

# Resultado 1ª Etapa Campeonato Capixaba de Triathlon Sprint



Capixaba de Ferro, Vitória/ES, 22/03/2026. Atualizado em 13/05/2026

## Masculino

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	ISMAEL OLIVEIRA DE JESUS ROZENO	M20/24	01:02:36	00:10:50	00:00:45	00:31:26	00:01:04	00:18:30
2	CESAR BRIOSCHI LOPES	M20/24	01:02:59	00:11:02	00:00:50	00:31:07	00:01:02	00:18:56
3	DANIEL GUIMARAES GODINHO	M20/24	01:04:15	00:10:57	00:01:00	00:31:01	00:01:27	00:19:48
4	LYNNEKHER GENESIS FERNANDES DA SILVA	M35/39	01:07:00	00:12:43	00:00:55	00:32:59	00:01:05	00:19:17
5	MARCIO MOURA SILVA	M40/44	01:07:40	00:11:39	00:00:59	00:33:58	00:01:05	00:19:57
6	LORENZO ERLER TREGNAGO	M20/24	01:08:33	00:12:20	00:00:57	00:33:23	00:01:02	00:20:49
7	ALBERTO DO NASCIMENTO NETO	M40/44	01:08:57	00:12:48	00:00:59	00:32:53	00:01:22	00:20:53
8	CONSTANTEEN HELAL NETO	M45/49	01:09:07	00:11:58	00:00:53	00:33:47	00:01:05	00:21:22
9	GERARDO PEREIRA LIMA FILHO	M55/59	01:09:52	00:12:35	00:00:52	00:00:00	00:00:00	00:00:00
10	OTAVIO CALIMAN DADALTO	M45/49	01:10:09	00:12:22	00:01:04	00:33:17	00:01:30	00:21:54
11	LEONARDO RODRIGUES DA SILVA	M45/49	01:10:21	00:11:13	00:01:04	00:34:22	00:01:07	00:22:33
12	JANDER MARTINS DE OLIVEIRA	M35/39	01:10:46	00:11:42	00:00:58	00:36:39	00:01:18	00:20:07
13	ISRAEL ALCANTARA SERVIN	M16/17	01:11:10	00:12:59	00:00:53	00:36:04	00:00:59	00:20:13
14	WAGNER LEAL LOPES	M40/44	01:11:38	00:12:14	00:01:18	00:33:09	00:01:16	00:23:39
15	LEONARDO PENNAFORT	M40/44	01:12:11	00:13:30	00:01:04	00:34:16	00:01:19	00:22:00
16	YURI NASCIMENTO NARIYOSHI	M35/39	01:13:08	00:13:45	00:01:03	00:34:23	00:01:15	00:22:41
17	LUCAS VON DOLLINGER SOUZA	M35/39	01:13:47	00:14:18	00:01:33	00:33:17	00:01:29	00:23:08
18	RAFAEL RAMOS BERNARDO	M40/44	01:14:26	00:13:52	00:01:00	00:34:21	00:02:04	00:23:08
19	ANDRE NEIVA DE LIMA ROCHA	M50/54	01:16:03	00:11:22	00:01:12	00:34:18	00:01:40	00:27:28
20	RENAN BRANDOLINI CHEQUETTO PEREIRA	M25/29	01:16:07	00:12:32	00:01:15	00:39:12	00:01:25	00:21:42
21	EVANDRO DOS SANTOS BECEVELLI	M35/39	01:17:32	00:15:14	00:01:15	00:36:32	00:01:37	00:22:51
22	DANIEL CAIADO RIBEIRO DALLA BERNARDINA	M50/54	01:17:40	00:15:37	00:01:25	00:35:39	00:01:49	00:23:08
23	VINICIUS VIZA DE OLIVEIRA	M35/39	01:17:49	00:16:33	00:01:10	00:35:54	00:01:24	00:22:45
24	RAVEL QUEIROZ DA VEIGA E SOUSA	M40/44	01:18:31	00:16:30	00:01:44	00:36:23	00:02:00	00:21:54
25	FREDERICO FERREIRA	M35/39	01:19:09	00:15:40	00:01:38	00:36:35	00:01:42	00:23:32
26	VINICIUS MARTINS DE PAULA	M35/39	01:19:34	00:18:27	00:01:31	00:36:00	00:01:24	00:22:11
27	IDELSON CARLOS PENA JUNIOR	M25/29	01:20:03	00:17:24	00:01:08	00:36:25	00:01:39	00:23:24
28	FLAVIO ANDRADE DE OLIVEIRA	M40/44	01:20:34	00:14:28	00:01:17	00:36:35	00:01:41	00:26:30
29	RODRIGO CALEZANI	M45/49	01:20:36	00:15:42	00:01:12	00:37:05	00:01:35	00:25:00
30	RENAN RIBEIRO GUZZO	M40/44	01:21:23	00:14:12	00:01:12	00:38:18	00:01:41	00:25:57
31	ANDERSON ANTONIO MEDEIROS	M45/49	01:21:46	00:16:18	00:01:11	00:38:52	00:01:30	00:23:53
32	CRISTHIANO MARTINS AUTOMARE	M45/49	01:21:55	00:16:07	00:01:57	00:38:07	00:01:44	00:23:59
33	JULIAN MAX SANTOS PEREIRA	M45/49	01:21:57	00:13:57	00:01:56	00:38:50	00:02:01	00:25:11
34	FLAVIO NUNES MATIAS	M60/64	01:22:18	00:15:44	00:01:09	00:36:59	00:01:55	00:26:29
35	RODRIGO RIBEIRO DE ARAUJO	M50/54	01:23:09	00:15:10	00:01:34	00:37:51	00:01:47	00:26:45
36	JOSÉ GILVAN DOS SANTOS	M55/59	01:23:22	00:18:49	00:02:00	00:37:21	00:01:16	00:23:53
37	BERNARDO SILLER DA PENHA	M18/19	01:24:55	00:13:44	00:00:52	00:41:30	00:01:22	00:27:25

