24	00:28:27	00:27:54	
23	4277	Laura Bauermann Witczak	F	21	00:29:02	00:28:25	
24	4275	Erika Quintana	F	22	00:29:19	00:28:41	
25	4374	Ana Luiza de Souza Ramires	F	20	00:30:05	00:29:05	
26	4175	Aline Kawany Couzem Marques	F	18	00:29:26	00:29:14	CORRE LIDI
27	4132	Thaina Vitoria de Paula	F	23	00:31:13	00:29:24	
28	4366	Liebe Vaz Paixao	F	24	00:32:37	00:29:41	
29	4206	Pamela da Silva Lopes	F	24	00:31:15	00:31:12	
30	4150	Sophia Aparecida Mendes	F	15	00:33:41	00:32:28	ACELERADOS
31	4626	Renata Peres Machado	F	22	00:36:12	00:34:07	
32	4253	Amanda Navarro dos Santos	F	20	00:36:22	00:36:02	
33	4145	Manuella Alves Garcia	F	19	00:37:59	00:37:41	

##### F2529

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
1	4325	Joiciane Castelo Branco Maia	F	29	00:19:45	00:19:40	PANCAP RUNNERS
2	4051	Carolina Ratzkowski Maraschin	F	28	00:21:30	00:20:08	JUBATUS
3	4334	Ana Krystina Sousa Lima	F	25	00:22:18	00:20:58	RUNNERS TEAM RORAIMA
4	4611	Thalia Trespach Fachinello	F	25	00:21:27	00:21:04	

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Relatório por Faixas Etárias (Corrida de 4km)

#### FAIXAS ETÁRIAS FEMININAS 4KM

##### F2529

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
5	4117	Franciele Rossatto Farias	F	28	00:21:28	00:21:16	
6	4369	Veronica Goncalves Silva	F	25	00:22:01	00:21:29	DG ASSESSORIA DE CORRIDA
7	4453	Aline Abreu de Oliveira	F	27	00:22:46	00:21:50	CORRE LIDI
8	4476	Nathalie Marques de Castro	F	26	00:23:24	00:22:36	
9	4068	Vitoria Nunes da Silva	F	25	00:22:55	00:22:39	
10	4031	Vitoria do Rosario Trindade	F	28	00:23:29	00:22:43	TIME MARCELO PELLEZZ
11	4486	Ylanna Polga Bidinoto	F	28	00:24:45	00:22:54	
12	4244	Bruna Rolin Scheffer	F	28	00:26:33	00:25:04	
13	4530	Lawine Nogueira de Paiva	F	29	00:27:00	00:25:05	
14	4307	Suelen dos Santos Correa	F	29	00:26:13	00:25:10	
15	4449	Bruna Souza Pereira	F	27	00:25:36	00:25:12	
16	4203	Milene Cardoso Nunes	F	25	00:25:43	00:25:15	
17	4135	Franciele Fernandes dos Reis	F	29	00:25:22	00:25:22	
18	4680	Bruna Santos de Lima	F	28	00:25:53	00:25:26	
19	4371	Erica Blaskowski Tavares	F	26	00:26:08	00:25:36	DG ASSESSORIA DE CORRIDA
20	4415	Loressa Lopes	F	28	00:26:38	00:25:51	
21	4467	Joila Moraes Rodrigues	F	25	00:27:54	00:26:08	
22	4472	Leticia Silva Nogueira Freitas Pereira	F	27	00:28:03	00:26:17	
23	4261	Pamela Nadini Giuliatti Costa	F	28	00:28:32	00:26:52	
24	4505	Adriane Stochero	F	29	00:28:58	00:27:25	
25	4491	Larissa da Silva Lopes	F	27	00:28:24	00:27:28	
26	4095	Maiara Aniszewski	F	28	00:29:23	00:27:42	
27	4613	Larissa Rodrigues da Rosa	F	29	00:28:39	00:28:17	
28	4146	Thais Gomes dos Santos	F	29	00:30:08	00:28:23	
29	4596	Alessandra Larissa Rosa Lara	F	25	00:30:18	00:29:30	
30	4522	Tauana de Souza Scouto	F	27	00:31:21	00:29:37	
31	4612	Marina Isabel Mendes Ferreira	F	29	00:30:55	00:29:55	
32	4388	Andreiny da Silva Lucero	F	25	00:31:00	00:29:56	
33	4226	Dieniffer Machado Quadros	F	29	00:31:29	00:30:49	
34	4426	Taina Abreu Brasil	F	26	00:32:17	00:30:51	TAINA BRASIL
35	4300	Thamires Helena Pinto Lima	F	27	00:31:17	00:31:12	
36	4676	Maria Luiza de Almeida Fernandes	F	29	00:33:37	00:31:29	
37	4272	Camila Schmechel Martins	F	29	00:32:16	00:31:42	AZ RUNNERS
38	4089	Larissa Soares	F	28	00:33:25	00:31:48	
39	4633	Susielen Silveira	F	28	00:33:27	00:32:25	
40	4524	Stefany Cardoso de Campos	F	25	00:35:29	00:33:06	
41	4559	Tatiene Acosta de Oliveira	F	28	00:35:32	00:33:58	
42	4689	Thamiris Vargas	F	28	00:35:47	00:34:05	
43	4171	Gabriela Lopes Leites	F	27	00:37:10	00:35:59	

