

Resultado Capixaba de Ferro



Capixaba de Ferro, Guarapari/ES, 02/08/2025. Atualizado em 17/08/2026

Masculino

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	CESAR BRIOSCHI LOPES	M20/24	02:04:34	00:20:27	00:01:33	01:00:37	00:01:32	00:40:22
2	RODRIGO DE CARVALHO COELHO	M20/24	02:06:18	00:20:29	00:01:36	01:00:31	00:01:28	00:42:13
3	MATHEUS MACHADO AZEVEDO	M30/34	02:07:09	00:21:55	00:01:33	01:02:47	00:01:23	00:39:30
4	LYNNEKHER GENESIS FERNANDES DA SILVA	M35/39	02:09:02	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00
5	DANIEL GUIMARAES GODINHO	M20/24	02:09:10	00:20:23	00:01:38	01:00:34	00:02:00	00:44:33
6	FABIO PINHEIRO RAMOS	M45/49	02:10:11	00:20:27	00:01:39	01:04:06	00:01:33	00:42:22
7	BRUNO BRAND FERNANDES	M40/44	02:13:26	00:24:17	00:02:13	00:59:47	00:01:42	00:45:24
8	MARCIO MOURA SILVA	M40/44	02:14:08	00:21:32	00:01:49	01:02:56	00:01:40	00:46:10
9	ALBERTO DO NASCIMENTO NETO	M40/44	02:15:17	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00
10	GUSTAVO HENRIQUE DE SOUZA CARVALHO	M35/39	02:15:26	00:24:11	00:02:09	01:00:01	00:02:04	00:47:00
11	PEDRO RIOS DE MELLO GONTIJO	M20/24	02:15:29	00:23:30	00:02:05	01:03:12	00:02:16	00:44:23
12	MARCOS LUIZ EGG NUNES	M40/44	02:15:33	00:22:33	00:03:24	01:02:46	00:01:41	00:45:08
13	VICTOR PINTO DE ALBUQUERQUE DE OLIVEIRA	M40/44	02:15:42	00:22:24	00:01:52	01:02:02	00:01:49	00:47:33
14	MARCOS PAULO MOTA SILVA	M25/29	02:17:09	00:27:06	00:02:52	01:04:08	00:02:00	00:41:01
15	ARTHUR RIGONI ZUQUI	M40/44	02:18:59	00:25:38	00:03:30	01:05:02	00:02:09	00:42:39
16	FERNANDO FONSECA DOS REIS	M45/49	02:20:04	00:28:37	00:02:32	01:01:21	00:02:06	00:45:25
17	BERNARDO LOUREIRO DA SILVA	M18/19	02:20:50	00:26:58	00:02:38	01:06:21	00:01:55	00:42:57
18	LUCAS NASCIMENTO PINHEIRO	M30/34	02:21:08	00:27:27	00:02:13	01:04:31	00:01:40	00:45:16
19	GERARDO PEREIRA LIMA FILHO	M55/59	02:22:45	00:23:38	00:01:45	01:08:45	00:01:49	00:46:46
20	JOSÉ FERREIRA MENDES FILHO	M30/34	02:23:32	00:22:58	00:01:52	01:09:18	00:02:01	00:47:20
21	FILLIPE DORNELAS MARQUES	M25/29	02:24:02	00:22:59	00:02:36	01:03:17	00:02:10	00:52:58
22	EDGAR BOAVENTURA JUNIOR	M40/44	02:24:39	00:22:19	00:03:40	01:02:52	00:02:05	00:53:41
23	FELIPE GUERRA TORRES	M25/29	02:24:47	00:23:34	00:02:38	01:02:37	00:01:57	00:53:58
24	LUCAS CESCONETTO BARCELOS	M30/34	02:25:12	00:29:16	00:02:22	01:03:52	00:01:59	00:47:41
25	ALESSANDRO FRIZZERA BAUMGARTEN	M40/44	02:25:47	00:25:05	00:02:09	01:06:52	00:02:13	00:49:26
26	PAULO RANDAL PIRES JUNIOR	M45/49	02:25:52	00:27:27	00:03:03	01:05:24	00:02:19	00:47:38
27	MARCUS VINICIUS MIRANDA FONTAINE	M40/44	02:26:12	00:28:08	00:02:58	01:04:17	00:02:34	00:48:12
28	FELIPE FEREGUETTI	M18/19	02:27:20	00:23:28	00:01:48	01:08:51	00:02:18	00:50:54
29	MATHEUS CORTELETTI DE MORAES	M30/34	02:27:44	00:23:22	00:02:18	01:08:29	00:01:52	00:51:41
30	IDELSON CARLOS PENA JUNIOR	M25/29	02:28:20	00:30:58	00:02:37	01:05:17	00:02:00	00:47:26
31	NEWTON LEITAO	M45/49	02:29:14	00:27:41	00:02:38	01:05:36	00:01:58	00:51:20
32	NATÃ RIGGIO	M20/24	02:29:16	00:21:50	00:01:44	01:10:32	00:02:27	00:52:41
33	KAIO MOREIRA ANDRADE BRANDAO	M30/34	02:29:16	00:26:06	00:02:42	01:05:16	00:01:54	00:53:18
34	MARCELO GOMES DE SANTANA	M55/59	02:29:23	00:29:42	00:02:51	01:06:27	00:03:03	00:47:18
35	FLAVIO QUINTANILHA DE GOUVEIA	M45/49	02:29:38	00:26:22	00:02:39	01:09:26	00:02:38	00:48:32
36	MATEUS MOREIRA BARROS	M30/34	02:29:45	00:28:41	00:02:58	01:07:33	00:02:15	00:48:17
37	ALEXSANDER OLIVEIRA MELLO	M30/34	02:31:36	00:29:00	00:04:21	01:05:45	00:03:04	00:49:23

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POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
38	ALEXANDRE ALAOR GOMES	M50/54	02:32:09	00:27:34	00:04:01	01:09:48	00:02:23	00:48:21
39	DANIEL CAIADO RIBEIRO DALLA BERNARDINA	M50/54	02:32:31	00:27:47	00:02:19	01:05:52	00:02:12	00:54:19
40	EMERSON BARIANI	M50/54	02:32:54	00:26:16	00:02:10	01:10:53	00:02:42	00:50:51
41	ANDRE ALVES SILVEIRA	M40/44	02:34:15	00:24:37	00:02:36	01:13:08	00:02:19	00:51:32
42	DANIEL PINHEIRO CRUZ	M40/44	02:34:18	00:31:17	00:02:49	01:11:04	00:01:58	00:47:08
43	PAULO VITOR QUEIROZ	M30/34	02:34:18	00:26:08	00:02:42	01:10:32	00:02:40	00:52:15
44	RICARDO JOSÉ CALEGARIO ZAGO	M40/44	02:34:23	00:33:04	00:02:11	01:08:02	00:02:12	00:48:52
45	FLAVIO JOSÉ GONZAGA	M35/39	02:34:56	00:31:58	00:02:59	01:05:08	00:02:40	00:52:10
46	BERNARDO ALVARES BARBOSA	M25/29	02:35:23	00:30:18	00:03:52	01:10:21	00:02:49	00:48:01
47	FREDERICO FERREIRA	M35/39	02:35:56	00:25:03	00:03:30	01:11:00	00:03:08	00:53:13
48	SERGIO PENA DE FARIA FILHO	M25/29	02:36:05	00:29:42	00:02:19	01:15:27	00:01:57	00:46:39
49	ULYSSES BERNARDO CHRIST SCHUNK	M35/39	02:36:29	00:31:49	00:02:36	01:05:42	00:02:24	00:53:55
50	ERICKSON H C DO CARMO	M35/39	02:36:55	00:34:31	00:03:35	01:06:22	00:02:23	00:50:02
51	FABRICIO MACAL FASOLO GOMES	M25/29	02:37:02	00:26:51	00:02:47	01:09:38	00:05:00	00:52:44
52	MARCO AURELIO ALEXANDRE	M60/64	02:37:09	00:36:56	00:03:23	01:08:02	00:02:09	00:46:37
53	GIULIANO TONIOLI	M50/54	02:37:28	00:33:04	00:03:44	01:05:29	00:02:07	00:53:02
54	MATHEUS BORGES MARIANELLI	M30/34	02:37:38	00:28:57	00:04:14	01:07:23	00:01:50	00:55:12
55	LEANDRO SABIDO CARDOSO	M50/54	02:38:17	00:31:01	00:02:08	01:08:50	00:02:34	00:53:42
56	WANDERSON ROMAO	M40/44	02:38:27	00:29:38	00:02:45	01:11:27	00:02:27	00:52:08
57	LEONARDO RODRIGO FONSECA TIGRE MAIA	M55/59	02:38:30	00:26:47	00:02:40	01:13:25	00:02:48	00:52:48
58	CAIO LIGNANI DE MIRANDA BERMUDEZ	M25/29	02:38:31	00:29:27	00:02:05	01:11:49	00:02:10	00:52:59
59	JULIAN MAX SANTOS PEREIRA	M45/49	02:38:39	00:26:13	00:03:06	01:12:01	00:02:24	00:54:54
60	MATEUS SEIXAS COSTA	M35/39	02:39:29	00:27:57	00:03:25	01:10:09	00:03:15	00:54:40
61	FELIPE DA SILVA SANTOS	M40/44	02:39:39	00:29:24	00:03:57	01:10:50	00:03:23	00:52:04
62	JEFFERSON OLIVEIRA SILVA	M25/29	02:39:39	00:32:23	00:03:53	01:11:54	00:02:09	00:49:18
63	FREDERICO LEVY MACHADO VICENTE	M40/44	02:39:59	00:25:17	00:03:00	01:07:37	00:03:35	01:00:29
64	IAGO GREGORIO	M30/34	02:40:11	00:33:50	00:02:39	01:11:36	00:03:40	00:48:24
65	HUGO SOARES CORTES	M40/44	02:40:27	00:31:56	00:02:55	01:08:33	00:02:39	00:54:22
66	ANGELO DAHER BALARINI	M45/49	02:40:50	00:28:34	00:03:32	01:11:25	00:03:25	00:53:52
67	PEDRO HENRIQUE SEPULVIDA DA SILVA	M20/24	02:41:39	00:31:00	00:02:48	01:11:32	00:03:08	00:53:09
68	PAULO HENRIQUE PEREIRA DE OLIVEIRA	M35/39	02:42:39	00:26:30	00:03:05	01:13:42	00:02:11	00:57:09
69	GABRIEL SAVIO TAVARES DE CARVALHO	M30/34	02:42:49	00:29:08	00:02:59	01:16:23	00:02:24	00:51:54
70	RODRIGO RIBEIRO DE ARAUJO	M50/54	02:43:00	00:26:44	00:02:41	01:12:19	00:02:15	00:58:59
71	GABRIEL DUARTE MONTEIRO	M40/44	02:43:32	00:26:16	00:02:27	01:14:36	00:02:19	00:57:53
72	MARCOS ALMEIDA COSTA	M20/24	02:43:35	00:31:49	00:03:16	01:16:05	00:01:54	00:50:29
73	ELISIO KAUE PEREIRA DOS SANTOS	M35/39	02:43:38	00:27:50	00:03:02	01:16:33	00:03:08	00:53:04
74	LUCIANO DE OLIVEIRA JUNIOR	M45/49	02:44:01	00:32:06	00:03:30	01:07:48	00:02:22	00:58:13
75	MARCIO NASCIMENTO RODRIGUES	M50/54	02:44:19	00:32:00	00:02:22	01:09:04	00:02:02	00:58:50
76	BRUNO BAPTISTA GUERRA	M25/29	02:44:58	00:26:59	00:03:13	01:13:12	00:02:00	00:59:33
77	EDUARDO ADOLF SCHOLZ COUTO	M50/54	02:45:22	00:31:28	00:03:27	01:15:03	00:03:11	00:52:12
78	EDSON RIGUEIRA FERNANDES	M40/44	02:45:23	00:30:27	00:03:53	01:10:51	00:03:24	00:56:47
79	THARSON SUSANO GRATIVVOL	M50/54	02:45:48	00:26:56	00:02:39	01:15:24	00:02:14	00:58:32
80	MAXMILIANO DE ALMEIDA SILVA	M40/44	02:46:42	00:32:36	00:02:37	01:08:10	00:02:43	01:00:35
81	JABES LOMEU GUIMARAES JUNIOR	M60/64	02:47:11	00:24:52	00:02:41	01:11:49	00:02:30	01:05:16