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POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
38	RICARDO JOSE CALEGARIO ZAGO	M40/44	01:25:38	00:18:30	00:01:58	00:37:40	00:03:01	00:24:28
39	DIEGO ROCHA	M40/44	01:26:16	00:17:55	00:01:20	00:36:59	00:01:59	00:28:01
40	ALEX SANDRO MERLLO	M45/49	01:26:56	00:20:04	00:01:20	00:37:07	00:01:48	00:26:35
41	EDUARDO DA CUNHA ROMANO	M45/49	01:28:48	00:17:49	00:01:17	00:39:19	00:01:41	00:28:41
42	JHONATA GALINA	M35/39	01:29:10	00:19:13	00:01:16	00:38:17	00:01:36	00:28:47
43	VINICIUS TESSARO SCETTINO	M35/39	01:30:39	00:16:40	00:01:27	00:41:39	00:02:36	00:28:15
44	FRANCIS AZEVEDO DE BARROS	M35/39	01:30:55	00:16:27	00:01:43	00:43:35	00:02:03	00:27:05
45	GUSTAVO SOARES GUEZ	M25/29	01:31:24	00:21:54	00:02:07	00:43:52	00:02:00	00:21:29
46	VINICIUS PAULINO SANT ANA	M35/39	01:31:50	00:17:45	00:01:42	00:43:46	00:02:07	00:26:28
47	CLAUDIO SIQUEIRA DOS SANTOS	M55/59	01:32:04	00:17:10	00:01:12	00:40:33	00:02:19	00:30:48
48	FABRICIO QUEIROZ	M55/59	01:32:33	00:19:22	00:01:43	00:43:31	00:02:20	00:25:36
49	ALEXANDRE GUSTAVO OBERHAUSER	M45/49	01:32:39	00:16:30	00:01:11	00:38:32	00:02:40	00:33:43
50	CARLOS ARTHUR BRAGATTO DA GAMA	M30/34	01:37:16	00:17:51	00:02:03	00:44:48	00:02:59	00:29:33
51	MAURO SCHNEIDER DUARTE	M60/64	01:37:41	00:16:24	00:01:15	00:47:12	00:03:17	00:29:31
52	ANDRE RABELLO FERREIRA	M50/54	01:38:43	00:15:24	00:02:32	00:44:15	00:03:30	00:33:00
53	MARCELLO ANTONIO CHAVES CORREA	M45/49	01:40:50	00:19:33	00:03:15	00:43:45	00:02:07	00:32:08
54	RAFAEL AMADO SILVA	M40/44	01:42:16	00:19:50	00:01:36	00:46:38	00:01:54	00:32:15
55	MARIVALDO ROSA BARBOSA	M50/54	01:50:01	00:24:50	00:03:08	00:46:57	00:03:42	00:31:22
56	LUIZ AUGUSTO AMARAL MELO NUNES	M40/44	01:53:04	00:19:54	00:03:48	00:48:32	00:02:49	00:38:00
57	RODRIGO SIMOES VAILLANT	M45/49	01:55:34	00:27:15	00:02:40	00:50:45	00:02:53	00:31:59
58	DEOMAR PEREIRA	M75/79	01:55:45	00:19:47	00:03:25	00:50:59	00:07:17	00:34:14
59	MARCO ANTONIO LAZARONI VALLI	M40/44	02:03:13	00:22:32	00:04:13	00:52:01	00:03:48	00:40:38