### 3ª CORRIDA DO CHOQUE - 08/03/2026

Relatório por Faixas Etárias (Corrida de 4km)

#### FAIXAS ETÁRIAS FEMININAS 4KM

#### F3034

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
1	4637	Thais Teixeira de Oliveira	F	33	00:20:17	00:19:18	
2	4161	Dayane Vidal Vieira	F	33	00:19:42	00:19:41	CPCHQ
3	4438	Rosiane Moraes Silva	F	33	00:20:09	00:19:47	EQUIPECPCCHQ
4	4551	Andressa da Silva Ferreira	F	32	00:19:50	00:19:49	CPCHQ
5	4510	Angela A R Fialho	F	31	00:19:52	00:19:51	CPCHQ
6	4565	Mariana Lavinski da Silva	F	30	00:20:15	00:20:02	CPCHQ
7	4168	Nathany Marchezan	F	30	00:21:03	00:20:19	CPCHOQ
8	4025	Paola Gerling	F	33	00:21:33	00:21:03	ARAMBARUNNERS
9	4580	Alexia Rodrigues Menezes	F	32	00:21:43	00:21:13	
10	4445	Jessica Sousa Vieira	F	34	00:21:56	00:21:20	CPCHQ
11	4619	Natalia Silva Pires	F	31	00:22:25	00:21:41	
12	4228	Roberta Martins	F	31	00:23:22	00:22:25	
13	4488	Thais Crestani Minuzzi	F	30	00:24:25	00:22:36	
14	4376	Lanna Talassa Tesori Mendes	F	32	00:24:42	00:23:12	
15	4430	Raquel Nickel Centeno	F	33	00:25:13	00:24:13	
16	4693	Daniela de Oliveira	F	33	00:26:23	00:24:27	
17	4394	Ariana Caroline de Oliveira Silvano	F	30	00:26:04	00:24:42	
18	4594	Jennifer Micaela Lorenzo	F	34	00:26:35	00:24:59	
19	4301	Steffany Picaz Hoffmann	F	30	00:26:34	00:25:04	
20	4427	Patricia Vivian Sisto	F	33	00:25:53	00:25:28	
21	4668	Candida Canto	F	31	00:26:38	00:25:39	
22	4166	Jade Freitas Kochler	F	34	00:26:40	00:25:42	
23	4015	Andressa Pazini Fernandes	F	32	00:27:58	00:25:49	
24	4549	Annely de Oliveira Gonzales dos Reis	F	32	00:27:51	00:26:05	
25	4539	Cintia de Fatima Rotava De Freitas	F	32	00:28:12	00:26:22	
26	4058	Brenda dos Reis E Silva	F	32	00:27:27	00:26:43	CPCHQ
27	4423	Ciana Barreto Alves	F	33	00:28:46	00:26:57	
28	4495	Pamela Tessmann Weege	F	33	00:27:45	00:27:10	AZ RUNNERS
29	4189	Maria Alice Alves Couto	F	31	00:27:46	00:27:23	
30	4284	Ana Tailise Moreira Cruz Esteveao	F	31	00:27:57	00:27:25	AZRUNNERS
31	4473	Patricia Oliveira Cardoso	F	30	00:29:13	00:27:29	
32	4418	Fernanda Vieira Delfino	F	34	00:28:41	00:27:45	
33	4455	Suyan de Castro Canals Severo	F	34	00:29:34	00:27:46	
34	4687	Vitoria Sgorla da Silva	F	32	00:29:28	00:27:55	
35	4044	Maria Carolina Silva E Silva	F	32	00:28:43	00:28:11	
36	4493	Layne Santos Camada	F	32	00:29:11	00:28:24	
37	4454	Brenda Medeiros dos Santos	F	31	00:29:26	00:28:26	
38	4433	Luiza Helena dos Santos	F	34	00:29:58	00:28:49	
39	4692	Bruna da Silva Muller	F	32	00:29:55	00:29:41	

