

# Resultado Nakoa Triathlon



Nakoa Triathlon, Itaipava/ES, 19/04/2026. Atualizado em 13/05/2026

## Masculino

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	ISMAEL OLIVEIRA DE JESUS REZENO	M20/24	00:59:47	00:10:44	00:00:34	00:29:16	00:00:49	00:18:24
2	RODRIGO DE CARVALHO COELHO	M20/24	01:01:05	00:11:19	00:00:32	00:30:11	00:00:43	00:18:20
3	MATHEUS MACHADO AZEVEDO	M30/34	01:01:32	00:11:33	00:00:37	00:31:07	00:00:49	00:17:26
4	LYNNEKHER GENESIS FERNANDES DA SILVA	M35/39	01:01:40	00:12:23	00:00:29	00:31:08	00:00:47	00:16:53
5	DANIEL GUIMARAES GODINHO	M20/24	01:01:58	00:11:20	00:00:28	00:30:15	00:00:46	00:19:09
6	CESAR BRIOSCHI LOPES	M20/24	01:03:14	00:11:07	00:00:48	00:30:07	00:00:48	00:20:24
7	GERARDO PEREIRA LIMA FILHO	M55/59	01:03:54	00:11:09	00:00:46	00:32:05	00:00:44	00:19:10
8	JANDER MARTINS DE OLIVEIRA	M35/39	01:04:34	00:11:44	00:00:35	00:31:41	00:00:44	00:19:50
9	FELIPE ANNUNCIATO CLAVIJO MARTINS	M35/39	01:05:48	00:11:08	00:00:42	00:30:24	00:02:46	00:20:48
10	ISRAEL ALCANTARA SERVIM	M16/17	01:06:01	00:12:59	00:00:43	00:32:04	00:00:53	00:19:22
11	ALBERTO DO NASCIMENTO NETO	M40/44	01:06:35	00:12:50	00:00:52	00:31:51	00:00:55	00:20:07
12	CONSTANTEEN HELAL NETO	M45/49	01:07:22	00:13:28	00:00:33	00:31:25	00:00:51	00:21:05
13	OTAVIO CALIMAN DADALTO	M45/49	01:08:41	00:12:37	00:00:36	00:32:47	00:00:54	00:21:47
14	RICHARD SOARES	M45/49	01:08:57	00:13:27	00:00:42	00:31:51	00:00:52	00:22:05
15	YURI NASCIMENTO NARIYOSHI	M35/39	01:09:00	00:13:31	00:00:41	00:31:48	00:00:57	00:22:03
16	RENATO GONCALVES LOPES	M25/29	01:09:29	00:14:46	00:00:47	00:33:01	00:00:46	00:20:09
17	RAFAEL ARAUJO	M25/29	01:10:06	00:15:54	00:00:52	00:31:36	00:00:49	00:20:55
18	ARTHUR DE SOUZA DE ALMEIDA	M25/29	01:10:33	00:13:54	00:00:36	00:34:04	00:00:49	00:21:10
19	ALESSANDRO FRIZZERA BAUMGARTEN	M40/44	01:10:53	00:14:01	00:00:45	00:33:39	00:00:54	00:21:34
20	RENAN BRANDOLINI CHEQUETTO PEREIRA	M25/29	01:11:05	00:12:58	00:00:51	00:35:32	00:01:28	00:20:16
21	IDELSON CARLOS PENA JUNIOR	M25/29	01:11:13	00:17:06	00:00:54	00:30:29	00:00:42	00:22:02
22	VINICIUS VIZA DE OLIVEIRA	M35/39	01:12:14	00:16:54	00:00:59	00:30:57	00:00:48	00:22:36
23	RODRIGO CALEZANI	M45/49	01:12:26	00:14:29	00:00:59	00:32:56	00:00:55	00:23:07
24	ANDRE NEIVA DE LIMA ROCHA	M50/54	01:12:29	00:13:45	00:00:48	00:29:27	00:00:44	00:27:45
25	RODRIGO MARQUES CONTI	M55/59	01:12:35	00:16:58	00:00:43	00:31:58	00:01:52	00:21:04
26	BRUNO VILELA ULOTT	M30/34	01:13:26	00:14:48	00:00:58	00:33:33	00:00:52	00:23:15
27	GLAUCO BRITO SILVA OLIVEIRA	M35/39	01:13:44	00:15:13	00:00:51	00:37:29	00:01:25	00:18:46
28	FELIPE CYPRIANO DOS SANTOS	M40/44	01:13:53	00:14:27	00:00:42	00:34:23	00:00:58	00:23:23
29	RENAN RIBEIRO GUZZO	M40/44	01:14:08	00:14:27	00:00:43	00:34:03	00:00:49	00:24:06
30	CAUÃ SOUZA PEREIRA	M16/17	01:14:24	00:13:11	00:00:52	00:34:30	00:01:22	00:24:29
31	RICARDO JOSE CALEGARIO ZAGO	M40/44	01:14:50	00:17:54	00:00:49	00:31:52	00:00:54	00:23:21
32	JULIAN MAX SANTOS PEREIRA	M45/49	01:14:53	00:14:38	00:00:35	00:35:56	00:00:52	00:22:52
33	ANDERSON ANTONIO MEDEIROS	M45/49	01:15:27	00:16:05	00:00:47	00:33:44	00:00:53	00:23:58
34	GIULIANO TONIOLI	M50/54	01:15:39	00:18:49	00:00:34	00:31:49	00:01:03	00:23:24
35	RHUAN LUCCAS HERMES DOS SANTOS	M20/24	01:16:02	00:14:30	00:00:40	00:36:43	00:00:56	00:23:13
36	MATHEUS FERREIRA RANGEL DA ROCHA	M30/34	01:16:13	00:17:17	00:00:53	00:34:50	00:01:49	00:21:24
37	LEVI MARVILA DORNELAS	M30/34	01:16:17	00:16:01	00:00:56	00:38:21	00:00:54	00:20:05