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POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
82	DANIEL EVANGELISTA VASCONCELOS ALMEIDA	M30/34	02:47:31	00:29:48	00:03:14	01:15:36	00:03:11	00:55:40
83	PEDRO HENRIQUE POLICARPO MOREIRA	M30/34	02:47:46	00:36:00	00:03:33	01:08:52	00:02:40	00:56:39
84	AUDREY DE AZEVEDO SILVA SOUZA	M30/34	02:48:03	00:25:37	00:03:33	01:23:00	00:02:14	00:53:37
85	MARCO AURELIO TORRES PINTO	M40/44	02:48:21	00:35:38	00:04:12	01:11:10	00:03:14	00:54:05
86	WEMERSON VINICIUS DE SOUZA	M35/39	02:48:22	00:27:38	00:03:56	01:15:55	00:02:26	00:58:25
87	PEDRO JOSÉ BUSSADE DE ALMEIDA	M30/34	02:48:32	00:27:07	00:04:18	01:16:19	00:04:46	00:55:59
88	CLEBER NASCIMENTO	M40/44	02:48:34	00:31:55	00:04:40	01:16:01	00:03:12	00:52:44
89	CARLOS GUILHERME SILVA DE OLIVEIRA	M40/44	02:48:44	00:33:20	00:03:12	01:13:41	00:03:41	00:54:48
90	PAULO COSTALONGA SILVEIRA	M35/39	02:48:49	00:25:58	00:03:23	01:12:53	00:03:04	01:03:29
91	RAMON FOLHADELLA BATTAGLIA	M30/34	02:49:13	00:31:19	00:05:27	01:14:24	00:03:25	00:54:37
92	JULIO CESAR PEREIRA	M50/54	02:49:14	00:30:29	00:03:12	01:09:39	00:02:32	01:03:21
93	VICTOR HUGO MORAIS DE OLIVEIRA FREIRE	M40/44	02:49:33	00:00:00	00:00:00	00:03:30	04:29:02	00:00:00
94	CARLOS EDUARDO DE FREITAS CASTRO	M40/44	02:50:09	00:30:09	00:03:24	01:16:28	00:02:42	00:57:23
95	LUIGI GABRIEL LOVISI DE BARROS	M45/49	02:50:54	00:30:15	00:04:26	01:15:56	00:05:41	00:54:35
96	DANIEL SOUTO CHEIDA	M30/34	02:51:10	00:25:14	00:04:09	01:18:51	00:02:17	01:00:38
97	RODRIGO VIEIRA TEIXEIRA	M40/44	02:51:38	00:31:58	00:03:04	01:20:37	00:02:36	00:53:21
98	BERNARDO SILLER DA PENHA	M18/19	02:51:42	00:24:06	00:02:34	01:21:56	00:02:12	01:00:51
99	FREDERICO PIEPER	M45/49	02:52:01	00:31:59	00:03:28	01:16:05	00:02:46	00:57:40
100	VICTOR VEIRA	M40/44	02:52:03	00:29:05	00:05:42	01:17:32	00:04:08	00:55:34
101	FERNANDO BEZERRA DE FARIA FILHO	M25/29	02:52:41	00:31:41	00:03:07	01:19:34	00:03:15	00:55:03
102	MAX CORREA FONSECA	M45/49	02:52:43	00:31:19	00:02:46	01:16:14	00:02:57	00:59:26
103	LUCAS BALDIM DOS REIS	M25/29	02:53:41	00:29:59	00:02:19	01:26:43	00:02:45	00:51:53
104	BERNARDO GOMES MARTINS	M20/24	02:54:00	00:30:07	00:04:09	01:13:35	00:02:46	01:03:22
105	DAVI SCHULMANN MIGUENS	M40/44	02:54:20	00:26:17	00:03:22	01:18:30	00:03:12	01:02:57
106	LEANDRO CARVALHO PEREIRA	M40/44	02:54:29	00:33:39	00:07:47	01:12:24	00:03:23	00:57:14
107	ANDRE RIBEIRO DA SILVA	M40/44	02:54:33	00:32:43	00:03:36	01:15:34	00:02:53	00:59:46
108	FLAVIO ANDRADE DE OLIVEIRA	M40/44	02:55:03	00:26:17	00:02:32	01:18:08	00:03:24	01:04:40
109	AUGUSTO LOPES	M20/24	02:55:10	00:32:51	00:03:59	01:17:02	00:03:02	00:58:13
110	EDER GARCIA DA SILVA	M40/44	02:55:29	00:25:04	00:03:30	01:28:10	00:03:51	00:54:52
111	THIAGO CARVALHO GAUDIO	M40/44	02:56:12	00:29:15	00:02:56	01:14:01	00:02:32	01:07:26
112	LEANDER DAVILA	M40/44	02:56:37	00:29:49	00:03:12	01:15:23	00:03:44	01:04:27
113	FABIO CUSTODIO DE SOUZA	M50/54	02:58:01	00:30:20	00:03:17	01:14:56	00:04:58	01:04:27
114	FELIPE DA SILVA MEDEIROS	M40/44	02:59:04	00:30:31	00:04:51	01:15:59	00:03:14	01:04:28
115	MARCELIO FREIRE	M35/39	02:59:17	00:31:08	00:04:45	01:27:48	00:02:03	00:53:32
116	HEBERT RODRIGUES	M40/44	02:59:31	00:31:46	00:03:10	01:28:58	00:02:46	00:52:50
117	DANIEL ESCOBAR	M35/39	02:59:41	00:24:36	00:03:43	01:20:25	00:03:40	01:07:15
118	CARLOS FREDERICO SPINELLI HOTTZ	M55/59	02:59:52	00:27:12	00:04:00	01:30:40	00:02:52	00:55:06
119	PEDRO GUILHERME LOPES BIZARRIA BEZERRA	M25/29	03:00:03	00:31:34	00:04:12	01:26:02	00:03:00	00:55:13
120	GUSTAVO MARQUES DA CUNHA BORGES	M30/34	03:00:15	00:34:31	00:04:43	01:21:50	00:04:23	00:54:47
121	EBER AUGUSTO SANTOS SANTOS	M40/44	03:01:03	00:33:54	00:04:09	01:15:36	00:03:40	01:03:42
122	JOSÉ MAURO MOREIRA CARVALHO	M60/64	03:01:12	00:29:35	00:03:34	01:20:09	00:03:02	01:04:50
123	ANDRE ANTONIO LISBOA DA COSTA E SILVA	M40/44	03:01:15	00:33:34	00:03:12	01:28:00	00:01:58	00:54:30
124	JUAN PERES AGUIAR	M30/34	03:01:25	00:31:46	00:05:45	01:23:09	00:04:25	00:56:17
125	VICTOR RODRIGUES SANTORIO	M40/44	03:02:07	00:28:08	00:04:27	01:19:30	00:03:32	01:06:28