### 3ª CORRIDA DO CHOQUE - 08/03/2026

Relatório por Faixas Etárias (Corrida de 4km)

#### FAIXAS ETÁRIAS FEMININAS 4KM

##### F3034

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
40	4359	Anelise Silva da Silva	F	31	00:31:53	00:29:46	
41	4225	Chayane dos Santos Dos Santos	F	31	00:31:31	00:29:49	
42	4224	Francielli de Oliveira Soares	F	30	00:31:32	00:29:50	
43	4447	Jerusa Ilha Marques	F	33	00:32:09	00:30:09	CPCHQ
44	4372	Amanda Kobelinski	F	30	00:31:58	00:30:09	CPCHQ
45	4656	Priscila Samanta Lopes Rodrigues	F	31	00:31:29	00:30:19	
46	4181	Tanise da Silva Nunes de Oliveira	F	34	00:31:08	00:30:38	AZ RUNNERS
47	4092	Ingrid Saltiel Wermann	F	32	00:32:17	00:31:05	
48	4700	Camila Oliveira Porciuncula	F	33	00:32:59	00:31:53	
49	4439	Jessica Dias da Luz	F	33	00:32:59	00:31:54	
50	4059	Aline Mariotti	F	31	00:33:32	00:32:02	
51	4314	Renata Rodrigues	F	31	00:33:41	00:33:07	AZ RUNNERS
52	4557	Raphaella Laiola de Jesus	F	31	00:34:14	00:33:38	CPCHQ
53	4094	Debora Dias Correa Fernandes	F	30	00:36:01	00:34:47	
54	4573	Bruna Domingos	F	33	00:39:32	00:38:51	SEXTO SENTIDO
55	4238	Brenda Natasha Alves Sousa	F	32	00:40:40	00:39:27	