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POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
38	FLAVIO ANDRADE DE OLIVEIRA	M40/44	01:16:33	00:14:46	00:00:48	00:33:25	00:01:01	00:26:33
39	MAXMILIANO DE ALMEIDA SILVA	M40/44	01:16:56	00:17:31	00:00:45	00:32:32	00:00:51	00:25:17
40	FLAVIO NUNES MATIAS	M60/64	01:17:14	00:15:37	00:00:45	00:33:18	00:00:55	00:26:39
41	VINICIUS RODRIGUES ROSI	M35/39	01:17:21	00:15:47	00:00:47	00:37:41	00:00:54	00:22:12
42	CRISTHIANO MARTINS AUTOMARE	M45/49	01:17:31	00:16:38	00:00:54	00:36:38	00:00:57	00:22:24
43	LEONARDO PEREIRA PAPAIS	M30/34	01:17:39	00:15:48	00:00:45	00:34:11	00:00:55	00:26:00
44	ULYSSES BERNARDO CHRIST SCHUNK	M35/39	01:17:56	00:17:53	00:00:47	00:32:01	00:00:55	00:26:20
45	WALLACE BARBOSA	M30/34	01:18:00	00:16:26	00:00:47	00:38:31	00:00:39	00:21:37
46	DIEGO PESSOTTI	M35/39	01:19:00	00:17:49	00:01:09	00:34:01	00:00:52	00:25:09
47	JOAO PAULO AGOSTINI CHEQUER	M35/39	01:19:09	00:17:45	00:01:05	00:37:43	00:01:27	00:21:09
48	GUSTAVO CAMPOS TOSTA	M20/24	01:19:19	00:16:55	00:00:42	00:34:20	00:00:33	00:26:49
49	ANDRE SILOTTI SIMER	M40/44	01:19:51	00:18:03	00:00:53	00:36:21	00:00:43	00:23:51
50	FELLIPE FERREIRA RAMOS	M40/44	01:20:00	00:15:02	00:00:50	00:41:29	00:00:56	00:21:43
51	WANDERSON ROMAO	M40/44	01:20:04	00:17:55	00:00:50	00:36:38	00:01:38	00:23:03
52	GUSTAVO SANTOS DE CARVALHO	M40/44	01:20:15	00:18:11	00:00:47	00:36:31	00:01:06	00:23:40
53	RAMON DE MELLO NEVES NUNES	M30/34	01:20:17	00:17:01	00:00:52	00:38:25	00:00:46	00:23:13
54	HIGOR REIS GURGEL	M35/39	01:20:33	00:19:52	00:01:08	00:36:37	00:00:53	00:22:03
55	DIEGO ROCHA	M40/44	01:20:44	00:17:21	00:00:41	00:34:21	00:00:48	00:27:33
56	RODRIGO VIEIRA TEIXEIRA	M40/44	01:20:47	00:17:01	00:01:02	00:31:18	00:00:50	00:30:36
57	VICTOR MATTOS MOREIRA	M35/39	01:20:58	00:13:56	00:01:45	00:39:36	00:00:56	00:24:45
58	PEDRO JOSE BUSSADE DE ALMEIDA	M30/34	01:21:08	00:15:43	00:00:42	00:38:53	00:00:53	00:24:57
59	MARCOS DIAS RANGEL	M50/54	01:21:23	00:20:25	00:01:46	00:33:02	00:01:12	00:24:58
60	VINICIUS PAULINO SANT ANA	M35/39	01:21:48	00:16:07	00:00:49	00:40:48	00:01:27	00:22:37
61	TONY CASSIO MARQUES SOARES	M35/39	01:22:25	00:17:21	00:00:50	00:40:10	00:01:39	00:22:25
62	FABIO ACAUHI COSTA DOS SANTOS	M50/54	01:22:34	00:15:53	00:00:07	00:35:50	00:00:10	00:30:34
63	ALEX BRUNHARA COSTALONGA	M40/44	01:22:58	00:18:58	00:02:03	00:36:32	00:01:28	00:23:57
64	EDUARDO DA CUNHA ROMANO	M45/49	01:23:02	00:16:46	00:00:47	00:36:46	00:01:28	00:27:15
65	ELIANDRO STORCH	M35/39	01:23:30	00:19:34	00:00:28	00:39:19	00:01:23	00:22:46
66	LEONARDO FONTOURA CORREA	M35/39	01:23:37	00:17:55	00:00:51	00:35:35	00:01:28	00:27:48
67	PEDRO HENRIQUE SEPULVIDA DA SILVA	M20/24	01:23:46	00:18:38	00:00:56	00:37:31	00:01:21	00:25:20
68	RAFAEL JOSE B MACIEL	M40/44	01:24:28	00:18:13	00:00:48	00:38:43	00:00:48	00:25:56
69	EDJANIO LEAL TAVARES	M50/54	01:25:28	00:19:02	00:02:19	00:37:21	00:00:58	00:25:48
70	CLAUDIO SIQUEIRA DOS SANTOS	M55/59	01:26:05	00:16:22	00:01:52	00:37:26	00:01:20	00:29:05
71	ALEX SANDRO MERLLO	M45/49	01:27:08	00:20:04	00:01:45	00:37:13	00:01:28	00:26:38
72	DIEGO CALLEGARIO	M35/39	01:27:15	00:17:38	00:00:50	00:35:41	00:00:51	00:32:15
73	RAUL ZACCHI CARARO	M35/39	01:27:52	00:17:37	00:00:51	00:39:27	00:01:15	00:28:42
74	BRUNO HENRIQUE SILVA E SILVA	M35/39	01:28:11	00:19:03	00:02:25	00:37:05	00:00:39	00:28:59
75	GEOVANI DE JESUS OLIVEIRA	M40/44	01:29:46	00:16:35	00:01:32	00:39:51	00:01:01	00:30:47
76	RAPHAEL DOS SANTOS ANDRADE	M30/34	01:29:50	00:18:11	00:00:52	00:43:54	00:01:03	00:25:50
77	ALEXANDRE GUSTAVO OBERHAUSER	M45/49	01:30:44	00:18:04	00:00:58	00:35:58	00:01:44	00:34:00
78	RAFAEL AMADO SILVA	M40/44	01:31:44	00:18:24	00:01:04	00:41:58	00:00:45	00:29:33
79	WILLY MURI THOMPSON	M45/49	01:32:24	00:15:55	00:01:00	00:38:38	00:01:38	00:35:13
80	CAIO PIN	M35/39	01:32:43	00:21:35	00:01:19	00:40:11	00:01:49	00:27:49
81	MARCIO BRUNO CARVALHO DA PAIXAO	M25/29	01:33:05	00:22:33	00:01:20	00:39:15	00:01:01	00:28:56