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126	NILTON FELIPE PINHEIRO ROSENDO	M25/29	03:02:18	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00
127	GUSTAVO SOARES GUEZ	M25/29	03:02:20	00:35:03	00:03:11	01:29:01	00:02:51	00:52:13
128	LEONARDO RODRIGUES SANTOS	M45/49	03:02:24	00:35:40	00:03:15	01:14:30	00:02:39	01:06:17
129	THIAGO GOMES BONOMO	M40/44	03:02:49	00:30:26	00:03:43	01:19:48	00:02:51	01:05:58
130	EDJANIO LEAL TAVARES	M50/54	03:03:25	00:32:24	00:04:23	01:21:12	00:02:59	01:02:26
131	RAMON DE SOUSA LIMA	M25/29	03:03:41	00:38:45	00:05:14	01:22:51	00:03:20	00:53:28
132	CLOUER MARINHO	M55/59	03:03:57	00:29:43	00:04:21	01:18:29	00:02:53	01:08:30
133	MARCOS AURELIO LACERDA DA FONSECA	M50/54	03:04:20	00:32:21	00:07:38	01:27:46	00:04:04	00:52:29
134	LUIZ HENRIQUE DA SILVEIRA JUNIOR	M35/39	03:04:31	00:35:51	00:04:33	01:17:27	00:03:51	01:02:47
135	GABRIEL ANGELO SILVA COELHO	M35/39	03:04:39	00:30:49	00:05:00	01:16:44	00:04:20	01:07:44
136	VINICIUS FERREIRA RAMOS	M40/44	03:05:14	00:35:25	00:03:18	01:18:16	00:02:40	01:05:33
137	JORGE FERNANDO SERPA FERREIRA JUNIOR	M40/44	03:05:14	00:27:18	00:03:27	01:17:46	00:03:26	01:13:15
138	CRISTOVAO JOSÉ DE OLIVEIRA SILVA	M45/49	03:06:30	00:31:49	00:03:44	01:23:24	00:02:48	01:04:43
139	DAVID HOFFMANN	M40/44	03:07:06	00:28:55	00:03:49	01:28:53	00:02:53	01:02:33
140	GUSTAVO CAMPOS TOSTA	M20/24	03:07:15	00:25:57	00:00:00	00:00:00	00:00:00	00:00:00
141	CARLOS ARTUR MARQUIORI GERHARDT	M30/34	03:07:40	00:29:18	00:04:01	01:17:30	00:04:10	01:12:39
142	WARLEY RICHARD MARTINS	M50/54	03:07:54	00:33:06	00:04:15	01:22:52	00:05:40	01:01:59
143	WILLIAM CARLOS ALVES SANTANA	M45/49	03:08:15	00:35:06	00:05:45	01:23:41	00:04:30	00:59:11
144	ISRAEL COIMBRA	M30/34	03:08:29	00:33:15	00:05:05	01:20:19	00:04:40	01:05:07
145	GUILHERME CASTRO DE BONE	M35/39	03:09:00	00:31:18	00:05:50	01:23:35	00:04:13	01:04:03
146	LEONARDO HELUANY ZEITUNE	M45/49	03:09:09	00:31:49	00:06:00	01:29:35	00:03:11	00:58:32
147	RAUL FERNANDO ALMADA CARDOSO	M40/44	03:09:20	00:31:43	00:05:21	01:17:23	00:03:41	01:11:11
148	MARCELO MIRANDA GOMES	M35/39	03:10:58	00:32:08	00:05:19	01:23:25	00:03:24	01:06:41
149	FRANCIS AZEVEDO DE BARROS	M35/39	03:11:13	00:31:01	00:04:11	01:28:34	00:03:11	01:04:15
150	DANIEL TONINI PETERLE	M30/34	03:11:16	00:41:34	00:03:33	01:22:41	00:03:33	00:59:54
151	ERICSON FARIA SANTOS	M40/44	03:11:56	00:32:29	00:04:46	01:30:02	00:04:19	01:00:17
152	REINALDO TEODORO	M35/39	03:13:09	00:39:56	00:04:40	01:26:21	00:03:24	00:58:47
153	BRAULIO DUARTE OLIVEIRA SILVA	M30/34	03:14:12	00:31:55	00:05:24	01:21:19	00:05:35	01:09:56
154	LEONARDO SOUZA ROGERIO DE CASTRO	M55/59	03:14:16	00:35:17	00:05:01	01:22:55	00:04:18	01:06:44
155	LEONARDO FONTOURA CORREA	M35/39	03:15:07	00:32:35	00:05:59	01:19:27	00:03:03	01:14:01
156	DAYWID SILVA	M35/39	03:15:47	00:39:18	00:02:53	01:25:00	00:02:43	01:05:51
157	GABRIEL FERREIRA BASTOS	M35/39	03:16:48	00:31:31	00:06:16	01:29:51	00:05:25	01:03:42
158	DANIEL ALMEIDA DE SOUZA	M40/44	03:17:52	00:39:12	00:07:30	01:22:27	00:05:40	01:03:01
159	BRUNO LORENZONI RUY	M30/34	03:17:53	00:33:47	00:04:45	01:34:41	00:03:59	01:00:39
160	CLAUDIO SIQUEIRA DOS SANTOS	M55/59	03:18:25	00:31:31	00:03:04	01:20:53	00:03:20	01:19:35
161	VLADIMIR DE OLIVEIRA	M50/54	03:18:34	00:34:31	00:06:39	01:21:11	00:04:46	01:11:25
162	MAXWELL DE FREITAS BRUM	M40/44	03:18:45	00:31:29	00:06:31	01:29:23	00:03:55	01:07:25
163	JOÃO PEDRO WENDLING MADUREIRA	M30/34	03:18:59	00:30:49	00:05:25	01:26:13	00:04:25	01:12:05
164	JEAN RANGEL LIMA PAIVA	M30/34	03:19:29	00:42:18	00:04:43	01:27:13	00:04:51	01:00:23
165	VICTOR HUGO VOLPINI	M18/19	03:19:52	00:39:52	00:03:44	01:25:25	00:03:07	01:07:43
166	VINICIUS SATURNINO CHAVES	M45/49	03:20:34	00:39:23	00:04:09	01:26:35	00:04:45	01:05:40
167	MARCELO MENEZES DA SILVA	M40/44	03:21:51	00:29:20	00:04:16	01:46:10	00:04:14	00:57:49
168	FELIPE PERISSE DUARTE LOPES	M40/44	03:22:11	00:32:47	00:03:12	01:25:10	00:03:27	01:17:33
169	HELDER TOMAGNINI	M45/49	03:23:02	00:41:58	00:06:28	01:21:48	00:03:57	01:08:48

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POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
170	NELSON ANDRE SANTOS	M40/44	03:23:10	00:32:40	00:06:05	01:23:44	00:04:57	01:15:41
171	RUBEM LIMA DOLABELLA TEIXEIRA DA COSTA	M45/49	03:23:37	00:27:15	00:06:08	01:31:01	00:04:40	01:14:31
172	VANDERSON CHARLES OST	M45/49	03:23:58	00:33:24	00:03:02	01:32:33	00:02:34	01:12:23
173	HELIO VICENTE TEIXEIRA	M60/64	03:28:12	00:27:44	00:04:20	01:29:01	00:04:16	01:22:48
174	GABRIEL SILVA MACHADO	M25/29	03:28:30	00:29:59	00:03:16	01:52:44	00:03:06	00:59:23
175	ANGELO RIGONI PIANA	M40/44	03:29:07	00:29:29	00:05:15	01:31:29	00:03:49	01:19:02
176	RAFAEL RAMOS BERNARDO	M40/44	03:29:15	00:23:45	00:02:06	02:01:51	00:03:35	00:57:56
177	RONALDO VALADARES CASTRO	M45/49	03:29:39	00:40:10	00:03:01	01:23:18	00:04:50	01:18:18
178	FELIPE ALMEIDA SOARES	M35/39	03:30:02	00:54:27	00:06:26	01:22:21	00:04:55	01:01:51
179	MARIO SERGIO PEDERSOLI GOMES	M65/69	03:32:14	00:22:13	00:04:22	01:32:28	00:04:49	01:28:21
180	FABIO V DE GOUVEA	M45/49	03:32:16	00:32:31	00:04:47	01:25:37	00:04:52	01:24:27
181	GUSTAVO SILVINO	M40/44	03:34:39	00:26:54	00:04:27	01:23:10	00:06:09	01:33:56
182	RICARDO SARTORIO RIBEIRO DE SOUZA	M45/49	03:35:01	00:31:48	00:03:55	01:23:22	00:05:30	01:30:23
183	PAULO ROBERTO ARAUJO DE OLIVEIRA BESSA	M35/39	03:36:08	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00
184	RODRIGO SIQUEIRA BATISTA	M55/59	03:37:06	00:30:37	00:05:35	01:40:18	00:04:25	01:16:10
185	WILLY MURI THOMPSON	M45/49	03:37:40	00:27:54	00:05:41	01:30:46	00:03:39	01:29:37
186	AMARILDO PEREIRA PIRES	M60/64	03:37:43	00:44:30	00:10:21	01:34:46	00:05:25	01:02:39
187	VALDEANO NEVES ESPINDULA	M30/34	03:38:12	00:54:06	00:04:16	01:31:38	00:03:46	01:04:26
188	JOÃO ALBERTO MAIA LINHARES	M40/44	03:43:37	00:31:36	00:05:33	01:43:01	00:04:39	01:18:47
189	VICTOR SANTIAGO VIEIRA BATISTA	M30/34	03:44:19	00:41:23	00:03:23	01:33:02	00:04:33	01:21:56
190	ANTONIO CARLOS ROCHA DE CARVALHO FERREIRA	M35/39	03:46:30	00:42:06	00:06:04	01:34:44	00:04:56	01:18:38
191	RODRIGO LACERDA	M50/54	03:46:44	00:56:34	00:11:36	01:19:51	00:07:42	01:10:59
192	BERNARDO BARROS	M25/29	03:47:17	00:35:14	00:05:45	01:44:33	00:05:55	01:15:48
193	GUSTAVO DANTAS E SILVA	M35/39	03:49:44	00:41:27	00:06:20	01:40:22	00:04:35	01:16:58
194	TIAGO PEDRO DE FREITAS	M45/49	03:51:07	00:33:34	00:04:38	01:36:27	00:07:20	01:29:07
195	GABRIEL JUNIOR DUTRA	M25/29	03:51:54	00:25:07	00:03:34	02:09:22	00:03:31	01:10:19
196	LUCAS SETTE MORAES DE CASTILHO	M35/39	03:52:05	00:26:58	00:03:12	02:22:33	00:02:49	00:56:31
197	MARCOS VINICIUS BARCELLOS DA SILVA	M50/54	03:54:32	00:33:00	00:08:53	02:15:10	00:02:08	00:55:19
198	KARIN KNEIPP COSTA ROSSI	M50/54	03:55:25	00:35:53	00:04:29	01:42:45	00:04:09	01:28:06
199	LUIZ AUGUSTO AMARAL MELO NUNES	M40/44	03:55:26	00:36:37	00:06:29	01:38:56	00:05:26	01:27:57
200	THIAGO BRUNO SOUSA	M40/44	03:57:02	00:59:22	00:03:41	01:31:21	00:02:55	01:19:41
201	RAPHAEL CAMPOS MAGINA	M40/44	03:58:30	00:26:36	00:04:34	01:38:34	00:04:39	01:44:06
202	MILTON FURTADO	M55/59	04:02:17	00:36:36	00:04:52	01:37:57	00:03:08	01:39:42
203	ALEXANDRE VASCONCELLOS MOREIRA	M55/59	04:03:19	00:31:46	00:03:56	01:39:44	00:04:17	01:43:35
204	VICTOR GOMES CURTY	M40/44	04:04:11	00:38:59	00:08:13	01:34:27	00:05:12	01:37:18
205	STEFAN ALMEIDA MELO	M30/34	04:10:53	01:10:43	00:07:24	01:25:36	00:06:59	01:20:09
206	IAN ALONE PEREIRA	M55/59	04:17:30	00:44:14	00:08:10	01:36:03	00:08:03	01:40:58
207	MANOEL MESSIAS DIAS DUTRA	M60/64	04:17:41	00:54:34	00:08:15	01:49:24	00:04:11	01:21:16
208	JOSÉ AUGUSTO MARQUES MEDEIROS	M45/49	04:23:19	00:30:18	00:06:04	02:01:28	00:06:15	01:39:13
209	DAVID GONCALVES DOS SANTOS	M35/39	04:24:25	00:24:16	00:12:40	00:00:00	00:00:00	00:00:00
210	LORENZO NEI SA FEIO	M25/29	04:33:53	00:40:52	00:06:47	01:50:49	00:04:30	01:50:53
211	LEONARDO DOMINGUES REATEGUI	M40/44	04:44:37	00:38:27	00:10:54	01:54:00	00:07:20	01:53:53

