

Caranguejo Man 2025

Caranguejo Man · domingo, 12 de outubro de 2025

Resultados - LONG FEM

Pos.	Numeral	Nome completo	Clube	Sexo	Ano	Modalidade	Fim Natação	Largada Bicicleta	Fim Bicicleta	Largada Corrida	Corrida	Tempo	Ritmo km/h	Geral
1	22	JULIANA MONTEIRO MAFRA		F	1984	LONG FEM	23:22.000 (1)	24:39.000 (1)	2:10:29.126 (1)	2:10:54.169 (1)	1:18:50.553 (5)	3:29:44.722		349
2	24	RHARANA RIBEIRO MENDES PEREIRA		F	1984	LONG FEM	26:23.000 (6)	28:02.000 (5,+1)	2:13:24.325 (2,+3)	2:14:38.602 (2)	1:18:21.104 (2)	3:32:59.706		353
3	15	ALANA VENTURA		F	1989	LONG FEM	29:04.000 (13)	31:05.000 (14,-1)	2:13:25.192 (3,+1)	2:14:53.765 (3)	1:18:21.358 (3)	3:33:15.123		355
4	21	TATIANA GUENAGA ANEAS		F	1984	LONG FEM	28:55.000 (12)	30:55.000 (13,-1)	2:19:42.904 (7,+6)	2:21:47.207 (8,-1)	1:12:55.026 (1,+4)	3:34:42.233		357
5	1	ISIS AYANA MIRACHI DE SOUZA		F	2003	LONG FEM	24:16.000 (2)	25:45.000 (2)	2:16:32.925 (4,-2)	2:17:59.173 (4)	1:21:21.253 (6,-1)	3:39:20.426		360
6	28	SUZANA KELLY CORDEIRO DE SOUZA NASCIMENTO		F	1981	LONG FEM	30:35.000 (21)	33:15.000 (20,+1)	2:18:29.887 (6,+1)	2:19:57.160 (6)	1:25:21.609 (9)	3:45:18.769		372
7	9	LETICIA FRANCO LAMEIRA VITALE		F	1997	LONG FEM	28:49.000 (11)	30:41.000 (10,+1)	2:20:20.281 (8,+2)	2:21:14.680 (7,+1)	1:25:15.911 (8)	3:46:30.591		376
8	36	SORAIA RAMOS LIMA		F	1976	LONG FEM	28:35.000 (10)	30:11.000 (9,+1)	2:22:21.918 (9)	2:24:35.412 (9)	1:30:22.339 (11,+1)	3:54:57.751		389
9	11	VALESKA CONCHA WILTSHIRE LISBOA		F	1995	LONG FEM	29:13.000 (14)	30:49.000 (12,+2)	2:18:28.071 (5,+7)	2:19:52.912 (5)	1:35:49.146 (16,-4)	3:55:42.058		390
10	32	MARCIA DIAS PINHEIRO GARCIA		F	1980	LONG FEM	30:34.000 (20)	32:01.000 (18,+2)	2:24:12.671 (10,+)	2:25:36.633 (10)	1:34:21.904 (15)	3:59:58.537		397
11	26	CAROLINA HADDAD BARRETO		F	1984	LONG FEM	31:50.000 (23)	34:15.000 (22,+1)	2:37:01.525 (16,+)	2:39:37.839 (16)	1:23:02.790 (7,+5)	4:02:40.629		403
12	2	DEBORA PEREZ DIAS PINHEIRO		F	2002	LONG FEM	27:19.000 (7)	29:06.000 (7)	2:29:51.936 (12,-5)	2:31:32.993 (12)	1:36:07.096 (19)	4:07:40.089		410
13	12	SUE SOUZA DE SA		F	1995	LONG FEM	29:38.000 (15)	31:11.000 (16,-1)	2:34:18.064 (13,+)	2:35:45.062 (13)	1:33:00.995 (12)	4:08:46.057		412
14	5	LARA RIBEIRO CONDORELLI DOS SANTOS		F	2000	LONG FEM	33:01.000 (25)	35:40.000 (26,-1)	2:43:18.496 (18,+)	2:45:33.714 (17,+1)	1:28:13.177 (10,+3)	4:13:46.891		420
15	37	MARIA CRISTINA TEIXEIRA CANGUSSU		F	1973	LONG FEM	24:22.000 (3)	26:58.000 (4,-1)	2:24:51.572 (11,-7)	2:27:19.797 (11)	1:50:49.134 (27,-4)	4:18:08.931		424