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POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
82	HUMBERTO MANOEL PASSOS BEIRIZ	M55/59	01:33:46	00:15:43	00:00:38	00:42:52	00:01:48	00:32:45
83	RONALDO VALADARES CASTRO	M45/49	01:33:57	00:19:39	00:01:05	00:43:38	00:01:38	00:27:57
84	ANDRE RABELLO FERREIRA	M50/54	01:34:22	00:18:03	00:01:10	00:43:12	00:01:36	00:30:21
85	PAULO SERGIO RODRIGUES SILVA JUNIOR	M30/34	01:34:40	00:16:45	00:00:46	00:45:19	00:01:10	00:30:40
86	FABRICIO QUEIROZ	M55/59	01:35:48	00:19:37	00:01:24	00:45:26	00:01:33	00:27:48
87	JOAO MAURICIO REIS LOPES	M35/39	01:36:25	00:15:24	00:00:36	00:47:08	00:01:53	00:31:24
88	FAUSTO FERREIRA FILHO	M45/49	01:36:53	00:21:46	00:01:24	00:44:49	00:01:34	00:27:20
89	VANDERSON CHARLES OST	M45/49	01:37:56	00:19:07	00:01:13	00:44:04	00:01:36	00:31:56
90	ERICSON FARIA SANTOS	M40/44	01:37:57	00:18:49	00:01:09	00:43:14	00:01:53	00:32:52
91	DIEGO RAMIREZ GRIGIO SILVA	M40/44	01:39:08	00:18:50	00:01:27	00:43:32	00:01:11	00:34:08
92	JUAN CARLOS MONTELEONE	M60/64	01:39:22	00:23:17	00:01:05	00:40:38	00:01:57	00:32:25
93	JULIO RAMINHO	M35/39	01:40:28	00:19:36	00:02:17	00:47:14	00:01:04	00:30:17
94	MILTON FURTADO	M55/59	01:43:49	00:18:38	00:01:22	00:50:05	00:01:18	00:32:26
95	EDSON FERNANDES MARTINS	M55/59	01:46:16	00:18:21	00:01:08	00:44:45	00:01:45	00:40:17
96	WILSON DA SILVA GONCALVES JUNIOR	M40/44	01:48:47	00:30:22	00:01:52	00:38:09	00:01:37	00:36:47
97	JOSE DE PAULA JUNIOR	M50/54	01:50:49	00:21:06	00:00:47	00:48:05	00:03:08	00:37:43
98	ALEXANDRE BICALHO SATLER	M40/44	01:51:09	00:28:00	00:01:53	00:45:59	00:01:08	00:34:09
99	THIAGO BRUNO SOUSA	M40/44	01:51:37	00:37:43	00:01:08	00:40:07	00:01:02	00:31:37
100	RAFAEL MANJARES LEAO	M40/44	01:52:33	00:24:55	00:02:44	00:43:21	00:01:15	00:40:18
101	MARCO ANTONIO LAZARONI VALLI	M40/44	01:57:41	00:23:18	00:04:36	00:42:42	00:02:24	00:44:41
102	ORLANDO GORZA	M50/54	01:59:48	00:29:25	00:06:13	00:45:15	00:03:07	00:35:48
103	RICARDO OTTO LYRA FERNANDES	M35/39	02:04:45	00:20:49	00:01:38	00:47:33	00:01:46	00:52:59
104	MARCELO RODRIGUES CRESPO	M50/54	02:09:16	00:28:29	00:02:27	00:52:15	00:00:49	00:45:16