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Feminino

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	MARINA BERTI	F35/39	02:28:22	00:20:37	00:02:00	01:13:04	00:01:50	00:50:50
2	YASMIN SIQUEIRA SOUZA	F30/34	02:28:57	00:28:09	00:02:31	01:10:37	00:02:00	00:45:38
3	NATHALIA TARDIN	F35/39	02:29:28	00:27:57	00:02:01	01:09:26	00:01:35	00:48:26
4	VICTORIA DE BARROS CASTRO	F20/24	02:29:40	00:21:37	00:02:40	01:13:17	00:02:03	00:50:01
5	MARIA CLARA DE ALMEIDA	F25/29	02:29:58	00:21:37	00:02:10	01:14:18	00:01:58	00:49:53
6	MARIA CLARA ASSAD TEIXEIRA VARGAS	F25/29	02:32:03	00:28:11	00:01:57	01:09:19	00:02:12	00:50:22
7	AMANDA ASSUNCAO VIEIRA	F40/44	02:33:50	00:28:35	00:02:34	01:10:10	00:02:08	00:50:22
8	ROSANA NICOLATO DE ALMEIDA CONDE	F45/49	02:43:34	00:32:25	00:03:28	01:11:28	00:02:37	00:53:35
9	LETICIA CRISTINA GOMES PARIZZI	F30/34	02:44:02	00:30:20	00:02:56	01:17:42	00:01:48	00:51:15
10	LARISSA BARCELLOS VIANA PEREIRA	F30/34	02:44:33	00:27:47	00:03:02	01:21:01	00:03:09	00:49:33
11	DANIELA ABADE	F50/54	02:45:19	00:27:26	00:02:42	01:15:04	00:03:03	00:57:02
12	MARIANA CANICALI TOGNERI A PAGANINI	F30/34	02:47:34	00:29:23	00:02:29	00:00:00	00:00:00	00:00:00
13	CAMILA CEOLIN	F30/34	02:47:39	00:30:41	00:03:04	01:13:35	00:02:06	00:58:12
14	REBEKA KELLY CALIXTO	F35/39	02:49:57	00:32:49	00:04:57	01:12:36	00:03:14	00:56:19
15	ALICE ALMEIDA BARCELLOS	F25/29	02:50:40	00:30:15	00:02:37	01:18:45	00:02:31	00:56:30
16	PAULA MELO	F35/39	02:52:25	00:25:45	00:03:06	01:19:59	00:02:32	01:01:00
17	PATRICIA MAFFIA VALENTE	F40/44	02:52:43	00:32:06	00:03:39	01:14:31	00:02:42	00:59:44
18	RENATA MAGNAVACCA BARROS	F40/44	02:58:39	00:23:10	00:03:45	01:23:46	00:02:58	01:04:58
19	LORENA MARCHETTE	F30/34	03:00:24	00:28:35	00:03:26	01:20:27	00:02:49	01:05:05
20	CLARA GONCALVES RUSCHI	F20/24	03:00:36	00:27:44	00:02:21	01:21:41	00:02:27	01:06:21
21	MELISSA TEREZA ESTAVANATI SILVA	F30/34	03:05:01	00:31:14	00:03:49	01:24:43	00:02:56	01:02:17
22	VIVIANE WIGAND GODINHO SADER	F40/44	03:05:02	00:33:09	00:02:01	01:28:18	00:01:59	00:59:33
23	ANA CAROLINA ALMEIDA ARAUJO	F35/39	03:05:33	00:32:55	00:04:03	01:30:29	00:03:58	00:54:06
24	GEANE SILVA DE OLIVEIRA	F35/39	03:07:17	00:29:53	00:02:57	01:28:57	00:02:29	01:02:58
25	ANA ELISA DE QUEIROZ CREPALDI	F50/54	03:07:55	00:33:20	00:04:38	01:25:11	00:03:33	01:01:11
26	LAURA MARIA MAGALHAES ESTEVES	F35/39	03:08:46	00:32:35	00:04:19	01:31:09	00:03:34	00:57:07
27	THUANE ELIZE BATISTA	F40/44	03:09:31	00:33:58	00:03:02	01:27:32	00:03:07	01:01:51
28	NELIZA SCOPEL	F50/54	03:09:53	00:31:32	00:04:35	01:25:19	00:04:05	01:04:19
29	HALANA COUTINHO VAZ	F25/29	03:10:02	00:32:37	00:03:09	01:30:15	00:02:12	01:01:46
30	PAULA LAMPÉ FIGUEIRA	F40/44	03:12:11	00:33:04	00:03:24	01:33:07	00:02:31	01:00:03
31	CARLA DOLORES B G DA SILVA	F45/49	03:15:33	00:33:52	00:05:39	01:24:47	00:03:29	01:07:45
32	MARCELA FERREIRA PAES	F45/49	03:18:05	00:36:08	00:04:36	01:32:24	00:05:07	00:59:47
33	ANDREIA BARBOSA LUCAS	F40/44	03:19:03	00:30:57	00:04:19	01:30:19	00:03:45	01:09:42
34	PAOLA DE OLIVEIRA MENDES	F40/44	03:20:12	00:30:58	00:03:55	01:29:34	00:05:57	01:09:47
35	TALITA TERESA DO CARMO	F30/34	03:20:54	00:33:06	00:05:05	01:28:05	00:02:57	01:11:38
36	CLAUDIA BELA MEDEIROS DOS SANTOS	F40/44	03:21:15	00:33:13	00:04:41	01:36:51	00:03:05	01:03:23
37	RENATA ZAGO SOEIRO	F45/49	03:23:33	00:33:26	00:04:44	01:33:48	00:03:43	01:07:49
38	EDUARDA ANDRADE ROCHA DE OLIVEIRA	F25/29	03:23:56	00:41:33	00:05:32	01:30:31	00:03:52	01:02:27
39	AMANDA GALDINO CARNEIRO	F35/39	03:24:05	00:40:19	00:05:54	01:29:03	00:05:06	01:03:42
40	ANA LARA	F45/49	03:24:57	00:37:05	00:05:27	01:27:05	00:06:07	01:09:10
41	IZABELA BIANCARDI RORIZ	F30/34	03:25:06	00:39:00	00:04:00	01:42:13	00:03:41	00:56:10
42	LETICE LIMA FALCON	F55/59	03:25:18	00:44:04	00:04:18	01:24:22	00:03:03	01:09:29
43	THAIZA MONTEIRO MATOS	F35/39	03:26:56	00:30:24	00:03:18	01:28:37	00:02:27	01:22:08

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44	VIVIANE CINELLI OLIVEIRA DE CAMPOS	F40/44	03:28:36	00:37:55	00:04:27	01:40:18	00:03:39	01:02:15
45	SINAY SANDER	F35/39	03:30:17	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00
46	ADELI GAVINA	F60/64	03:32:26	00:36:55	00:03:41	01:33:37	00:03:43	01:14:28
47	MARIA BEATRIZ SCHOTT	F30/34	03:34:35	00:38:05	00:04:57	01:46:26	00:04:18	01:00:47
48	LAYZA BARCELOS TEIXEIRA	F35/39	03:35:13	00:40:15	00:05:10	01:28:25	00:04:07	01:17:14
49	JULIA PARADELLA	F45/49	03:35:35	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00
50	LIVIA NONATO	F40/44	03:43:20	00:32:35	00:05:34	01:52:56	00:04:19	01:07:53
51	SAMIRA SOARES SIMAN	F40/44	03:47:08	00:38:18	00:05:14	01:37:57	00:03:36	01:22:01
52	LARA KNEIPP COSTA ROSSI	F35/39	03:51:46	00:33:36	00:05:04	01:39:11	00:05:49	01:28:05
53	EDUARDA CAMARGOS BATISTA COSTA	F20/24	03:57:02	00:43:19	00:05:48	01:47:26	00:03:06	01:17:22
54	NATHALIA MONTALTI	F40/44	03:58:31	00:32:55	00:03:44	01:52:33	00:04:07	01:25:12
55	ANGELICA LAMPE FIGUEIRA	F50/54	04:05:53	00:37:49	00:05:59	01:49:37	00:06:28	01:25:58
56	JULIA DA SILVA PORTO	F25/29	04:08:42	00:46:25	00:05:45	01:44:39	00:03:00	01:28:51
57	ARIANA NOGUEIRA DO NASCIMENTO	F45/49	04:11:49	00:44:13	00:07:11	01:49:31	00:04:16	01:26:36
58	ISABELA BRAGA	F30/34	04:31:56	00:52:43	00:09:01	01:52:26	00:08:44	01:28:59
59	CLAUDIA SUELI MARTINS DE FARIA	F55/59	05:44:39	01:10:31	00:07:03	02:28:07	00:06:09	01:52:46