## Feminino

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	MARIA CLARA DE ALMEIDA	F25/29	01:12:23	00:11:31	00:01:07	00:36:24	00:01:11	00:22:08
2	ISABELA CHEN	F40/44	01:13:07	00:14:24	00:01:02	00:35:10	00:01:13	00:21:16
3	MARINA BERTI	F35/39	01:15:01	00:12:11	00:00:59	00:36:25	00:01:15	00:24:09
4	NATHALIA TARDIN	F35/39	01:15:23	00:15:18	00:00:58	00:35:18	00:01:12	00:22:34
5	LILA TAVARES	F45/49	01:16:31	00:11:34	00:01:00	00:36:30	00:01:17	00:26:08
6	SOPHIA AGUIAR NICCHIO	F18/19	01:16:57	00:12:28	00:01:07	00:36:58	00:01:13	00:25:09
7	MARIA CLARA ASSAD TEIXEIRA VARGAS	F25/29	01:18:20	00:15:46	00:00:55	00:36:03	00:01:26	00:24:09
8	LETICIA CRISTINA GOMES PARIZZI	F30/34	01:22:31	00:15:50	00:02:05	00:38:31	00:01:45	00:24:19
9	DANIELA ABADE	F50/54	01:22:46	00:15:13	00:01:21	00:37:47	00:01:54	00:26:29
10	LARISSA BARCELLOS VIANA PEREIRA	F30/34	01:23:14	00:16:02	00:01:10	00:41:53	00:02:04	00:22:03
11	CLARA GONCALVES RUSCHI	F20/24	01:24:07	00:14:35	00:01:12	00:38:44	00:01:50	00:27:44
12	VIVIANNE OTTO DE ALMEIDA	F25/29	01:24:30	00:15:20	00:01:01	00:38:13	00:01:45	00:28:09
13	REBEKA KELLY CALIXTO	F35/39	01:25:41	00:17:48	00:02:52	00:36:53	00:02:32	00:25:35
14	ALANA BINDA SILVA COSTA	F35/39	01:25:54	00:17:29	00:01:05	00:39:20	00:01:34	00:26:25
15	VIVIANE WIGAND GODINHO SADER	F40/44	01:26:10	00:17:45	00:00:59	00:40:09	00:01:25	00:25:51
16	SILVANA THEBALDI	F55/59	01:26:15	00:17:42	00:01:17	00:38:50	00:01:38	00:26:46
17	KEICYANE REIS SILVA	F25/29	01:27:21	00:17:10	00:01:03	00:42:28	00:01:52	00:24:46
18	ADRIANA DE JESUS NOTAROBERTO	F40/44	01:27:26	00:17:31	00:01:29	00:39:31	00:02:10	00:26:44
19	VITORIA FAGUNDES MOSCON	F20/24	01:27:47	00:13:06	00:01:45	00:43:04	00:01:42	00:28:08