## Feminino

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	ISABELA CHEN	F40/44	01:08:56	00:14:59	00:00:30	00:32:54	00:00:38	00:19:55
2	MARINA BERTI	F35/39	01:09:37	00:11:42	00:00:32	00:33:31	00:00:54	00:22:58
3	NATHALIA TARDIN	F35/39	01:11:10	00:16:43	00:00:46	00:32:11	00:00:57	00:20:33
4	SOPHIA AGUIAR NICCHIO	F18/19	01:13:38	00:12:23	00:00:38	00:35:22	00:00:38	00:24:37
5	MARIA CLARA ASSAD TEIXEIRA VARGAS	F25/29	01:14:13	00:16:02	00:00:49	00:35:04	00:00:52	00:21:26
6	DANIELA ABADE	F50/54	01:16:17	00:16:52	00:00:53	00:34:15	00:01:44	00:22:33
7	LETICIA CRISTINA GOMES PARIZZI	F30/34	01:18:41	00:17:44	00:00:56	00:36:40	00:00:47	00:22:34
8	VIVIANNE OTTO DE ALMEIDA	F25/29	01:19:27	00:15:57	00:01:35	00:34:58	00:01:15	00:25:42
9	CLARA GONÇALVES RUSCH	F20/24	01:20:10	00:14:48	00:00:57	00:37:05	00:00:55	00:26:25
10	NAIARA ROCHA	F30/34	01:20:17	00:17:11	00:00:42	00:34:07	00:00:56	00:27:21
11	HANNA MACIEL LOUBAK	F30/34	01:20:57	00:18:33	00:00:57	00:35:56	00:01:11	00:24:20
12	SILVANA THEBALDI	F55/59	01:21:57	00:18:11	00:01:36	00:35:36	00:01:04	00:25:30
13	KARINA VAILLANT FARIAS	F30/34	01:22:00	00:16:13	00:01:17	00:41:25	00:01:05	00:22:00
14	ISABELLA CABRAL DE SOUZA	F25/29	01:22:14	00:18:55	00:01:52	00:38:03	00:00:33	00:22:51
15	ALANA BINDA SILVA COSTA	F35/39	01:23:12	00:19:23	00:01:08	00:37:29	00:01:23	00:23:49
16	VIVIANE WIGAND GODINHO SADER	F40/44	01:23:42	00:19:18	00:01:41	00:35:15	00:02:30	00:24:58
17	ALICE ALMEIDA BARCELLOS	F25/29	01:24:04	00:16:43	00:00:58	00:40:19	00:00:53	00:25:11
18	MARISOL DE CASSIA PEREIRA FARIA PEREIRA	F40/44	01:26:35	00:19:16	00:02:38	00:36:36	00:01:18	00:26:47

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19	DANIELA HEMERLY EMERY CADE	F35/39	01:27:06	00:17:43	00:00:56	00:39:24	00:01:14	00:27:49
20	CAROLINY BENETTI COSTA	F35/39	01:27:36	00:19:57	00:02:05	00:40:53	00:01:05	00:23:36
21	CINTHIA DAVID GOMES	F40/44	01:29:10	00:18:27	00:04:39	00:40:35	00:00:54	00:24:35
22	HALANA COUTINHO VAZ	F25/29	01:29:11	00:18:43	00:01:18	00:42:55	00:00:28	00:25:47
23	DEBORAH ROMANO BERNARDES	F40/44	01:30:38	00:19:26	00:00:48	00:43:50	00:00:51	00:25:43
24	BRUNELA VIEIRA DE VINCENZI	F50/54	01:32:31	00:18:53	00:03:17	00:39:19	00:00:34	00:30:28
25	THUANE ELIZE BATISTA	F40/44	01:32:51	00:17:18	00:01:26	00:43:19	00:02:15	00:28:33
26	GISELLE BATISTA SILVA	F35/39	01:33:02	00:20:23	00:01:24	00:40:36	00:02:06	00:28:33
27	MAIRA OLIVEIRA DE FREITAS	F30/34	01:33:02	00:18:56	00:03:28	00:41:17	00:01:19	00:28:02
28	SARAH MARTINS PRESTI DA SILVA	F35/39	01:33:03	00:19:59	00:01:08	00:47:37	00:01:16	00:23:03
29	WANIA LUCIA DA SILVA MARTINS AUTOMARE	F50/54	01:34:55	00:22:17	00:01:28	00:38:18	00:01:48	00:31:04
30	CANDICE ALITINO PERES MACHADO	F55/59	01:35:00	00:19:49	00:01:46	00:45:12	00:01:14	00:26:59
31	CLARICE COSWOSK SALLES	F25/29	01:35:30	00:18:45	00:03:12	00:44:05	00:01:58	00:27:30
32	CRISTIANA SCARDINI SIGNORELLI	F45/49	01:40:50	00:20:07	00:02:15	00:43:00	00:02:17	00:33:11
33	MANOELA ALVES LAURINO SANTOS	F45/49	01:51:43	00:31:52	00:01:02	00:46:59	00:01:07	00:30:43
34	LISIS LOPES DE SOUZA CRESPO	F50/54	02:07:34	00:28:38	00:02:17	00:53:16	00:01:14	00:42:09