M18/19

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	BERNARDO LOUREIRO DA SILVA	M18/19	02:20:50	00:26:58	00:02:38	01:06:21	00:01:55	00:42:57
2	FELIPE FEREGUETTI	M18/19	02:27:20	00:23:28	00:01:48	01:08:51	00:02:18	00:50:54
3	BERNARDO SILLER DA PENHA	M18/19	02:51:42	00:24:06	00:02:34	01:21:56	00:02:12	01:00:51
4	VICTOR HUGO VOLPINI	M18/19	03:19:52	00:39:52	00:03:44	01:25:25	00:03:07	01:07:43

M20/24

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	CESAR BRIOSCHI LOPES	M20/24	02:04:34	00:20:27	00:01:33	01:00:37	00:01:32	00:40:22
2	RODRIGO DE CARVALHO COELHO	M20/24	02:06:18	00:20:29	00:01:36	01:00:31	00:01:28	00:42:13
3	DANIEL GUIMARAES GODINHO	M20/24	02:09:10	00:20:23	00:01:38	01:00:34	00:02:00	00:44:33
4	PEDRO RIOS DE MELLO GONTIJO	M20/24	02:15:29	00:23:30	00:02:05	01:03:12	00:02:16	00:44:23
5	NATÃ RIGGIO	M20/24	02:29:16	00:21:50	00:01:44	01:10:32	00:02:27	00:52:41
6	PEDRO HENRIQUE SEPULVIDA DA SILVA	M20/24	02:41:39	00:31:00	00:02:48	01:11:32	00:03:08	00:53:09
7	MARCOS ALMEIDA COSTA	M20/24	02:43:35	00:31:49	00:03:16	01:16:05	00:01:54	00:50:29
8	BERNARDO GOMES MARTINS	M20/24	02:54:00	00:30:07	00:04:09	01:13:35	00:02:46	01:03:22
9	AUGUSTO LOPES	M20/24	02:55:10	00:32:51	00:03:59	01:17:02	00:03:02	00:58:13
10	GUSTAVO CAMPOS TOSTA	M20/24	03:07:15	00:25:57	00:00:00	00:00:00	00:00:00	00:00:00

M25/29

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	MARCOS PAULO MOTA SILVA	M25/29	02:17:09	00:27:06	00:02:52	01:04:08	00:02:00	00:41:01
2	FILLIPE DORNELAS MARQUES	M25/29	02:24:02	00:22:59	00:02:36	01:03:17	00:02:10	00:52:58
3	FELIPE GUERRA TORRES	M25/29	02:24:47	00:23:34	00:02:38	01:02:37	00:01:57	00:53:58
4	IDELSON CARLOS PENA JUNIOR	M25/29	02:28:20	00:30:58	00:02:37	01:05:17	00:02:00	00:47:26
5	BERNARDO ALVARES BARBOSA	M25/29	02:35:23	00:30:18	00:03:52	01:10:21	00:02:49	00:48:01
6	SERGIO PENA DE FARIA FILHO	M25/29	02:36:05	00:29:42	00:02:19	01:15:27	00:01:57	00:46:39

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POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
7	FABRICIO MACAL FASOLO GOMES	M25/29	02:37:02	00:26:51	00:02:47	01:09:38	00:05:00	00:52:44
8	CAIO LIGNANI DE MIRANDA BERMUDES	M25/29	02:38:31	00:29:27	00:02:05	01:11:49	00:02:10	00:52:59
9	JEFFERSON OLIVEIRA SILVA	M25/29	02:39:39	00:32:23	00:03:53	01:11:54	00:02:09	00:49:18
10	BRUNO BAPTISTA GUERRA	M25/29	02:44:58	00:26:59	00:03:13	01:13:12	00:02:00	00:59:33
11	FERNANDO BEZERRA DE FARIA FILHO	M25/29	02:52:41	00:31:41	00:03:07	01:19:34	00:03:15	00:55:03
12	LUCAS BALDIM DOS REIS	M25/29	02:53:41	00:29:59	00:02:19	01:26:43	00:02:45	00:51:53
13	PEDRO GUILHERME LOPES BIZARRIA BEZERRA	M25/29	03:00:03	00:31:34	00:04:12	01:26:02	00:03:00	00:55:13
14	NILTON FELIPE PINHEIRO ROSENDO	M25/29	03:02:18	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00
15	GUSTAVO SOARES GUEZ	M25/29	03:02:20	00:35:03	00:03:11	01:29:01	00:02:51	00:52:13
16	RAMON DE SOUSA LIMA	M25/29	03:03:41	00:38:45	00:05:14	01:22:51	00:03:20	00:53:28
17	GABRIEL SILVA MACHADO	M25/29	03:28:30	00:29:59	00:03:16	01:52:44	00:03:06	00:59:23
18	BERNARDO BARROS	M25/29	03:47:17	00:35:14	00:05:45	01:44:33	00:05:55	01:15:48
19	GABRIEL JUNIOR DUTRA	M25/29	03:51:54	00:25:07	00:03:34	02:09:22	00:03:31	01:10:19
20	LORENZO NEI SA FEIO	M25/29	04:33:53	00:40:52	00:06:47	01:50:49	00:04:30	01:50:53

M30/34

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	MATHEUS MACHADO AZEVEDO	M30/34	02:07:09	00:21:55	00:01:33	01:02:47	00:01:23	00:39:30
2	LUCAS NASCIMENTO PINHEIRO	M30/34	02:21:08	00:27:27	00:02:13	01:04:31	00:01:40	00:45:16
3	JOSÉ FERREIRA MENDES FILHO	M30/34	02:23:32	00:22:58	00:01:52	01:09:18	00:02:01	00:47:20
4	LUCAS CESCONETTO BARCELOS	M30/34	02:25:12	00:29:16	00:02:22	01:03:52	00:01:59	00:47:41
5	MATHEUS CORTELETTI DE MORAES	M30/34	02:27:44	00:23:22	00:02:18	01:08:29	00:01:52	00:51:41
6	KAIO MOREIRA ANDRADE BRANDAO	M30/34	02:29:16	00:26:06	00:02:42	01:05:16	00:01:54	00:53:18
7	MATEUS MOREIRA BARROS	M30/34	02:29:45	00:28:41	00:02:58	01:07:33	00:02:15	00:48:17
8	ALEXSANDER OLIVEIRA MELLO	M30/34	02:31:36	00:29:00	00:04:21	01:05:45	00:03:04	00:49:23
9	PAULO VITOR QUEIROZ	M30/34	02:34:18	00:26:08	00:02:42	01:10:32	00:02:40	00:52:15
10	MATHEUS BORGES MARIANELLI	M30/34	02:37:38	00:28:57	00:04:14	01:07:23	00:01:50	00:55:12
11	IAGO GREGORIO	M30/34	02:40:11	00:33:50	00:02:39	01:11:36	00:03:40	00:48:24
12	GABRIEL SAVIO TAVARES DE CARVALHO	M30/34	02:42:49	00:29:08	00:02:59	01:16:23	00:02:24	00:51:54
13	DANIEL EVANGELISTA VASCONCELOS ALMEIDA	M30/34	02:47:31	00:29:48	00:03:14	01:15:36	00:03:11	00:55:40
14	PEDRO HENRIQUE POLICARPO MOREIRA	M30/34	02:47:46	00:36:00	00:03:33	01:08:52	00:02:40	00:56:39
15	AUDREY DE AZEVEDO SILVA SOUZA	M30/34	02:48:03	00:25:37	00:03:33	01:23:00	00:02:14	00:53:37
16	PEDRO JOSÉ BUSSADE DE ALMEIDA	M30/34	02:48:32	00:27:07	00:04:18	01:16:19	00:04:46	00:55:59
17	RAMON FOLHADELLA BATTAGLIA	M30/34	02:49:13	00:31:19	00:05:27	01:14:24	00:03:25	00:54:37
18	DANIEL SOUTO CHEIDA	M30/34	02:51:10	00:25:14	00:04:09	01:18:51	00:02:17	01:00:38
19	GUSTAVO MARQUES DA CUNHA BORGES	M30/34	03:00:15	00:34:31	00:04:43	01:21:50	00:04:23	00:54:47
20	JUAN PERES AGUIAR	M30/34	03:01:25	00:31:46	00:05:45	01:23:09	00:04:25	00:56:17
21	CARLOS ARTUR MARQUIORI GERHARDT	M30/34	03:07:40	00:29:18	00:04:01	01:17:30	00:04:10	01:12:39
22	ISRAEL COIMBRA	M30/34	03:08:29	00:33:15	00:05:05	01:20:19	00:04:40	01:05:07
23	DANIEL TONINI PETERLE	M30/34	03:11:16	00:41:34	00:03:33	01:22:41	00:03:33	00:59:54
24	BRAULIO DUARTE OLIVEIRA SILVA	M30/34	03:14:12	00:31:55	00:05:24	01:21:19	00:05:35	01:09:56
25	BRUNO LORENZONI RUY	M30/34	03:17:53	00:33:47	00:04:45	01:34:41	00:03:59	01:00:39
26	JOÃO PEDRO WENDLING MADUREIRA	M30/34	03:18:59	00:30:49	00:05:25	01:26:13	00:04:25	01:12:05
27	JEAN RANGEL LIMA PAIVA	M30/34	03:19:29	00:42:18	00:04:43	01:27:13	00:04:51	01:00:23

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POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
28	VALDEANO NEVES ESPINDULA	M30/34	03:38:12	00:54:06	00:04:16	01:31:38	00:03:46	01:04:26
29	VICTOR SANTIAGO VIEIRA BATISTA	M30/34	03:44:19	00:41:23	00:03:23	01:33:02	00:04:33	01:21:56
30	STEFAN ALMEIDA MELO	M30/34	04:10:53	01:10:43	00:07:24	01:25:36	00:06:59	01:20:09