16	7	LAURA JUNQUEIRA DE RIZZO		F	1998	LONG FEM	34:24.000 (27)	35:50.000 (27)	2:43:25.835 (19,+)	2:45:35.468 (18,+)	1:34:07.405 (14,+2)	4:19:42.873		426
17	16	TASSIANA SILVA DE OLIVEIRA		F	1988	LONG FEM	29:59.000 (17)	32:48.000 (19,-2)	2:35:03.988 (14,+)	2:36:43.088 (14)	1:43:52.937 (20,-3)	4:20:36.025		428
18	13	AMANDA RUAS		F	1992	LONG FEM	28:02.000 (9)	30:06.000 (8,+1)	2:47:43.290 (23,-1)	2:49:04.748 (22,+)	1:33:52.097 (13,+4)	4:22:56.845		433
19	39	MARLUCE DANTAS DE FREITAS LODI		F	1970	LONG FEM	31:19.000 (22)	35:05.000 (23,-1)	2:46:41.796 (22,+)	2:50:45.460 (23,-1)	1:35:54.704 (18,+4)	4:26:40.164		435
20	23	GIOVANA SIRACUSA GOUVEIA		F	1984	LONG FEM	29:48.000 (16)	31:28.000 (17,-1)	2:36:53.686 (15,+)	2:39:15.679 (15)	1:51:01.517 (28,-5)	4:30:17.196		437
21	25	TAMARA ALVES SILVA		F	1984	LONG FEM	33:28.000 (26)	38:57.000 (28,-2)	2:45:37.862 (21,+)	2:48:53.877 (21)	1:44:12.467 (22)	4:33:06.344		438
22	8	GABRIELA BRASIL		F	1997	LONG FEM	26:09.000 (5)	30:45.000 (11,-6)	2:43:06.456 (17,-6)	2:47:59.546 (20,-3)	1:45:25.013 (23,-2)	4:33:24.559		439
23	33	KATIA LUCY DANTAS LIMA		F	1979	LONG FEM	27:48.000 (8)	31:10.000 (15,-7)	2:43:37.601 (20,-5)	2:45:50.897 (19,+)	1:48:06.305 (25,-4)	4:33:57.202		440
24	31	ALINE NASCIMENTO DA SILVA		F	1981	LONG FEM	38:53.000 (29)	42:18.000 (30,-1)	2:57:49.411 (27,+)	3:01:00.153 (27)	1:43:58.790 (21,+3)	4:44:58.943		449
25	34	LARISSA PAES LEME GALVAO		F	1978	LONG FEM	30:06.000 (18)	33:19.000 (21,-3)	2:48:38.594 (24,-3)	2:51:49.959 (24)	1:53:50.257 (29,-1)	4:45:40.216		450
26	30	ALEINE DE ARAUJO FERREIRA		F	1981	LONG FEM	34:53.000 (28)	40:02.000 (29,-1)	3:10:20.387 (29)	3:11:20.590 (29)	1:35:49.842 (17,+3)	4:47:10.432		451
27	29	VIRGINIA DE SANTANA BASTOS SANTOS		F	1981	LONG FEM	30:30.000 (19)	35:39.000 (25,-6)	2:56:08.719 (26,-1)	2:58:33.152 (26)	1:50:34.434 (26,-1)	4:49:07.586		455
28	17	RAISSA PIMENTEL S SIQUEIRA		F	1987	LONG FEM	43:57.000 (30)	50:56.000 (31,-1)	2:59:40.726 (28,+)	3:03:08.563 (28)	1:45:59.475 (24)	4:49:08.038		456
29	35	ERISSA NUNES NOGUEIRA		F	1978	LONG FEM	56:21.000 (31)	1:00:06.000 (32,-1)	3:27:42.572 (30,+)	3:31:02.794 (30)	1:18:29.900 (4,+1)	4:49:32.694		458
-	10	LARISSA FREITAS		F	1995	LONG FEM	31:56.000 (24)	35:14.000 (24)	2:51:29.945 (25,-1)	2:54:06.693 (25)				-
-	3	RILLA SOUZA MARQUES DE SA		F	2002	LONG FEM	25:17.000 (4)	26:45.000 (3,+1)						-
-	4	FERNANDA GOIS DANTAS		F	2002	LONG FEM		28:37.000 (6)						-