#### M16/17

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	ISRAEL ALCANTARA SERVIM	M16/17	01:06:01	00:12:59	00:00:43	00:32:04	00:00:53	00:19:22
2	CAUÃ SOUZA PEREIRA	M16/17	01:14:24	00:13:11	00:00:52	00:34:30	00:01:22	00:24:29

#### M20/24

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	ISMAEL OLIVEIRA DE JESUS REZENO	M20/24	00:59:47	00:10:44	00:00:34	00:29:16	00:00:49	00:18:24
2	RODRIGO DE CARVALHO COELHO	M20/24	01:01:05	00:11:19	00:00:32	00:30:11	00:00:43	00:18:20
3	DANIEL GUIMARAES GODINHO	M20/24	01:01:58	00:11:20	00:00:28	00:30:15	00:00:46	00:19:09
4	CESAR BRIOSCHI LOPES	M20/24	01:03:14	00:11:07	00:00:48	00:30:07	00:00:48	00:20:24
5	RHUAN LUCCAS HERMES DOS SANTOS	M20/24	01:16:02	00:14:30	00:00:40	00:36:43	00:00:56	00:23:13
6	GUSTAVO CAMPOS TOSTA	M20/24	01:19:19	00:16:55	00:00:42	00:34:20	00:00:33	00:26:49
7	PEDRO HENRIQUE SEPULVIDA DA SILVA	M20/24	01:23:46	00:18:38	00:00:56	00:37:31	00:01:21	00:25:20

#### M25/29

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	RENATO GONCALVES LOPES	M25/29	01:09:29	00:14:46	00:00:47	00:33:01	00:00:46	00:20:09
2	RAFAEL ARAUJO	M25/29	01:10:06	00:15:54	00:00:52	00:31:36	00:00:49	00:20:55
3	ARTHUR DE SOUZA DE ALMEIDA	M25/29	01:10:33	00:13:54	00:00:36	00:34:04	00:00:49	00:21:10
4	RENAN BRANDOLINI CHEQUETTO PEREIRA	M25/29	01:11:05	00:12:58	00:00:51	00:35:32	00:01:28	00:20:16
5	IDELSON CARLOS PENNA JUNIOR	M25/29	01:11:13	00:17:06	00:00:54	00:30:29	00:00:42	00:22:02
6	MARCIO BRUNO CARVALHO DA PAIXAO	M25/29	01:33:05	00:22:33	00:01:20	00:39:15	00:01:01	00:28:56

#### M30/34

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	MATHEUS MACHADO AZEVEDO	M30/34	01:01:32	00:11:33	00:00:37	00:31:07	00:00:49	00:17:26
2	BRUNO VILELA ULOTT	M30/34	01:13:26	00:14:48	00:00:58	00:33:33	00:00:52	00:23:15

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POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
3	MATHEUS FERREIRA RANGEL DA ROCHA	M30/34	01:16:13	00:17:17	00:00:53	00:34:50	00:01:49	00:21:24
4	LEVI MARVILA DORNELAS	M30/34	01:16:17	00:16:01	00:00:56	00:38:21	00:00:54	00:20:05
5	LEONARDO PEREIRA PAPAIS	M30/34	01:17:39	00:15:48	00:00:45	00:34:11	00:00:55	00:26:00
6	WALLACE BARBOSA	M30/34	01:18:00	00:16:26	00:00:47	00:38:31	00:00:39	00:21:37
7	RAMON DE MELLO NEVES NUNES	M30/34	01:20:17	00:17:01	00:00:52	00:38:25	00:00:46	00:23:13
8	PEDRO JOSE BUSSADE DE ALMEIDA	M30/34	01:21:08	00:15:43	00:00:42	00:38:53	00:00:53	00:24:57
9	RAPHAEL DOS SANTOS ANDRADE	M30/34	01:29:50	00:18:11	00:00:52	00:43:54	00:01:03	00:25:50
10	PAULO SERGIO RODRIGUES SILVA JUNIOR	M30/34	01:34:40	00:16:45	00:00:46	00:45:19	00:01:10	00:30:40