M35/39

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	LYNNEKHER GENESIS FERNANDES DA SILVA	M35/39	02:09:02	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00
2	GUSTAVO HENRIQUE DE SOUZA CARVALHO	M35/39	02:15:26	00:24:11	00:02:09	01:00:01	00:02:04	00:47:00
3	FLAVIO JOSÉ GONZAGA	M35/39	02:34:56	00:31:58	00:02:59	01:05:08	00:02:40	00:52:10
4	FREDERICO FERREIRA	M35/39	02:35:56	00:25:03	00:03:30	01:11:00	00:03:08	00:53:13
5	ULYSSES BERNARDO CHRIST SCHUNK	M35/39	02:36:29	00:31:49	00:02:36	01:05:42	00:02:24	00:53:55
6	ERICKSON H C DO CARMO	M35/39	02:36:55	00:34:31	00:03:35	01:06:22	00:02:23	00:50:02
7	MATEUS SEIXAS COSTA	M35/39	02:39:29	00:27:57	00:03:25	01:10:09	00:03:15	00:54:40
8	PAULO HENRIQUE PEREIRA DE OLIVEIRA	M35/39	02:42:39	00:26:30	00:03:05	01:13:42	00:02:11	00:57:09
9	ELISIO KAUE PEREIRA DOS SANTOS	M35/39	02:43:38	00:27:50	00:03:02	01:16:33	00:03:08	00:53:04
10	WEMERSON VINICIUS DE SOUZA	M35/39	02:48:22	00:27:38	00:03:56	01:15:55	00:02:26	00:58:25
11	PAULO COSTALONGA SILVEIRA	M35/39	02:48:49	00:25:58	00:03:23	01:12:53	00:03:04	01:03:29
12	MARCELIO FREIRE	M35/39	02:59:17	00:31:08	00:04:45	01:27:48	00:02:03	00:53:32
13	DANIEL ESCOBAR	M35/39	02:59:41	00:24:36	00:03:43	01:20:25	00:03:40	01:07:15
14	LUIZ HENRIQUE DA SILVEIRA JUNIOR	M35/39	03:04:31	00:35:51	00:04:33	01:17:27	00:03:51	01:02:47
15	GABRIEL ANGELO SILVA COELHO	M35/39	03:04:39	00:30:49	00:05:00	01:16:44	00:04:20	01:07:44
16	GUILHERME CASTRO DE BONE	M35/39	03:09:00	00:31:18	00:05:50	01:23:35	00:04:13	01:04:03
17	MARCELO MIRANDA GOMES	M35/39	03:10:58	00:32:08	00:05:19	01:23:25	00:03:24	01:06:41
18	FRANCIS AZEVEDO DE BARROS	M35/39	03:11:13	00:31:01	00:04:11	01:28:34	00:03:11	01:04:15
19	REINALDO TEODORO	M35/39	03:13:09	00:39:56	00:04:40	01:26:21	00:03:24	00:58:47
20	LEONARDO FONTOURA CORREA	M35/39	03:15:07	00:32:35	00:05:59	01:19:27	00:03:03	01:14:01
21	DAYWID SILVA	M35/39	03:15:47	00:39:18	00:02:53	01:25:00	00:02:43	01:05:51
22	GABRIEL FERREIRA BASTOS	M35/39	03:16:48	00:31:31	00:06:16	01:29:51	00:05:25	01:03:42
23	FELIPE ALMEIDA SOARES	M35/39	03:30:02	00:54:27	00:06:26	01:22:21	00:04:55	01:01:51
24	PAULO ROBERTO ARAUJO DE OLIVEIRA BESSA	M35/39	03:36:08	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00
25	ANTONIO CARLOS ROCHA DE CARVALHO FERREIRA	M35/39	03:46:30	00:42:06	00:06:04	01:34:44	00:04:56	01:18:38
26	GUSTAVO DANTAS E SILVA	M35/39	03:49:44	00:41:27	00:06:20	01:40:22	00:04:35	01:16:58
27	LUCAS SETTE MORAES DE CASTILHO	M35/39	03:52:05	00:26:58	00:03:12	02:22:33	00:02:49	00:56:31
28	DAVID GONCALVES DOS SANTOS	M35/39	04:24:25	00:24:16	00:12:40	00:00:00	00:00:00	00:00:00

M40/44

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	BRUNO BRAND FERNANDES	M40/44	02:13:26	00:24:17	00:02:13	00:59:47	00:01:42	00:45:24
2	MARCIO MOURA SILVA	M40/44	02:14:08	00:21:32	00:01:49	01:02:56	00:01:40	00:46:10
3	ALBERTO DO NASCIMENTO NETO	M40/44	02:15:17	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00
4	MARCOS LUIZ EGG NUNES	M40/44	02:15:33	00:22:33	00:03:24	01:02:46	00:01:41	00:45:08
5	VICTOR PINTO DE ALBUQUERQUE DE OLIVEIRA	M40/44	02:15:42	00:22:24	00:01:52	01:02:02	00:01:49	00:47:33
6	ARTHUR RIGONI ZUQUI	M40/44	02:18:59	00:25:38	00:03:30	01:05:02	00:02:09	00:42:39
7	EDGAR BOAVENTURA JUNIOR	M40/44	02:24:39	00:22:19	00:03:40	01:02:52	00:02:05	00:53:41

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POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
8	ALESSANDRO FRIZZERA BAUMGARTEN	M40/44	02:25:47	00:25:05	00:02:09	01:06:52	00:02:13	00:49:26
9	MARCUS VINICIUS MIRANDA FONTAINE	M40/44	02:26:12	00:28:08	00:02:58	01:04:17	00:02:34	00:48:12
10	ANDRE ALVES SILVEIRA	M40/44	02:34:15	00:24:37	00:02:36	01:13:08	00:02:19	00:51:32
11	DANIEL PINHEIRO CRUZ	M40/44	02:34:18	00:31:17	00:02:49	01:11:04	00:01:58	00:47:08
12	RICARDO JOSÉ CALEGARIO ZAGO	M40/44	02:34:23	00:33:04	00:02:11	01:08:02	00:02:12	00:48:52
13	WANDERSON ROMAO	M40/44	02:38:27	00:29:38	00:02:45	01:11:27	00:02:27	00:52:08
14	FELIPE DA SILVA SANTOS	M40/44	02:39:39	00:29:24	00:03:57	01:10:50	00:03:23	00:52:04
15	FREDERICO LEVY MACHADO VICENTE	M40/44	02:39:59	00:25:17	00:03:00	01:07:37	00:03:35	01:00:29
16	HUGO SOARES CORTES	M40/44	02:40:27	00:31:56	00:02:55	01:08:33	00:02:39	00:54:22
17	GABRIEL DUARTE MONTEIRO	M40/44	02:43:32	00:26:16	00:02:27	01:14:36	00:02:19	00:57:53
18	EDSON RIGUEIRA FERNANDES	M40/44	02:45:23	00:30:27	00:03:53	01:10:51	00:03:24	00:56:47
19	MAXMILIANO DE ALMEIDA SILVA	M40/44	02:46:42	00:32:36	00:02:37	01:08:10	00:02:43	01:00:35
20	MARCO AURELIO TORRES PINTO	M40/44	02:48:21	00:35:38	00:04:12	01:11:10	00:03:14	00:54:05
21	CLEBER NASCIMENTO	M40/44	02:48:34	00:31:55	00:04:40	01:16:01	00:03:12	00:52:44
22	CARLOS GUILHERME SILVA DE OLIVEIRA	M40/44	02:48:44	00:33:20	00:03:12	01:13:41	00:03:41	00:54:48
23	VICTOR HUGO MORAIS DE OLIVEIRA FREIRE	M40/44	02:49:33	00:00:00	00:00:00	00:03:30	04:29:02	00:00:00
24	CARLOS EDUARDO DE FREITAS CASTRO	M40/44	02:50:09	00:30:09	00:03:24	01:16:28	00:02:42	00:57:23
25	RODRIGO VIEIRA TEIXEIRA	M40/44	02:51:38	00:31:58	00:03:04	01:20:37	00:02:36	00:53:21
26	VICTOR VEIRA	M40/44	02:52:03	00:29:05	00:05:42	01:17:32	00:04:08	00:55:34
27	DAVI SCHULMANN MIGUENS	M40/44	02:54:20	00:26:17	00:03:22	01:18:30	00:03:12	01:02:57
28	LEANDRO CARVALHO PEREIRA	M40/44	02:54:29	00:33:39	00:07:47	01:12:24	00:03:23	00:57:14
29	ANDRE RIBEIRO DA SILVA	M40/44	02:54:33	00:32:43	00:03:36	01:15:34	00:02:53	00:59:46
30	FLAVIO ANDRADE DE OLIVEIRA	M40/44	02:55:03	00:26:17	00:02:32	01:18:08	00:03:24	01:04:40
31	EDER GARCIA DA SILVA	M40/44	02:55:29	00:25:04	00:03:30	01:28:10	00:03:51	00:54:52
32	THIAGO CARVALHO GAUDIO	M40/44	02:56:12	00:29:15	00:02:56	01:14:01	00:02:32	01:07:26
33	LEANDER DAVILA	M40/44	02:56:37	00:29:49	00:03:12	01:15:23	00:03:44	01:04:27
34	FELIPE DA SILVA MEDEIROS	M40/44	02:59:04	00:30:31	00:04:51	01:15:59	00:03:14	01:04:28
35	HEBERT RODRIGUES	M40/44	02:59:31	00:31:46	00:03:10	01:28:58	00:02:46	00:52:50
36	EBER AUGUSTO SANTOS SANTOS	M40/44	03:01:03	00:33:54	00:04:09	01:15:36	00:03:40	01:03:42
37	ANDRE ANTONIO LISBOA DA COSTA E SILVA	M40/44	03:01:15	00:33:34	00:03:12	01:28:00	00:01:58	00:54:30
38	VICTOR RODRIGUES SANTORIO	M40/44	03:02:07	00:28:08	00:04:27	01:19:30	00:03:32	01:06:28
39	THIAGO GOMES BONOMO	M40/44	03:02:49	00:30:26	00:03:43	01:19:48	00:02:51	01:05:58
40	VINICIUS FERREIRA RAMOS	M40/44	03:05:14	00:35:25	00:03:18	01:18:16	00:02:40	01:05:33
41	JORGE FERNANDO SERPA FERREIRA JUNIOR	M40/44	03:05:14	00:27:18	00:03:27	01:17:46	00:03:26	01:13:15
42	DAVID HOFFMANN	M40/44	03:07:06	00:28:55	00:03:49	01:28:53	00:02:53	01:02:33
43	RAUL FERNANDO ALMADA CARDOSO	M40/44	03:09:20	00:31:43	00:05:21	01:17:23	00:03:41	01:11:11
44	ERICSON FARIA SANTOS	M40/44	03:11:56	00:32:29	00:04:46	01:30:02	00:04:19	01:00:17
45	DANIEL ALMEIDA DE SOUZA	M40/44	03:17:52	00:39:12	00:07:30	01:22:27	00:05:40	01:03:01
46	MAXWELL DE FREITAS BRUM	M40/44	03:18:45	00:31:29	00:06:31	01:29:23	00:03:55	01:07:25
47	MARCELO MENEZES DA SILVA	M40/44	03:21:51	00:29:20	00:04:16	01:46:10	00:04:14	00:57:49
48	FELIPE PERISSE DUARTE LOPES	M40/44	03:22:11	00:32:47	00:03:12	01:25:10	00:03:27	01:17:33
49	NELSON ANDRE SANTOS	M40/44	03:23:10	00:32:40	00:06:05	01:23:44	00:04:57	01:15:41
50	ANGELO RIGONI PIANA	M40/44	03:29:07	00:29:29	00:05:15	01:31:29	00:03:49	01:19:02
51	RAFAEL RAMOS BERNARDO	M40/44	03:29:15	00:23:45	00:02:06	02:01:51	00:03:35	00:57:56