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POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
20	CAROLINA LUIZ DE FREITAS	F40/44	01:29:33	00:17:52	00:02:03	00:43:07	00:02:07	00:24:22
21	MARISOL DE CASSIA PEREIRA	F40/44	01:29:51	00:19:00	00:01:07	00:40:10	00:01:43	00:27:49
22	HANNA MACIEL LOUBAK	F30/34	01:30:58	00:18:35	00:01:55	00:39:55	00:01:56	00:28:34
23	CAROLINY BENETTI COSTA	F35/39	01:32:52	00:20:14	00:01:22	00:43:52	00:02:11	00:25:12
24	SIBIAKAREN RIBEIRO BOZETTI	F45/49	01:35:19	00:22:21	00:01:12	00:40:13	00:03:35	00:27:56
25	CINTHIA DAVID GOMES	F40/44	01:35:28	00:18:09	00:02:44	00:44:33	00:02:49	00:27:10
26	DANIELA HEMERLY EMERY CADE	F35/39	01:36:17	00:17:10	00:02:21	00:46:32	00:01:57	00:28:16
27	KARINE VIEIRA BALLA	F35/39	01:37:05	00:19:42	00:02:06	00:45:20	00:02:11	00:27:45
28	LAIS SARMENTO GAMA KOPPE	F35/39	01:38:05	00:17:52	00:01:39	00:46:58	00:01:40	00:29:55
29	IVANA CARVALHO SILVA ARAUJO MAGALHAES	F50/54	01:39:23	00:20:27	00:01:20	00:44:06	00:02:41	00:30:47
30	WANIA LUCIA DA SILVA MARTINS AUTOMARE	F50/54	01:39:39	00:20:12	00:02:24	00:43:22	00:02:19	00:31:20
31	ROBERTA BERTOANI FIENI	F40/44	01:49:07	00:17:24	00:01:51	00:59:46	00:02:20	00:27:44
32	REGINA CARDOSO MORANDI	F60/64	01:59:53	00:23:31	00:01:38	00:52:53	00:03:33	00:38:17
33	MARCELA CASTRO LAGE	F45/49	02:01:32	00:35:56	00:01:28	00:53:49	00:02:19	00:27:58
34	TATIANA RODRIGUES DA SILVA	F45/49	02:03:46	00:22:46	00:04:33	00:58:34	00:02:48	00:35:02
35	ELAINA TOSTES	F45/49	02:03:53	00:20:16	00:04:08	00:54:26	00:02:41	00:42:19
36	CANDICE ALTINO PERES MACHADO	F55/59	02:04:58	00:18:33	00:02:17	01:11:32	00:02:51	00:29:44
37	THAIS CARDOSO GUERRA	F35/39	02:05:56	00:36:23	00:03:37	00:46:58	00:03:38	00:35:18
38	BIANCA OLIVEIRA PASSOS ROCHA	F45/49	02:07:28	00:26:15	00:03:52	00:59:30	00:02:39	00:35:10
39	SARA SOARES MARQUES	F60/64	02:16:53	00:23:46	00:03:15	01:00:37	00:02:45	00:46:28