##### F3539

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
1	4443	Natielle Barboza Espindola	F	35	00:19:46	00:19:29	CPCHOQUE
2	4560	Taciana Verdi de Lima	F	39	00:20:38	00:20:03	CPCHQ
3	4072	Sabrina Mayer Soares	F	37	00:20:40	00:20:09	
4	4516	Maria Cristina de Andrade	F	36	00:21:13	00:20:58	
5	4256	Micheli Dresch Pires	F	39	00:21:04	00:20:59	GO RUN ASSESSORIA ESPORTIVA
6	4144	Bruna Santos Silveira	F	35	00:22:33	00:21:12	ACELERADOS
7	4479	Cristina Estefan Goncalves	F	38	00:22:06	00:21:49	BOX HUMAITA RUN
8	4108	Jessica Azevedo da Fonseca	F	35	00:23:27	00:22:25	
9	4639	Laura Siqueira Escouto	F	36	00:23:34	00:22:31	
10	4416	Simone Martins Duarte	F	39	00:24:31	00:23:03	
11	4248	Caroline Noal Tavares	F	37	00:23:22	00:23:08	GRO RUNNERS
12	4120	Fernanda Spagiari Tassinari	F	38	00:23:45	00:23:16	FERNANDA
13	4152	Mahiara de Menezes Pontes	F	39	00:23:27	00:23:21	
14	4351	Eliane Tarouco Severo Eckert	F	39	00:24:40	00:23:59	EQUIPECCHQ
15	4420	Ingrid Rebello da Silva	F	36	00:24:30	00:24:01	ARAMBARUNNERS
16	4350	Angelica Maria da Silva de Holanda Barros	F	37	00:24:07	00:24:06	
17	4696	Juliana Boll	F	39	00:25:47	00:24:27	
18	4345	Tailani Padilha	F	38	00:25:59	00:25:21	2BPCHQ
19	4210	Viviane de Camargo Grasel	F	37	00:26:48	00:25:26	RE9
20	4694	Madiane Nunes Igarcaba da Luz	F	38	00:26:58	00:25:27	MOVER
21	4452	Aleniram Soares Dallacosta	F	37	00:25:42	00:25:37	RB RUNNERS

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#### FAIXAS ETÁRIAS FEMININAS 4KM

##### F3539

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
22	4435	Adjane Rodrigues Stail	F	36	00:26:37	00:25:42	AZ RUNNERS
23	4664	Marina Santos de Oliveira	F	35	00:26:41	00:26:06	CPCHQ
24	4138	Scheila Ramos	F	35	00:27:13	00:26:52	ACELERADOS
25	4422	Paula Grossla Foss	F	35	00:27:15	00:27:03	
26	4405	Patricia Goncalves dos Santos Dias	F	36	00:28:07	00:27:14	AZ RUNNERS
27	4149	Paula Monique Ribeiro Coracao Rodrigues	F	37	00:27:46	00:27:22	ACELERADOS
28	4606	Jessica Ferreira	F	35	00:28:41	00:28:07	GUAIBA RUNNERS
29	4642	Beatriz Lippert	F	35	00:29:20	00:28:20	
30	4262	Morgana Charao Morais	F	39	00:28:54	00:28:33	
31	4287	Caroline Laquiman	F	37	00:29:13	00:28:44	AZRUNNERS
32	4010	Ana Mayara Kaufmann	F	37	00:30:50	00:28:46	SPORTCENTER RUN
33	4575	Bruna Hoppe Moraes	F	37	00:30:56	00:28:57	
34	4440	Julia Caroline Portz da Rocha	F	37	00:30:12	00:29:06	
35	4172	Clarissa Podgorski Viriato	F	39	00:30:15	00:29:31	CARBORUNNERS
36	4617	Jessica dos Santos de Medeiros	F	35	00:30:53	00:30:26	
37	4470	Kawanny Carlos Dantas de Andrade Couzem	F	37	00:32:11	00:30:33	CORRE LIDI
38	4186	Charlise da Silva Nunes	F	37	00:31:07	00:30:37	AZ RUNNERS
39	4494	Juliana Vaz	F	36	00:31:28	00:30:48	
40	4600	Tainara de Oliveira Allebrandt	F	37	00:33:24	00:31:46	
41	4536	Marluci Correa de Lima Antunes	F	37	00:33:27	00:32:21	CT VIVIANE RODRIGUES
42	4469	Angela Franciele Spolador dos Santos	F	35	00:33:23	00:32:27	
43	4629	Camila Rodrigues Teixeira	F	36	00:34:15	00:33:22	
44	4553	Pâmela Marinho de Freitas Silveira	F	36	00:34:14	00:33:37	CPCHQ
45	4441	Kamilla Acosta Vieira Von Neutegem	F	37	00:35:33	00:33:59	
46	4100	Ana Paula Christo de Freitas	F	36	00:35:17	00:34:16	VEM PRO CORRE
47	4320	Lisiane Zimmermann	F	38	00:36:19	00:34:42	EQUIPE CPCHQ
48	4562	Cristiele Machado da Rosa	F	38	00:38:43	00:37:04	CPCHQ
49	4292	Daise Flores de Souza	F	38	00:38:26	00:38:00	
50	4063	Rafaela Freitas Nunes de Azevedo	F	35	01:02:23	01:02:23	EQUIPE CPCHQ