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POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
52	GUSTAVO SILVINO	M40/44	03:34:39	00:26:54	00:04:27	01:23:10	00:06:09	01:33:56
53	JOÃO ALBERTO MAIA LINHARES	M40/44	03:43:37	00:31:36	00:05:33	01:43:01	00:04:39	01:18:47
54	LUIZ AUGUSTO AMARAL MELO NUNES	M40/44	03:55:26	00:36:37	00:06:29	01:38:56	00:05:26	01:27:57
55	THIAGO BRUNO SOUSA	M40/44	03:57:02	00:59:22	00:03:41	01:31:21	00:02:55	01:19:41
56	RAPHAEL CAMPOS MAGINA	M40/44	03:58:30	00:26:36	00:04:34	01:38:34	00:04:39	01:44:06
57	VICTOR GOMES CURTY	M40/44	04:04:11	00:38:59	00:08:13	01:34:27	00:05:12	01:37:18
58	LEONARDO DOMINGUES REATEGUI	M40/44	04:44:37	00:38:27	00:10:54	01:54:00	00:07:20	01:53:53

M45/49

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	FABIO PINHEIRO RAMOS	M45/49	02:10:11	00:20:27	00:01:39	01:04:06	00:01:33	00:42:22
2	FERNANDO FONSECA DOS REIS	M45/49	02:20:04	00:28:37	00:02:32	01:01:21	00:02:06	00:45:25
3	PAULO RANDAL PIRES JUNIOR	M45/49	02:25:52	00:27:27	00:03:03	01:05:24	00:02:19	00:47:38
4	NEWTON LEITAO	M45/49	02:29:14	00:27:41	00:02:38	01:05:36	00:01:58	00:51:20
5	FLAVIO QUINTANILHA DE GOUVEIA	M45/49	02:29:38	00:26:22	00:02:39	01:09:26	00:02:38	00:48:32
6	JULIAN MAX SANTOS PEREIRA	M45/49	02:38:39	00:26:13	00:03:06	01:12:01	00:02:24	00:54:54
7	ANGELO DAHER BALARINI	M45/49	02:40:50	00:28:34	00:03:32	01:11:25	00:03:25	00:53:52
8	LUCIANO DE OLIVEIRA JUNIOR	M45/49	02:44:01	00:32:06	00:03:30	01:07:48	00:02:22	00:58:13
9	LUIGI GABRIEL LOVISI DE BARROS	M45/49	02:50:54	00:30:15	00:04:26	01:15:56	00:05:41	00:54:35
10	FREDERICO PIEPER	M45/49	02:52:01	00:31:59	00:03:28	01:16:05	00:02:46	00:57:40
11	MAX CORREA FONSECA	M45/49	02:52:43	00:31:19	00:02:46	01:16:14	00:02:57	00:59:26
12	LEONARDO RODRIGUES SANTOS	M45/49	03:02:24	00:35:40	00:03:15	01:14:30	00:02:39	01:06:17
13	CRISTOVAO JOSÉ DE OLIVEIRA SILVA	M45/49	03:06:30	00:31:49	00:03:44	01:23:24	00:02:48	01:04:43
14	WILLIAM CARLOS ALVES SANTANA	M45/49	03:08:15	00:35:06	00:05:45	01:23:41	00:04:30	00:59:11
15	LEONARDO HELUANY ZEITUNE	M45/49	03:09:09	00:31:49	00:06:00	01:29:35	00:03:11	00:58:32
16	VINICIUS SATURNINO CHAVES	M45/49	03:20:34	00:39:23	00:04:09	01:26:35	00:04:45	01:05:40
17	HELDER TOMAGNINI	M45/49	03:23:02	00:41:58	00:06:28	01:21:48	00:03:57	01:08:48
18	RUBEM LIMA DOLABELLA TEIXEIRA DA COSTA	M45/49	03:23:37	00:27:15	00:06:08	01:31:01	00:04:40	01:14:31
19	VANDERSON CHARLES OST	M45/49	03:23:58	00:33:24	00:03:02	01:32:33	00:02:34	01:12:23
20	RONALDO VALADARES CASTRO	M45/49	03:29:39	00:40:10	00:03:01	01:23:18	00:04:50	01:18:18
21	FABIO V DE GOUVEA	M45/49	03:32:16	00:32:31	00:04:47	01:25:37	00:04:52	01:24:27
22	RICARDO SARTORIO RIBEIRO DE SOUZA	M45/49	03:35:01	00:31:48	00:03:55	01:23:22	00:05:30	01:30:23
23	WILLY MURI THOMPSON	M45/49	03:37:40	00:27:54	00:05:41	01:30:46	00:03:39	01:29:37
24	TIAGO PEDRO DE FREITAS	M45/49	03:51:07	00:33:34	00:04:38	01:36:27	00:07:20	01:29:07
25	JOSÉ AUGUSTO MARQUES MEDEIROS	M45/49	04:23:19	00:30:18	00:06:04	02:01:28	00:06:15	01:39:13

M50/54

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	ALEXANDRE ALAOR GOMES	M50/54	02:32:09	00:27:34	00:04:01	01:09:48	00:02:23	00:48:21
2	DANIEL CAIADO RIBEIRO DALLA BERNARDINA	M50/54	02:32:31	00:27:47	00:02:19	01:05:52	00:02:12	00:54:19
3	EMERSON BARIANI	M50/54	02:32:54	00:26:16	00:02:10	01:10:53	00:02:42	00:50:51
4	GIULIANO TONIOLI	M50/54	02:37:28	00:33:04	00:03:44	01:05:29	00:02:07	00:53:02
5	LEANDRO SABIDO CARDOSO	M50/54	02:38:17	00:31:01	00:02:08	01:08:50	00:02:34	00:53:42
6	RODRIGO RIBEIRO DE ARAUJO	M50/54	02:43:00	00:26:44	00:02:41	01:12:19	00:02:15	00:58:59

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POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
7	MARCIO NASCIMENTO RODRIGUES	M50/54	02:44:19	00:32:00	00:02:22	01:09:04	00:02:02	00:58:50
8	EDUARDO ADOLF SCHOLZ COUTO	M50/54	02:45:22	00:31:28	00:03:27	01:15:03	00:03:11	00:52:12
9	THARSON SUSANO GRATIVVOL	M50/54	02:45:48	00:26:56	00:02:39	01:15:24	00:02:14	00:58:32
10	JULIO CESAR PEREIRA	M50/54	02:49:14	00:30:29	00:03:12	01:09:39	00:02:32	01:03:21
11	FABIO CUSTODIO DE SOUZA	M50/54	02:58:01	00:30:20	00:03:17	01:14:56	00:04:58	01:04:27
12	EDJANIO LEAL TAVARES	M50/54	03:03:25	00:32:24	00:04:23	01:21:12	00:02:59	01:02:26
13	MARCOS AURELIO LACERDA DA FONSECA	M50/54	03:04:20	00:32:21	00:07:38	01:27:46	00:04:04	00:52:29
14	WARLEY RICHARD MARTINS	M50/54	03:07:54	00:33:06	00:04:15	01:22:52	00:05:40	01:01:59
15	VLADIMIR DE OLIVEIRA	M50/54	03:18:34	00:34:31	00:06:39	01:21:11	00:04:46	01:11:25
16	RODRIGO LACERDA	M50/54	03:46:44	00:56:34	00:11:36	01:19:51	00:07:42	01:10:59
17	MARCOS VINICIUS BARCELLOS DA SILVA	M50/54	03:54:32	00:33:00	00:08:53	02:15:10	00:02:08	00:55:19
18	KARIN KNEIPP COSTA ROSSI	M50/54	03:55:25	00:35:53	00:04:29	01:42:45	00:04:09	01:28:06

M55/59

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	GERARDO PEREIRA LIMA FILHO	M55/59	02:22:45	00:23:38	00:01:45	01:08:45	00:01:49	00:46:46
2	MARCELO GOMES DE SANTANA	M55/59	02:29:23	00:29:42	00:02:51	01:06:27	00:03:03	00:47:18
3	LEONARDO RODRIGO FONSECA TIGRE MAIA	M55/59	02:38:30	00:26:47	00:02:40	01:13:25	00:02:48	00:52:48
4	CARLOS FREDERICO SPINELLI HOTTZ	M55/59	02:59:52	00:27:12	00:04:00	01:30:40	00:02:52	00:55:06
5	CLOUER MARINHO	M55/59	03:03:57	00:29:43	00:04:21	01:18:29	00:02:53	01:08:30
6	LEONARDO SOUZA ROGERIO DE CASTRO	M55/59	03:14:16	00:35:17	00:05:01	01:22:55	00:04:18	01:06:44
7	CLAUDIO SIQUEIRA DOS SANTOS	M55/59	03:18:25	00:31:31	00:03:04	01:20:53	00:03:20	01:19:35
8	RODRIGO SIQUEIRA BATISTA	M55/59	03:37:06	00:30:37	00:05:35	01:40:18	00:04:25	01:16:10
9	MILTON FURTADO	M55/59	04:02:17	00:36:36	00:04:52	01:37:57	00:03:08	01:39:42
10	ALEXANDRE VASCONCELLOS MOREIRA	M55/59	04:03:19	00:31:46	00:03:56	01:39:44	00:04:17	01:43:35
11	IAN ALONE PEREIRA	M55/59	04:17:30	00:44:14	00:08:10	01:36:03	00:08:03	01:40:58