#### M16/17

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	ISRAEL ALCANTARA SERVIN	M16/17	01:11:10	00:12:59	00:00:53	00:36:04	00:00:59	00:20:13

#### M18/19

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	BERNARDO SILLER DA PENHA	M18/19	01:24:55	00:13:44	00:00:52	00:41:30	00:01:22	00:27:25

#### M20/24

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	ISMAEL OLIVEIRA DE JESUS ROZENO	M20/24	01:02:36	00:10:50	00:00:45	00:31:26	00:01:04	00:18:30
2	CESAR BRIOSCHI LOPES	M20/24	01:02:59	00:11:02	00:00:50	00:31:07	00:01:02	00:18:56
3	DANIEL GUIMARAES GODINHO	M20/24	01:04:15	00:10:57	00:01:00	00:31:01	00:01:27	00:19:48
4	LORENZO ERLER TREGNAGO	M20/24	01:08:33	00:12:20	00:00:57	00:33:23	00:01:02	00:20:49

#### M25/29

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	RENAN BRANDOLINI CHEQUETTO PEREIRA	M25/29	01:16:07	00:12:32	00:01:15	00:39:12	00:01:25	00:21:42
2	IDELSON CARLOS PENA JUNIOR	M25/29	01:20:03	00:17:24	00:01:08	00:36:25	00:01:39	00:23:24
3	GUSTAVO SOARES GUEZ	M25/29	01:31:24	00:21:54	00:02:07	00:43:52	00:02:00	00:21:29

#### M30/34

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	CARLOS ARTHUR BRAGATTO DA GAMA	M30/34	01:37:16	00:17:51	00:02:03	00:44:48	00:02:59	00:29:33

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## M35/39

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	LYNNEKHER GENESIS FERNANDES DA SILVA	M35/39	01:07:00	00:12:43	00:00:55	00:32:59	00:01:05	00:19:17
2	JANDER MARTINS DE OLIVEIRA	M35/39	01:10:46	00:11:42	00:00:58	00:36:39	00:01:18	00:20:07
3	YURI NASCIMENTO NARIYOSHI	M35/39	01:13:08	00:13:45	00:01:03	00:34:23	00:01:15	00:22:41
4	LUCAS VON DOLLINGER SOUZA	M35/39	01:13:47	00:14:18	00:01:33	00:33:17	00:01:29	00:23:08
5	EVANDRO DOS SANTOS BECEVELLI	M35/39	01:17:32	00:15:14	00:01:15	00:36:32	00:01:37	00:22:51
6	VINICIUS VIZA DE OLIVEIRA	M35/39	01:17:49	00:16:33	00:01:10	00:35:54	00:01:24	00:22:45
7	FREDERICO FERREIRA	M35/39	01:19:09	00:15:40	00:01:38	00:36:35	00:01:42	00:23:32
8	VINICIUS MARTINS DE PAULA	M35/39	01:19:34	00:18:27	00:01:31	00:36:00	00:01:24	00:22:11
9	JHONATA GALINA	M35/39	01:29:10	00:19:13	00:01:16	00:38:17	00:01:36	00:28:47
10	VINICIUS TESSARO SCHETTINO	M35/39	01:30:39	00:16:40	00:01:27	00:41:39	00:02:36	00:28:15
11	FRANCIS AZEVEDO DE BARROS	M35/39	01:30:55	00:16:27	00:01:43	00:43:35	00:02:03	00:27:05
12	VINICIUS PAULINO SANT ANA	M35/39	01:31:50	00:17:45	00:01:42	00:43:46	00:02:07	00:26:28