##### F4044

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
1	4636	Tatiana Marcello	F	44	00:20:47	00:19:47	
2	4139	Gabriela dos Santos	F	44	00:20:27	00:19:48	ACELERADOS
3	4102	Patricia da Silva Machado	F	42	00:21:07	00:20:50	
4	4295	Ingrid Valli Bitencourt	F	44	00:21:08	00:21:03	GO RUN
5	4543	Cristina dos Santos Rodrigues	F	41	00:21:59	00:21:43	
6	4053	Juliana de Souza Vargas	F	42	00:23:51	00:22:14	
7	4390	Laura Garcia de Morais	F	40	00:22:49	00:22:16	CPCHOQUE
8	4140	Kelen da Silva Rigui	F	41	00:23:17	00:22:19	ACELERADOS

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#### FAIXAS ETÁRIAS FEMININAS 4KM

##### F4044

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
9	4620	Adriane Vienel Fagundes	F	41	00:22:52	00:22:30	CORRE
10	4431	Heloisa Teodoro Dutra	F	42	00:24:12	00:22:44	HELO DUTRA
11	4328	Priscila Amaral Bengua	F	41	00:23:16	00:23:03	TC RUN
12	4237	Mariana Feller Goncalves da Silva	F	41	00:23:45	00:23:16	GENTIL GOULARTE
13	4113	Barbara Back	F	43	00:24:55	00:23:28	PROJETO LADISLAU
14	4358	Aline Severo	F	41	00:26:02	00:24:07	
15	4054	Cristina Dornelles Dones	F	42	00:24:26	00:24:22	MOVECOOP
16	4572	Jéssica dos Santos Ghabril	F	41	00:27:35	00:25:16	ROSTO AO VENTO
17	4052	Aline Graziela Jung Obermeier	F	42	00:27:06	00:25:33	
18	4655	Marcele Santos Viegas	F	44	00:26:55	00:25:42	
19	4078	Bruna Felix de Oliveira	F	40	00:27:23	00:26:09	
20	4570	Aline Aparecida de Góes	F	41	00:28:30	00:26:14	ROSTO AO VENTO
21	4597	Kely Salete Almeida Pedroso	F	42	00:27:06	00:26:24	
22	4684	Daniele Pereyra Passos	F	43	00:28:49	00:27:20	ALINE MARIOTTI
23	4520	Fernanda Lopes da Silva	F	42	00:28:42	00:27:32	
24	4136	Nadia Lima dos Reis	F	42	00:28:50	00:27:42	
25	4196	Liciana Slongo Braida	F	44	00:30:14	00:28:13	
26	4547	Merlen Grellert	F	41	00:30:02	00:28:16	
27	4607	Vanessa de Freitas Dalenogare Feliu	F	41	00:30:30	00:29:26	EQUIPE CPCHQ
28	4035	Michele Pinheiro Sprenger	F	43	00:29:57	00:29:27	
29	4185	Lisandra Maria Goncalves	F	42	00:32:42	00:30:50	
30	4106	Michele Mauri de Souza	F	44	00:32:19	00:31:08	
31	4546	Vivian Silva da Silva	F	44	00:34:00	00:33:13	
32	4645	Amalia Schnorr	F	41	00:35:19	00:33:23	
33	4585	Danuza Ondina Fraga Silva	F	42	00:35:45	00:33:44	GRECO
34	4011	Naila Barbosa	F	42	00:37:13	00:35:10	SPORTCENTER
35	4034	Katiuscia Ramos Sosnowski	F	42	00:44:35	00:43:10	RN RUNNERS
36	4424	Marluza Mendonca Schmidt	F	41	00:45:02	00:43:14	
37	4379	Tassia Castro	F	40	01:08:06	01:08:06	