M60/64

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	MARCO AURELIO ALEXANDRE	M60/64	02:37:09	00:36:56	00:03:23	01:08:02	00:02:09	00:46:37
2	JABES LOMEU GUIMARAES JUNIOR	M60/64	02:47:11	00:24:52	00:02:41	01:11:49	00:02:30	01:05:16
3	JOSÉ MAURO MOREIRA CARVALHO	M60/64	03:01:12	00:29:35	00:03:34	01:20:09	00:03:02	01:04:50
4	HELIO VICENTE TEIXEIRA	M60/64	03:28:12	00:27:44	00:04:20	01:29:01	00:04:16	01:22:48
5	AMARILDO PEREIRA PIRES	M60/64	03:37:43	00:44:30	00:10:21	01:34:46	00:05:25	01:02:39
6	MANOEL MESSIAS DIAS DUTRA	M60/64	04:17:41	00:54:34	00:08:15	01:49:24	00:04:11	01:21:16

M65/69

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	MARIO SERGIO PEDERSOLI GOMES	M65/69	03:32:14	00:22:13	00:04:22	01:32:28	00:04:49	01:28:21

F20/24

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	VICTORIA DE BARROS CASTRO	F20/24	02:29:40	00:21:37	00:02:40	01:13:17	00:02:03	00:50:01
2	CLARA GONCALVES RUSCHI	F20/24	03:00:36	00:27:44	00:02:21	01:21:41	00:02:27	01:06:21
3	EDUARDA CAMARGOS BATISTA COSTA	F20/24	03:57:02	00:43:19	00:05:48	01:47:26	00:03:06	01:17:22

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F25/29

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	MARIA CLARA DE ALMEIDA	F25/29	02:29:58	00:21:37	00:02:10	01:14:18	00:01:58	00:49:53
2	MARIA CLARA ASSAD TEIXEIRA VARGAS	F25/29	02:32:03	00:28:11	00:01:57	01:09:19	00:02:12	00:50:22
3	ALICE ALMEIDA BARCELLOS	F25/29	02:50:40	00:30:15	00:02:37	01:18:45	00:02:31	00:56:30
4	HALANA COUTINHO VAZ	F25/29	03:10:02	00:32:37	00:03:09	01:30:15	00:02:12	01:01:46
5	EDUARDA ANDRADE ROCHA DE OLIVEIRA	F25/29	03:23:56	00:41:33	00:05:32	01:30:31	00:03:52	01:02:27
6	JULIA DA SILVA PORTO	F25/29	04:08:42	00:46:25	00:05:45	01:44:39	00:03:00	01:28:51

F30/34

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	YASMIN SIQUEIRA SOUZA	F30/34	02:28:57	00:28:09	00:02:31	01:10:37	00:02:00	00:45:38
2	LETICIA CRISTINA GOMES PARIZZI	F30/34	02:44:02	00:30:20	00:02:56	01:17:42	00:01:48	00:51:15
3	LARISSA BARCELLOS VIANA PEREIRA	F30/34	02:44:33	00:27:47	00:03:02	01:21:01	00:03:09	00:49:33
4	MARIANA CANICALI TOGNERI A PAGANINI	F30/34	02:47:34	00:29:23	00:02:29	00:00:00	00:00:00	00:00:00
5	CAMILA CEOLIN	F30/34	02:47:39	00:30:41	00:03:04	01:13:35	00:02:06	00:58:12
6	LORENA MARCHETTE	F30/34	03:00:24	00:28:35	00:03:26	01:20:27	00:02:49	01:05:05
7	MELISSA TEREZA ESTAVANATI SILVA	F30/34	03:05:01	00:31:14	00:03:49	01:24:43	00:02:56	01:02:17
8	TALITA TERESA DO CARMO	F30/34	03:20:54	00:33:06	00:05:05	01:28:05	00:02:57	01:11:38
9	IZABELA BIANCARDI RORIZ	F30/34	03:25:06	00:39:00	00:04:00	01:42:13	00:03:41	00:56:10
10	MARIA BEATRIZ SCHOTT	F30/34	03:34:35	00:38:05	00:04:57	01:46:26	00:04:18	01:00:47
11	ISABELA BRAGA	F30/34	04:31:56	00:52:43	00:09:01	01:52:26	00:08:44	01:28:59

F35/39

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	MARINA BERTI	F35/39	02:28:22	00:20:37	00:02:00	01:13:04	00:01:50	00:50:50
2	NATHALIA TARDIN	F35/39	02:29:28	00:27:57	00:02:01	01:09:26	00:01:35	00:48:26
3	REBEKA KELLY CALIXTO	F35/39	02:49:57	00:32:49	00:04:57	01:12:36	00:03:14	00:56:19
4	PAULA MELO	F35/39	02:52:25	00:25:45	00:03:06	01:19:59	00:02:32	01:01:00
5	ANA CAROLINA ALMEIDA ARAUJO	F35/39	03:05:33	00:32:55	00:04:03	01:30:29	00:03:58	00:54:06
6	GEANE SILVA DE OLIVEIRA	F35/39	03:07:17	00:29:53	00:02:57	01:28:57	00:02:29	01:02:58
7	LAURA MARIA MAGALHAES ESTEVES	F35/39	03:08:46	00:32:35	00:04:19	01:31:09	00:03:34	00:57:07
8	AMANDA GALDINO CARNEIRO	F35/39	03:24:05	00:40:19	00:05:54	01:29:03	00:05:06	01:03:42
9	THAIZA MONTEIRO MATOS	F35/39	03:26:56	00:30:24	00:03:18	01:28:37	00:02:27	01:22:08
10	SINAY SANDER	F35/39	03:30:17	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00
11	LAYZA BARCELOS TEIXEIRA	F35/39	03:35:13	00:40:15	00:05:10	01:28:25	00:04:07	01:17:14
12	LARA KNEIPP COSTA ROSSI	F35/39	03:51:46	00:33:36	00:05:04	01:39:11	00:05:49	01:28:05

F40/44

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	AMANDA ASSUNCAO VIEIRA	F40/44	02:33:50	00:28:35	00:02:34	01:10:10	00:02:08	00:50:22
2	PATRICIA MAFFIA VALENTE	F40/44	02:52:43	00:32:06	00:03:39	01:14:31	00:02:42	00:59:44
3	RENATA MAGNAVACCA BARROS	F40/44	02:58:39	00:23:10	00:03:45	01:23:46	00:02:58	01:04:58
4	VIVIANE WIGAND GODINHO SADER	F40/44	03:05:02	00:33:09	00:02:01	01:28:18	00:01:59	00:59:33
5	THUANE ELIZE BATISTA	F40/44	03:09:31	00:33:58	00:03:02	01:27:32	00:03:07	01:01:51
6	PAULA LAMPÉ FIGUEIRA	F40/44	03:12:11	00:33:04	00:03:24	01:33:07	00:02:31	01:00:03

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POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
7	ANDREIA BARBOSA LUCAS	F40/44	03:19:03	00:30:57	00:04:19	01:30:19	00:03:45	01:09:42
8	PAOLA DE OLIVEIRA MENDES	F40/44	03:20:12	00:30:58	00:03:55	01:29:34	00:05:57	01:09:47
9	CLAUDIA BELA MEDEIROS DOS SANTOS	F40/44	03:21:15	00:33:13	00:04:41	01:36:51	00:03:05	01:03:23
10	VIVIANE CINELLI OLIVEIRA DE CAMPOS	F40/44	03:28:36	00:37:55	00:04:27	01:40:18	00:03:39	01:02:15
11	LIVIA NONATO	F40/44	03:43:20	00:32:35	00:05:34	01:52:56	00:04:19	01:07:53
12	SAMIRA SOARES SIMAN	F40/44	03:47:08	00:38:18	00:05:14	01:37:57	00:03:36	01:22:01
13	NATHALIA MONTALTI	F40/44	03:58:31	00:32:55	00:03:44	01:52:33	00:04:07	01:25:12

F45/49

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	ROSANA NICOLATO DE ALMEIDA CONDE	F45/49	02:43:34	00:32:25	00:03:28	01:11:28	00:02:37	00:53:35
2	CARLA DOLORES B G DA SILVA	F45/49	03:15:33	00:33:52	00:05:39	01:24:47	00:03:29	01:07:45
3	MARCELA FERREIRA PAES	F45/49	03:18:05	00:36:08	00:04:36	01:32:24	00:05:07	00:59:47
4	RENATA ZAGO SOEIRO	F45/49	03:23:33	00:33:26	00:04:44	01:33:48	00:03:43	01:07:49
5	ANA LARA	F45/49	03:24:57	00:37:05	00:05:27	01:27:05	00:06:07	01:09:10
6	JULIA PARADELLA	F45/49	03:35:35	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00
7	ARIANA NOGUEIRA DO NASCIMENTO	F45/49	04:11:49	00:44:13	00:07:11	01:49:31	00:04:16	01:26:36

F50/54

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	DANIELA ABADE	F50/54	02:45:19	00:27:26	00:02:42	01:15:04	00:03:03	00:57:02
2	ANA ELISA DE QUEIROZ CREPALDI	F50/54	03:07:55	00:33:20	00:04:38	01:25:11	00:03:33	01:01:11
3	NELIZA SCOPEL	F50/54	03:09:53	00:31:32	00:04:35	01:25:19	00:04:05	01:04:19
4	ANGELICA LAMPE FIGUEIRA	F50/54	04:05:53	00:37:49	00:05:59	01:49:37	00:06:28	01:25:58

F55/59

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	LETICE LIMA FALCON	F55/59	03:25:18	00:44:04	00:04:18	01:24:22	00:03:03	01:09:29
2	CLAUDIA SUELI MARTINS DE FARIA	F55/59	05:44:39	01:10:31	00:07:03	02:28:07	00:06:09	01:52:46

F60/64

POS	Atleta	Categoria	Total	Natação	T1	Ciclismo	T2	Corrida
1	ADELI GAVINA	F60/64	03:32:26	00:36:55	00:03:41	01:33:37	00:03:43	01:14:28

FILIADA



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