## M40/44

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	MARCIO MOURA SILVA	M40/44	01:07:40	00:11:39	00:00:59	00:33:58	00:01:05	00:19:57
2	ALBERTO DO NASCIMENTO NETO	M40/44	01:08:57	00:12:48	00:00:59	00:32:53	00:01:22	00:20:53
3	WAGNER LEAL LOPES	M40/44	01:11:38	00:12:14	00:01:18	00:33:09	00:01:16	00:23:39
4	LEONARDO PENNAFORT	M40/44	01:12:11	00:13:30	00:01:04	00:34:16	00:01:19	00:22:00
5	RAFAEL RAMOS BERNARDO	M40/44	01:14:26	00:13:52	00:01:00	00:34:21	00:02:04	00:23:08
6	RAVEL QUEIROZ DA VEIGA E SOUSA	M40/44	01:18:31	00:16:30	00:01:44	00:36:23	00:02:00	00:21:54
7	FLAVIO ANDRADE DE OLIVEIRA	M40/44	01:20:34	00:14:28	00:01:17	00:36:35	00:01:41	00:26:30
8	RENAN RIBEIRO GUZZO	M40/44	01:21:23	00:14:12	00:01:12	00:38:18	00:01:41	00:25:57
9	RICARDO JOSE CALEGARIO ZAGO	M40/44	01:25:38	00:18:30	00:01:58	00:37:40	00:03:01	00:24:28
10	DIEGO ROCHA	M40/44	01:26:16	00:17:55	00:01:20	00:36:59	00:01:59	00:28:01
11	RAFAEL AMADO SILVA	M40/44	01:42:16	00:19:50	00:01:36	00:46:38	00:01:54	00:32:15
12	LUIZ AUGUSTO AMARAL MELO NUNES	M40/44	01:53:04	00:19:54	00:03:48	00:48:32	00:02:49	00:38:00
13	MARCO ANTONIO LAZARONI VALLI	M40/44	02:03:13	00:22:32	00:04:13	00:52:01	00:03:48	00:40:38

## M45/49

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	CONSTANTEEN HELAL NETO	M45/49	01:09:07	00:11:58	00:00:53	00:33:47	00:01:05	00:21:22
2	OTAVIO CALIMAN DADALTO	M45/49	01:10:09	00:12:22	00:01:04	00:33:17	00:01:30	00:21:54
3	LEONARDO RODRIGUES DA SILVA	M45/49	01:10:21	00:11:13	00:01:04	00:34:22	00:01:07	00:22:33
4	RODRIGO CALEZANI	M45/49	01:20:36	00:15:42	00:01:12	00:37:05	00:01:35	00:25:00
5	ANDERSON ANTONIO MEDEIROS	M45/49	01:21:46	00:16:18	00:01:11	00:38:52	00:01:30	00:23:53
6	CRISTHIANO MARTINS AUTOMARE	M45/49	01:21:55	00:16:07	00:01:57	00:38:07	00:01:44	00:23:59
7	JULIAN MAX SANTOS PEREIRA	M45/49	01:21:57	00:13:57	00:01:56	00:38:50	00:02:01	00:25:11
8	ALEX SANDRO MERLLO	M45/49	01:26:56	00:20:04	00:01:20	00:37:07	00:01:48	00:26:35
9	EDUARDO DA CUNHA ROMANO	M45/49	01:28:48	00:17:49	00:01:17	00:39:19	00:01:41	00:28:41
10	ALEXANDRE GUSTAVO OBERHAUSER	M45/49	01:32:39	00:16:30	00:01:11	00:38:32	00:02:40	00:33:43
11	MARCELLO ANTONIO CHAVES CORREA	M45/49	01:40:50	00:19:33	00:03:15	00:43:45	00:02:07	00:32:08
12	RODRIGO SIMOES VAILLANT	M45/49	01:55:34	00:27:15	00:02:40	00:50:45	00:02:53	00:31:59