#### M35/39

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	LYNNEKHER GENESIS FERNANDES DA SILVA	M35/39	01:01:40	00:12:23	00:00:29	00:31:08	00:00:47	00:16:53
2	JANDER MARTINS DE OLIVEIRA	M35/39	01:04:34	00:11:44	00:00:35	00:31:41	00:00:44	00:19:50
3	FELIPE ANNUNCIATO CLAVIJO MARTINS	M35/39	01:05:48	00:11:08	00:00:42	00:30:24	00:02:46	00:20:48
4	YURI NASCIMENTO NARIYOSHI	M35/39	01:09:00	00:13:31	00:00:41	00:31:48	00:00:57	00:22:03
5	VINICIUS VIZA DE OLIVEIRA	M35/39	01:12:14	00:16:54	00:00:59	00:30:57	00:00:48	00:22:36
6	GLAUCO BRITO SILVA OLIVEIRA	M35/39	01:13:44	00:15:13	00:00:51	00:37:29	00:01:25	00:18:46
7	VINICIUS RODRIGUES ROSI	M35/39	01:17:21	00:15:47	00:00:47	00:37:41	00:00:54	00:22:12
8	ULYSSES BERNARDO CHRIST SCHUNK	M35/39	01:17:56	00:17:53	00:00:47	00:32:01	00:00:55	00:26:20
9	DIEGO PESSOTTI	M35/39	01:19:00	00:17:49	00:01:09	00:34:01	00:00:52	00:25:09
10	JOAO PAULO AGOSTINI CHEQUER	M35/39	01:19:09	00:17:45	00:01:05	00:37:43	00:01:27	00:21:09
11	HIGOR REIS GURGEL	M35/39	01:20:33	00:19:52	00:01:08	00:36:37	00:00:53	00:22:03
12	VICTOR MATTOS MOREIRA	M35/39	01:20:58	00:13:56	00:01:45	00:39:36	00:00:56	00:24:45
13	VINICIUS PAULINO SANT ANA	M35/39	01:21:48	00:16:07	00:00:49	00:40:48	00:01:27	00:22:37
14	TONY CASSIO MARQUES SOARES	M35/39	01:22:25	00:17:21	00:00:50	00:40:10	00:01:39	00:22:25
15	ELIANDRO STORCH	M35/39	01:23:30	00:19:34	00:00:28	00:39:19	00:01:23	00:22:46
16	LEONARDO FONTOURA CORREA	M35/39	01:23:37	00:17:55	00:00:51	00:35:35	00:01:28	00:27:48
17	DIEGO CALLEGARIO	M35/39	01:27:15	00:17:38	00:00:50	00:35:41	00:00:51	00:32:15
18	RAUL ZACCHI CARARO	M35/39	01:27:52	00:17:37	00:00:51	00:39:27	00:01:15	00:28:42
19	BRUNO HENRIQUE SILVA E SILVA	M35/39	01:28:11	00:19:03	00:02:25	00:37:05	00:00:39	00:28:59
20	CAIO PIN	M35/39	01:32:43	00:21:35	00:01:19	00:40:11	00:01:49	00:27:49
21	JOAO MAURICIO REIS LOPES	M35/39	01:36:25	00:15:24	00:00:36	00:47:08	00:01:53	00:31:24
22	JULIO RAMINHO	M35/39	01:40:28	00:19:36	00:02:17	00:47:14	00:01:04	00:30:17
23	RICARDO OTTO LYRA FERNANDES	M35/39	02:04:45	00:20:49	00:01:38	00:47:33	00:01:46	00:52:59

#### M40/44

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	ALBERTO DO NASCIMENTO NETO	M40/44	01:06:35	00:12:50	00:00:52	00:31:51	00:00:55	00:20:07
2	ALESSANDRO FRIZZERA BAUMGARTEN	M40/44	01:10:53	00:14:01	00:00:45	00:33:39	00:00:54	00:21:34
3	FELIPE CYPRIANO DOS SANTOS	M40/44	01:13:53	00:14:27	00:00:42	00:34:23	00:00:58	00:23:23
4	RENAN RIBEIRO GUZZO	M40/44	01:14:08	00:14:27	00:00:43	00:34:03	00:00:49	00:24:06
5	RICARDO JOSE CALEGARIO ZAGO	M40/44	01:14:50	00:17:54	00:00:49	00:31:52	00:00:54	00:23:21
6	FLAVIO ANDRADE DE OLIVEIRA	M40/44	01:16:33	00:14:46	00:00:48	00:33:25	00:01:01	00:26:33
7	MAXMILIANO DE ALMEIDA SILVA	M40/44	01:16:56	00:17:31	00:00:45	00:32:32	00:00:51	00:25:17

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POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
8	ANDRE SILOTTI SIMER	M40/44	01:19:51	00:18:03	00:00:53	00:36:21	00:00:43	00:23:51
9	FELLIPE FERREIRA RAMOS	M40/44	01:20:00	00:15:02	00:00:50	00:41:29	00:00:56	00:21:43
10	WANDERSON ROMAO	M40/44	01:20:04	00:17:55	00:00:50	00:36:38	00:01:38	00:23:03
11	GUSTAVO SANTOS DE CARVALHO	M40/44	01:20:15	00:18:11	00:00:47	00:36:31	00:01:06	00:23:40
12	DIEGO ROCHA	M40/44	01:20:44	00:17:21	00:00:41	00:34:21	00:00:48	00:27:33
13	RODRIGO VIEIRA TEIXEIRA	M40/44	01:20:47	00:17:01	00:01:02	00:31:18	00:00:50	00:30:36
14	ALEX BRUNHARA COSTALONGA	M40/44	01:22:58	00:18:58	00:02:03	00:36:32	00:01:28	00:23:57
15	RAFAEL JOSE B MACIEL	M40/44	01:24:28	00:18:13	00:00:48	00:38:43	00:00:48	00:25:56
16	GEOVANI DE JESUS OLIVEIRA	M40/44	01:29:46	00:16:35	00:01:32	00:39:51	00:01:01	00:30:47
17	RAFAEL AMADO SILVA	M40/44	01:31:44	00:18:24	00:01:04	00:41:58	00:00:45	00:29:33
18	ERICSON FARIA SANTOS	M40/44	01:37:57	00:18:49	00:01:09	00:43:14	00:01:53	00:32:52
19	DIEGO RAMIREZ GRIGIO SILVA	M40/44	01:39:08	00:18:50	00:01:27	00:43:32	00:01:11	00:34:08
20	WILSON DA SILVA GONCALVES JUNIOR	M40/44	01:48:47	00:30:22	00:01:52	00:38:09	00:01:37	00:36:47
21	ALEXANDRE BICALHO SATLER	M40/44	01:51:09	00:28:00	00:01:53	00:45:59	00:01:08	00:34:09
22	THIAGO BRUNO SOUSA	M40/44	01:51:37	00:37:43	00:01:08	00:40:07	00:01:02	00:31:37
23	RAFAEL MANJARES LEAO	M40/44	01:52:33	00:24:55	00:02:44	00:43:21	00:01:15	00:40:18
24	MARCO ANTONIO LAZARONI VALLI	M40/44	01:57:41	00:23:18	00:04:36	00:42:42	00:02:24	00:44:41