##### F4549

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
1	4465	Cintia Maria	F	45	00:18:57	00:18:57	CORRE JUNTO
2	4041	Angelita Kirinus Cezimbra	F	48	00:19:35	00:19:27	HARMONY SAUDE
3	4667	Aline Freitas Cardoso	F	47	00:20:33	00:20:32	
4	4194	Graciela Silva E Silva	F	47	00:22:41	00:21:17	CORRIDAZEN
5	4537	Juliane Zalamena Chaves	F	46	00:22:24	00:21:20	AUTHEN
6	4207	Rita de Fatima De Moraes Fortes De Oliveira	F	45	00:22:18	00:22:12	ACELERADOS
7	4115	Cristiane Bernardi Andreis	F	49	00:22:47	00:22:37	PICARELLI ASSESSORIA
8	4147	Marisele Dornelles Ferrao	F	48	00:23:00	00:22:59	

### 3ª CORRIDA DO CHOQUE - 08/03/2026

Relatório por Faixas Etárias (Corrida de 4km)

#### FAIXAS ETÁRIAS FEMININAS 4KM

##### F4549

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
9	4483	Andrea Patricia Santos da Silva	F	49	00:23:57	00:23:22	CPCHQ
10	4013	Rosangela Ziani	F	48	00:24:03	00:23:45	
11	4381	Tatiana Gorski	F	49	00:24:53	00:24:42	
12	4492	Darla Geovane da Silva Kaiser	F	48	00:25:07	00:24:55	CORRE JUNTO
13	4589	Leticia da Silva Da Fontoura	F	46	00:25:49	00:25:02	EQUIPECPCCHQ
14	4235	Lisandra Coletti Lisboa	F	46	00:28:25	00:26:52	
15	4045	Jacqueline Mendes Ribeiro	F	47	00:27:51	00:27:05	PROFESSOR OSORIO
16	4331	Vanessa Isquierdo Leivas	F	47	00:28:07	00:27:14	AZ RUNNERS
17	4527	Juliana de Fatima Vieira Urias	F	46	00:28:59	00:27:24	
18	4514	Marta Mariane dos Santos Cezar	F	46	00:30:38	00:28:30	
19	4357	Angela Prestes Padilha D Avila	F	47	00:31:29	00:30:05	
20	4081	Paula Sthefania Machado	F	45	00:31:33	00:30:17	
21	4564	Valesca Morais	F	48	00:31:02	00:30:54	CPCHQ
22	4263	Aline Charao Morais	F	48	00:31:35	00:31:14	
23	4563	Carine Galimberti	F	49	00:32:16	00:31:35	CPCHQ
24	4631	Anderlise de Souza Alves Silveira	F	47	00:33:56	00:32:53	
25	4229	Cristina Fernandes Terra	F	48	00:34:52	00:34:12	CRISTINA FERNANDES TERRA
26	4091	Eliane Silva da Silva	F	46	00:35:02	00:34:47	
27	4402	Eliziane Michel Medina	F	45	00:37:33	00:36:11	DESGARADO
28	4392	Josilena Damasceno Silva	F	46	00:39:48	00:38:34	