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## M50/54

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	ANDRE NEIVA DE LIMA ROCHA	M50/54	01:16:03	00:11:22	00:01:12	00:34:18	00:01:40	00:27:28
2	DANIEL CAIADO RIBEIRO DALLA BERNARDINA	M50/54	01:17:40	00:15:37	00:01:25	00:35:39	00:01:49	00:23:08
3	RODRIGO RIBEIRO DE ARAUJO	M50/54	01:23:09	00:15:10	00:01:34	00:37:51	00:01:47	00:26:45
4	ANDRE RABELLO FERREIRA	M50/54	01:38:43	00:15:24	00:02:32	00:44:15	00:03:30	00:33:00
5	MARIVALDO ROSA BARBOSA	M50/54	01:50:01	00:24:50	00:03:08	00:46:57	00:03:42	00:31:22

## M55/59

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	GERARDO PEREIRA LIMA FILHO	M55/59	01:09:52	00:12:35	00:00:52	00:00:00	00:00:00	00:00:00
2	JOSÉ GILVAN DOS SANTOS	M55/59	01:23:22	00:18:49	00:02:00	00:37:21	00:01:16	00:23:53
3	CLAUDIO SIQUEIRA DOS SANTOS	M55/59	01:32:04	00:17:10	00:01:12	00:40:33	00:02:19	00:30:48
4	FABRICIO QUEIROZ	M55/59	01:32:33	00:19:22	00:01:43	00:43:31	00:02:20	00:25:36

## M60/64

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	FLAVIO NUNES MATIAS	M60/64	01:22:18	00:15:44	00:01:09	00:36:59	00:01:55	00:26:29
2	MAURO SCHNEIDER DUARTE	M60/64	01:37:41	00:16:24	00:01:15	00:47:12	00:03:17	00:29:31

## M75/79

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	DEOMAR PEREIRA	M75/79	01:55:45	00:19:47	00:03:25	00:50:59	00:07:17	00:34:14

## F18/19

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	SOPHIA AGUIAR NICCHIO	F18/19	01:16:57	00:12:28	00:01:07	00:36:58	00:01:13	00:25:09

## F20/24

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	CLARA GONCALVES RUSCHI	F20/24	01:24:07	00:14:35	00:01:12	00:38:44	00:01:50	00:27:44
2	VITORIA FAGUNDES MOSCON	F20/24	01:27:47	00:13:06	00:01:45	00:43:04	00:01:42	00:28:08

## F25/29

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	MARIA CLARA DE ALMEIDA	F25/29	01:12:23	00:11:31	00:01:07	00:36:24	00:01:11	00:22:08
2	MARIA CLARA ASSAD TEIXEIRA VARGAS	F25/29	01:18:20	00:15:46	00:00:55	00:36:03	00:01:26	00:24:09
3	VIVIANNE OTTO DE ALMEIDA	F25/29	01:24:30	00:15:20	00:01:01	00:38:13	00:01:45	00:28:09
4	KEICYANE REIS SILVA	F25/29	01:27:21	00:17:10	00:01:03	00:42:28	00:01:52	00:24:46

## F30/34

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	LETICIA CRISTINA GOMES PARIZZI	F30/34	01:22:31	00:15:50	00:02:05	00:38:31	00:01:45	00:24:19
2	LARISSA BARCELLOS VIANA PEREIRA	F30/34	01:23:14	00:16:02	00:01:10	00:41:53	00:02:04	00:22:03
3	HANNA MACIEL LOUBAK	F30/34	01:30:58	00:18:35	00:01:55	00:39:55	00:01:56	00:28:34