#### M45/49

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	CONSTANTEEN HELAL NETO	M45/49	01:07:22	00:13:28	00:00:33	00:31:25	00:00:51	00:21:05
2	OTAVIO CALIMAN DADALTO	M45/49	01:08:41	00:12:37	00:00:36	00:32:47	00:00:54	00:21:47
3	RICHARD SOARES	M45/49	01:08:57	00:13:27	00:00:42	00:31:51	00:00:52	00:22:05
4	RODRIGO CALEZANI	M45/49	01:12:26	00:14:29	00:00:59	00:32:56	00:00:55	00:23:07
5	JULIAN MAX SANTOS PEREIRA	M45/49	01:14:53	00:14:38	00:00:35	00:35:56	00:00:52	00:22:52
6	ANDERSON ANTONIO MEDEIROS	M45/49	01:15:27	00:16:05	00:00:47	00:33:44	00:00:53	00:23:58
7	CRISTHIANO MARTINS AUTOMARE	M45/49	01:17:31	00:16:38	00:00:54	00:36:38	00:00:57	00:22:24
8	EDUARDO DA CUNHA ROMANO	M45/49	01:23:02	00:16:46	00:00:47	00:36:46	00:01:28	00:27:15
9	ALEX SANDRO MERLLO	M45/49	01:27:08	00:20:04	00:01:45	00:37:13	00:01:28	00:26:38
10	ALEXANDRE GUSTAVO OBERHAUSER	M45/49	01:30:44	00:18:04	00:00:58	00:35:58	00:01:44	00:34:00
11	WILLY MURI THOMPSON	M45/49	01:32:24	00:15:55	00:01:00	00:38:38	00:01:38	00:35:13
12	RONALDO VALADARES CASTRO	M45/49	01:33:57	00:19:39	00:01:05	00:43:38	00:01:38	00:27:57
13	FAUSTO FERREIRA FILHO	M45/49	01:36:53	00:21:46	00:01:24	00:44:49	00:01:34	00:27:20
14	VANDERSON CHARLES OST	M45/49	01:37:56	00:19:07	00:01:13	00:44:04	00:01:36	00:31:56

#### M50/54

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	ANDRE NEIVA DE LIMA ROCHA	M50/54	01:12:29	00:13:45	00:00:48	00:29:27	00:00:44	00:27:45
2	GIULIANO TONIOLI	M50/54	01:15:39	00:18:49	00:00:34	00:31:49	00:01:03	00:23:24
3	MARCOS DIAS RANGEL	M50/54	01:21:23	00:20:25	00:01:46	00:33:02	00:01:12	00:24:58
4	FABIO ACAUHI COSTA DOS SANTOS	M50/54	01:22:34	00:15:53	00:00:07	00:35:50	00:00:10	00:30:34
5	EDJANIO LEAL TAVARES	M50/54	01:25:28	00:19:02	00:02:19	00:37:21	00:00:58	00:25:48
6	ANDRE RABELLO FERREIRA	M50/54	01:34:22	00:18:03	00:01:10	00:43:12	00:01:36	00:30:21
7	JOSE DE PAULA JUNIOR	M50/54	01:50:49	00:21:06	00:00:47	00:48:05	00:03:08	00:37:43

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POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
8	ORLANDO GORZA	M50/54	01:59:48	00:29:25	00:06:13	00:45:15	00:03:07	00:35:48
9	MARCELO RODRIGUES CRESPO	M50/54	02:09:16	00:28:29	00:02:27	00:52:15	00:00:49	00:45:16

#### M55/59

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	GERARDO PEREIRA LIMA FILHO	M55/59	01:03:54	00:11:09	00:00:46	00:32:05	00:00:44	00:19:10
2	RODRIGO MARQUES CONTI	M55/59	01:12:35	00:16:58	00:00:43	00:31:58	00:01:52	00:21:04
3	CLAUDIO SIQUEIRA DOS SANTOS	M55/59	01:26:05	00:16:22	00:01:52	00:37:26	00:01:20	00:29:05
4	HUMBERTO MANOEL PASSOS BEIRIZ	M55/59	01:33:46	00:15:43	00:00:38	00:42:52	00:01:48	00:32:45
5	FABRICIO QUEIROZ	M55/59	01:35:48	00:19:37	00:01:24	00:45:26	00:01:33	00:27:48
6	MILTON FURTADO	M55/59	01:43:49	00:18:38	00:01:22	00:50:05	00:01:18	00:32:26
7	EDSON FERNANDES MARTINS	M55/59	01:46:16	00:18:21	00:01:08	00:44:45	00:01:45	00:40:17

#### M60/64

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	FLAVIO NUNES MATIAS	M60/64	01:17:14	00:15:37	00:00:45	00:33:18	00:00:55	00:26:39
2	JUAN CARLOS MONTELEONE	M60/64	01:39:22	00:23:17	00:01:05	00:40:38	00:01:57	00:32:25

