

**6º Revezamento de São Francisco do Sul - 29/08/2009**

**Ritmo (min/km)**

Col	Nº	Equipe	Categ.	P1	P2	P3	P4	P5	P6	P7	P8	P9	P10	P11	P12	P13	P14	P15	Tempo	Ritmo geral
1	1	Contadores	Aberta	03:27	03:09	03:14	04:13	03:05	03:35	05:41	04:10	03:41	03:12	03:43	04:49	03:33	03:09	03:28	<b>05:31:27</b>	<b>03:41</b>
2	33	Petrobrás Paraná	Vet.	03:49	03:33	03:22	04:18	03:33	04:01	05:23	05:00	06:37	03:57	04:03	03:40	04:15	03:33	04:15	<b>06:17:30</b>	<b>04:12</b>
3	2	Círculo Militar do Paraná	Aberta	03:55	03:42	03:47	04:44	03:18	03:49	06:29	05:32	04:19	04:07	04:04	03:34	04:11	04:08	05:09	<b>06:19:54</b>	<b>04:13</b>
4	42	BPM 1	T.Masc	03:53	03:43	03:36	04:40	03:26	03:55	06:24	05:25	04:33	04:01	04:22	04:00	04:23	03:56	04:15	<b>06:20:33</b>	<b>04:14</b>
5	38	42K Trio 2	T.Masc	04:02	03:07	04:16	04:55	02:57	04:28	07:37	04:32	05:20	04:31	03:29	04:32	03:46	04:07	03:50	<b>06:22:02</b>	<b>04:15</b>
6	3	Zimba Team	Aberta	04:13	03:44	03:46	04:34	03:31	04:01	06:45	05:32	04:42	04:04	04:07	03:45	04:11	03:59	03:52	<b>06:22:25</b>	<b>04:15</b>
7	61	Furukawa Teralan	T.Misto	03:39	03:12	04:12	04:38	03:08	04:33	06:49	04:07	05:08	04:31	03:43	04:19	06:00	03:33	04:54	<b>06:27:09</b>	<b>04:18</b>
8	36	Belém	Francisq.	03:43	04:03	04:18	04:50	03:43	04:30	06:26	05:09	04:57	04:18	04:21	04:17	04:05	04:03	04:20	<b>06:34:53</b>	<b>04:23</b>
9	40	Fit Batel	T.Masc	03:57	04:08	03:55	04:53	03:51	04:11	06:48	05:01	04:46	04:01	04:53	04:08	04:16	04:13	04:20	<b>06:35:44</b>	<b>04:24</b>
10	39	Fill Doll - Herbarium	T.Masc	03:49	03:25	04:18	04:40	03:07	04:31	05:55	06:04	05:06	04:43	03:45	04:26	04:08	05:06	04:42	<b>06:40:32</b>	<b>04:27</b>
11	44	BPM 2	T.Masc	04:11	04:20			04:01	04:08	07:09	06:10	04:35	04:48	04:55	04:19	04:36	04:24	04:40	<b>06:59:34</b>	<b>04:40</b>
12	4	Sports A	Aberta	04:16	03:58			04:36	04:41	06:11	05:26	04:47	04:31	05:14	04:30	04:37	04:10	04:38	<b>06:59:48</b>	<b>04:40</b>
13	62	Trio LMN	T.Misto	03:39	03:48	04:46	04:38	03:50	05:11	06:03	05:45	06:19	04:03	04:35	04:56	04:07	05:00	04:17	<b>07:00:47</b>	<b>04:41</b>
14	41	Bela Vista Coyotes	T.Masc	03:49	04:13	04:28	04:48	03:55	04:58	06:33	05:18	05:51	04:13	04:52	05:33	04:17	04:30	04:28	<b>07:05:18</b>	<b>04:44</b>
15	46	HP Sports Tazz Puzzle	T.Masc	04:23	03:57	04:05	05:42	03:30	04:40	08:14	05:12	05:04	05:03	04:30	04:26	05:19	04:13	04:49	<b>07:06:00</b>	<b>04:44</b>
16	6	Natatorium	Aberta	04:10	04:25	04:14	04:56	04:10	04:21	06:33	06:34	05:47	04:16	05:00	04:08	04:42	04:06	04:59	<b>07:09:29</b>	<b>04:46</b>
17	18	Energia Pura 1	Ab.Mista	03:53	03:25	04:59	05:16	04:55	05:26	06:49	04:43	06:24	04:09	05:47	05:05	04:17	03:25	04:42	<b>07:09:29</b>	<b>04:46</b>
18	59	Tigre em Ação Pit Bull	T.Masc	03:47	04:25	04:00	04:55	04:08	04:41	05:33	07:57	05:11	04:00	05:38	04:29	04:13	03:39	05:42	<b>07:12:32</b>	<b>04:48</b>
19	47	Run4Fun Mizuno	T.Masc	03:35	04:19	04:42	04:10	04:00	05:10	06:26	05:26	06:40	03:50	04:57	06:01	04:11	04:43	05:21	<b>07:15:55</b>	<b>04:51</b>
20	67	BPM Feminino	T.Fem	04:27	04:32	04:02	05:13	04:14	04:32	07:53	06:18	05:29	04:42	04:47	04:20	04:39	04:33	04:38	<b>07:17:11</b>	<b>04:51</b>
21	43	BPM 3	T.Masc	04:04	04:28	03:43	04:43	04:00	04:03	06:15	05:26	04:40	04:42	06:37	04:04	05:57	06:26	04:54	<b>07:17:50</b>	<b>04:52</b>
22	48	Água Doce Cacharia	T.Masc	03:26	04:30	04:31	04:32	04:02	04:39	07:51	06:16	06:02	04:06	05:04	04:40	05:33	05:00	04:58	<b>07:20:24</b>	<b>04:54</b>
23	53	Trainer Expert	T.Masc	04:19	03:47	05:06	05:05	03:26	05:34	06:36	05:41	06:23	06:03	03:50	05:17	04:43	03:44	05:45	<b>07:26:36</b>	<b>04:58</b>
24	10	Urapazi	Aberta	04:33	04:03	04:37	06:04	05:02	04:44	07:05	05:13	05:11	05:23	06:23	04:36	04:54	05:23	04:28	<b>07:35:33</b>	<b>05:04</b>
25	15	Tigre em Ação Dobermann	Aberta	04:31	04:27	04:27	04:57	04:33	05:41	06:45	06:13	05:12	04:20	05:37	05:36	04:49	05:37	04:38	<b>07:38:48</b>	<b>05:06</b>
26	12	3 Figueiras Democratas Strider	Aberta	04:01	04:11	05:45	05:26	05:06	04:08	09:22	06:17	05:05	04:20	06:04	05:44	04:46	03:57	05:08	<b>07:40:38</b>	<b>05:07</b>
27	5	CRC - Corredores de Rua de Curitiba	Aberta	03:53	04:10	05:10	05:55	03:53	05:38	09:59	05:41	06:15	05:13	04:27	05:43	04:10	04:22	06:05	<b>07:43:31</b>	<b>05:09</b>
28	19	Trainer Primer	Ab.Mista	04:27	04:23	04:46	06:27	04:14	05:03	07:29	05:45	06:22	05:51	05:00	04:46	04:53	04:25	05:17	<b>07:45:04</b>	<b>05:10</b>
29	8	Furukawa Green it	Aberta	05:04	04:08	04:35	05:38	04:13	05:17	09:22	06:01	05:37	05:09	05:03	04:44	04:55	04:56	05:17	<b>07:45:48</b>	<b>05:11</b>
30	49	Furukawa Itmax	T.Masc	04:34	04:27	04:19	05:43	04:11	04:44	08:09	06:59	05:18	05:36	05:18	04:45	05:53	05:11	05:13	<b>07:52:20</b>	<b>05:15</b>