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## F35/39

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	MARINA BERTI	F35/39	01:15:01	00:12:11	00:00:59	00:36:25	00:01:15	00:24:09
2	NATHALIA TARDIN	F35/39	01:15:23	00:15:18	00:00:58	00:35:18	00:01:12	00:22:34
3	REBEKA KELLY CALIXTO	F35/39	01:25:41	00:17:48	00:02:52	00:36:53	00:02:32	00:25:35
4	ALANA BINDA SILVA COSTA	F35/39	01:25:54	00:17:29	00:01:05	00:39:20	00:01:34	00:26:25
5	CAROLINY BENETTI COSTA	F35/39	01:32:52	00:20:14	00:01:22	00:43:52	00:02:11	00:25:12
6	DANIELA HEMERLY EMERY CADE	F35/39	01:36:17	00:17:10	00:02:21	00:46:32	00:01:57	00:28:16
7	KARINE VIEIRA BALLA	F35/39	01:37:05	00:19:42	00:02:06	00:45:20	00:02:11	00:27:45
8	LAIS SARMENTO GAMA KOPPE	F35/39	01:38:05	00:17:52	00:01:39	00:46:58	00:01:40	00:29:55
9	THAIS CARDOSO GUERRA	F35/39	02:05:56	00:36:23	00:03:37	00:46:58	00:03:38	00:35:18

## F40/44

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	ISABELA CHEN	F40/44	01:13:07	00:14:24	00:01:02	00:35:10	00:01:13	00:21:16
2	VIVIANE WIGAND GODINHO SADER	F40/44	01:26:10	00:17:45	00:00:59	00:40:09	00:01:25	00:25:51
3	ADRIANA DE JESUS NOTAROBERTO	F40/44	01:27:26	00:17:31	00:01:29	00:39:31	00:02:10	00:26:44
4	CAROLINA LUIZ DE FREITAS	F40/44	01:29:33	00:17:52	00:02:03	00:43:07	00:02:07	00:24:22
5	MARISOL DE CASSIA PEREIRA	F40/44	01:29:51	00:19:00	00:01:07	00:40:10	00:01:43	00:27:49
6	CINTHIA DAVID GOMES	F40/44	01:35:28	00:18:09	00:02:44	00:44:33	00:02:49	00:27:10
7	ROBERTA BERTOANI FIENI	F40/44	01:49:07	00:17:24	00:01:51	00:59:46	00:02:20	00:27:44

## F45/49

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	LILA TAVARES	F45/49	01:16:31	00:11:34	00:01:00	00:36:30	00:01:17	00:26:08
2	SIBIAKAREN RIBEIRO BOZETTI	F45/49	01:35:19	00:22:21	00:01:12	00:40:13	00:03:35	00:27:56
3	MARCELA CASTRO LAGE	F45/49	02:01:32	00:35:56	00:01:28	00:53:49	00:02:19	00:27:58
4	TATIANA RODRIGUES DA SILVA	F45/49	02:03:46	00:22:46	00:04:33	00:58:34	00:02:48	00:35:02
5	ELAINA TOSTES	F45/49	02:03:53	00:20:16	00:04:08	00:54:26	00:02:41	00:42:19
6	BIANCA OLIVEIRA PASSOS ROCHA	F45/49	02:07:28	00:26:15	00:03:52	00:59:30	00:02:39	00:35:10

## F50/54

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	DANIELA ABADE	F50/54	01:22:46	00:15:13	00:01:21	00:37:47	00:01:54	00:26:29
2	IVANA CARVALHO SILVA ARAUJO MAGALHAES	F50/54	01:39:23	00:20:27	00:01:20	00:44:06	00:02:41	00:30:47
3	WANIA LUCIA DA SILVA MARTINS AUTOMARE	F50/54	01:39:39	00:20:12	00:02:24	00:43:22	00:02:19	00:31:20

## F55/59

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	SILVANA THEBALDI	F55/59	01:26:15	00:17:42	00:01:17	00:38:50	00:01:38	00:26:46
2	CANDICE ALTINO PERES MACHADO	F55/59	02:04:58	00:18:33	00:02:17	01:11:32	00:02:51	00:29:44

## F60/64

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	REGINA CARDOSO MORANDI	F60/64	01:59:53	00:23:31	00:01:38	00:52:53	00:03:33	00:38:17
2	SARA SOARES MARQUES	F60/64	02:16:53	00:23:46	00:03:15	01:00:37	00:02:45	00:46:28

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