#### F18/19

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	SOPHIA AGUIAR NICCHIO	F18/19	01:13:38	00:12:23	00:00:38	00:35:22	00:00:38	00:24:37

#### F20/24

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	CLARA GONÇALVES RUSCH	F20/24	01:20:10	00:14:48	00:00:57	00:37:05	00:00:55	00:26:25

#### F25/29

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	MARIA CLARA ASSAD TEIXEIRA VARGAS	F25/29	01:14:13	00:16:02	00:00:49	00:35:04	00:00:52	00:21:26
2	VIVIANNE OTTO DE ALMEIDA	F25/29	01:19:27	00:15:57	00:01:35	00:34:58	00:01:15	00:25:42
3	ISABELLA CABRAL DE SOUZA	F25/29	01:22:14	00:18:55	00:01:52	00:38:03	00:00:33	00:22:51
4	ALICE ALMEIDA BARCELLOS	F25/29	01:24:04	00:16:43	00:00:58	00:40:19	00:00:53	00:25:11
5	HALANA COUTINHO VAZ	F25/29	01:29:11	00:18:43	00:01:18	00:42:55	00:00:28	00:25:47
6	CLARICE COSWOSK SALLES	F25/29	01:35:30	00:18:45	00:03:12	00:44:05	00:01:58	00:27:30

#### F30/34

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	LETICIA CRISTINA GOMES PARIZZI	F30/34	01:18:41	00:17:44	00:00:56	00:36:40	00:00:47	00:22:34
2	NAIARA ROCHA	F30/34	01:20:17	00:17:11	00:00:42	00:34:07	00:00:56	00:27:21
3	HANNA MACIEL LOUBAK	F30/34	01:20:57	00:18:33	00:00:57	00:35:56	00:01:11	00:24:20
4	KARINA VAILLANT FARIAS	F30/34	01:22:00	00:16:13	00:01:17	00:41:25	00:01:05	00:22:00
5	MAIRA OLIVEIRA DE FREITAS	F30/34	01:33:02	00:18:56	00:03:28	00:41:17	00:01:19	00:28:02

#### F35/39

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	MARINA BERTI	F35/39	01:09:37	00:11:42	00:00:32	00:33:31	00:00:54	00:22:58

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POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
2	NATHALIA TARDIN	F35/39	01:11:10	00:16:43	00:00:46	00:32:11	00:00:57	00:20:33
3	ALANA BINDA SILVA COSTA	F35/39	01:23:12	00:19:23	00:01:08	00:37:29	00:01:23	00:23:49
4	DANIELA HEMERLY EMERY CADE	F35/39	01:27:06	00:17:43	00:00:56	00:39:24	00:01:14	00:27:49
5	CAROLINY BENETTI COSTA	F35/39	01:27:36	00:19:57	00:02:05	00:40:53	00:01:05	00:23:36
6	GISELLE BATISTA SILVA	F35/39	01:33:02	00:20:23	00:01:24	00:40:36	00:02:06	00:28:33
7	SARAH MARTINS PRESTI DA SILVA	F35/39	01:33:03	00:19:59	00:01:08	00:47:37	00:01:16	00:23:03

#### F40/44

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	ISABELA CHEN	F40/44	01:08:56	00:14:59	00:00:30	00:32:54	00:00:38	00:19:55
2	VIVIANE WIGAND GODINHO SADER	F40/44	01:23:42	00:19:18	00:01:41	00:35:15	00:02:30	00:24:58
3	MARISOL DE CASSIA PEREIRA FARIA PEREIRA	F40/44	01:26:35	00:19:16	00:02:38	00:36:36	00:01:18	00:26:47
4	CINTHIA DAVID GOMES	F40/44	01:29:10	00:18:27	00:04:39	00:40:35	00:00:54	00:24:35
5	DEBORAH ROMANO BERNARDES	F40/44	01:30:38	00:19:26	00:00:48	00:43:50	00:00:51	00:25:43
6	THUANE ELIZE BATISTA	F40/44	01:32:51	00:17:18	00:01:26	00:43:19	00:02:15	00:28:33

#### F45/49

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	CRISTIANA SCARDINI SIGMORELLI	F45/49	01:40:50	00:20:07	00:02:15	00:43:00	00:02:17	00:33:11
2	MANOELA ALVES LAURINO SANTOS	F45/49	01:51:43	00:31:52	00:01:02	00:46:59	00:01:07	00:30:43

#### F50/54

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	DANIELA ABADE	F50/54	01:16:17	00:16:52	00:00:53	00:34:15	00:01:44	00:22:33
2	BRUNELA VIEIRA DE VINCENZI	F50/54	01:32:31	00:18:53	00:03:17	00:39:19	00:00:34	00:30:28
3	WANIA LUCIA DA SILVA MARTINS AUTOMARE	F50/54	01:34:55	00:22:17	00:01:28	00:38:18	00:01:48	00:31:04
4	LISIS LOPES DE SOUZA CRESPO	F50/54	02:07:34	00:28:38	00:02:17	00:53:16	00:01:14	00:42:09

#### F55/59

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	SILVANA THEBALDI	F55/59	01:21:57	00:18:11	00:01:36	00:35:36	00:01:04	00:25:30
2	CANDICE ALITINO PERES MACHADO	F55/59	01:35:00	00:19:49	00:01:46	00:45:12	00:01:14	00:26:59

FILIADA



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