##### F5054

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
1	4534	Cristiane Rocha de Souza Prestes	F	52	00:21:35	00:20:51	
2	4154	Clarissa Tarrago Carpes	F	52	00:22:22	00:22:13	HARMONY RUN
3	4030	Roselaine Bassani	F	53	00:25:11	00:24:26	
4	4571	Débora Lemes Lemos	F	54	00:28:48	00:26:51	ROSTO AO VENTO
5	4406	Rejane Ferreira da Rosa	F	53	00:27:56	00:27:00	
6	4568	Helen Cristina Soares da Silva	F	51	00:27:49	00:27:20	EPTC
7	4480	Ro Alteman	F	51	00:30:22	00:29:56	2CIA DO 9BPM
8	4278	Elisete Bauermann	F	52	00:30:46	00:30:10	
9	4361	Cristiane Gomes Cloque	F	52	00:32:32	00:31:24	
10	4698	Marta Albêa Gigante Baldi	F	50	00:35:36	00:33:57	
11	4158	Marta Fabiana de Souza Bonatto	F	52	00:37:12	00:36:10	EQUIPE DE CORRIDAS GENTIL GOULARTE
12	4501	Marcia Rossana Dhein Machado	F	50	00:45:29	00:44:54	CORRA100LIMITES

##### F5559

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
1	4531	Sandra Correa Rodrigues	F	57	00:21:18	00:21:05	SANDRACLIN
2	4462	Maria Andreia de Souza Mello	F	55	00:22:54	00:22:41	GORUN ASSESSORIA ESPORTIVA

### 3ª CORRIDA DO CHOQUE - 08/03/2026

Relatório por Faixas Etárias (Corrida de 4km)

#### FAIXAS ETÁRIAS FEMININAS 4KM

##### F5559

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
3	4566	Miriam dos Santos Cabral	F	56	00:22:54	00:22:52	EPTC
4	4267	Nathalie Fonticilha	F	55	00:25:12	00:23:32	CORREFRIENDS
5	4192	Claudia Beatriz Goncalves Franca	F	56	00:25:44	00:23:53	CLAUDIA
6	4043	Cintia da Silva Bittencourt	F	58	00:28:44	00:28:14	
7	4218	Carla Rosana da Silva Jung	F	59	00:31:30	00:29:59	GRO RUNNERS
8	4254	Maria Mercedes Prates de Godoy	F	58	00:31:06	00:30:42	
9	4451	Ana Claudia dos Santos Ribas Dos Anjos	F	55	00:32:13	00:32:12	BERBIGAO RUNNER
10	4316	Lucia Helena Alves de Azevedo	F	57	00:32:39	00:32:19	EQUIPE CPCHQ
11	4133	Marcia de Almeida	F	59	00:44:20	00:43:58	CHANEL

##### F6064

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
1	4071	Lilian Perfeito	F	60	00:29:59	00:28:43	
2	4691	Luci Rezende	F	63	00:32:16	00:31:32	
3	4252	Denise Beatriz Pereira da Silva	F	64	00:31:48	00:31:39	HARMONY
4	4076	Gilza Freitas Demaman	F	64	00:37:23	00:36:14	

##### F6599

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
1	4096	Noeli Favero	F	65	00:21:53	00:21:39	PERCORRER
2	4258	Eli da Silva Favero	F	67	00:23:14	00:22:57	GENTIL GOULART
3	4085	Marlene Ines Daros	F	70	00:25:05	00:25:04	PAPALEGUAS RUNNER
4	4193	Maria Eloisa Bauendar de Oliveira Padilh	F	66	00:26:51	00:25:41	
5	4188	Maria de Lurdes Amaral Couto	F	70	00:28:28	00:28:06	
6	4118	Jandara Aparecida Pereira Belaver	F	68	00:29:32	00:28:11	
7	4004	Juraci Macedo	F	69	00:29:01	00:28:51	
8	4437	Raquel Teixeira Cista	F	77	00:29:52	00:29:35	SUPERACAO GUARAPARI
9	4414	Maria de Nazare Carvalho Melo	F	65	00:31:54	00:31:29	
10	4558	Maria Celeste Melo Moreira	F	79	00:33:02	00:33:00	CPCHQ
11	4233	Maria Lorena Biazus	F	73	00:35:20	00:34:35	
12	4337	Vera Regina Leite de Almeida	F	70	00:38:49	00:38:01	