Col	Nº	Equipe	Categ.	P1	P2	P3	P4	P5	P6	P7	P8	P9	P10	P11	P12	P13	P14	P15	Tempo	Ritmo geral
31	34	Se Chegar, Tá Bom	Vet.	04:33	06:02	04:13	05:29	05:22	04:30	07:16	07:22	05:04	04:28	06:39	04:25	04:45	04:20	05:03	07:53:35	05:16
32	54	Brose	T.Masc	04:47	04:36	04:48	05:21	04:19	04:54	09:29	05:40	06:15	04:58	04:56	05:08	06:08	04:50	05:18	07:54:59	05:17
33	65	LAA Trainer	T.Misto	04:22	04:02	05:06	05:30	04:25	05:22	07:41	05:33	07:18	04:30	05:17	06:07	05:21	04:42	05:37	07:55:53	05:17
34	14	Tigre em Ação Rottwelier	Aberta	04:23	04:07	04:54	05:06	04:16	05:58	06:25	05:56	06:49	04:38	05:15	06:13	04:50	06:39	04:45	07:56:25	05:18
35	23	Archiprima	Ab.Mista	05:01	03:57	05:16	06:12	05:16	05:03	08:15	04:58	06:01	05:56	06:16	04:53	05:11	04:01	05:26	07:57:34	05:18
36	11	Oi	Aberta	04:55	04:17	04:41	06:31	05:24	04:41	08:29	05:33	06:29	05:13	06:42	04:32	05:19	04:41	04:47	08:00:42	05:20
37	51	Furukawa Gigalan	T.Masc	04:28	04:11	04:55	05:26	04:03	05:12	07:30	06:23	06:05	05:25	05:14	05:21	05:43	05:45	06:10	08:01:15	05:21
38	63	Wind Busters	T.Misto	05:14	04:51	04:12	06:11	04:30	04:22	09:24	06:44	04:56	05:33	06:18	04:23	05:55	04:36	05:28	08:03:17	05:22
39	50	42K Trio 1	T.Masc	05:11	04:15	04:39	05:57	04:12	04:53	09:33	06:04	05:50	05:19	05:32	05:25	06:03	04:54	06:05	08:08:49	05:26
40	64	Fox	T.Misto	06:00	04:28	04:11	07:29	04:15	04:42	10:40	05:41	04:58	06:28	05:20	04:32	06:43	05:03	04:54	08:14:26	05:30
41	60	Nissan Tiam: No Pain, No Gain	T.Masc	04:37	04:49	04:44	05:49	04:23	04:58	08:52	06:05	06:24	05:04	05:23	06:09	05:56	05:14	06:25	08:16:48	05:31
42	7	42K Sexteto	Aberta	05:11	04:48	04:35	05:17	04:19	05:29	10:59	07:26	06:09	04:51	05:21	05:56	04:55	04:39	05:16	08:17:55	05:32
43	58	Cia Atlético Trio	T.Masc	04:22	04:40	04:32	05:05	04:30	05:01	07:22	08:29	05:56	04:55	06:35	05:04	05:58	05:17	06:15	08:18:37	05:32
44	52	Corre Bloc	T.Masc	04:02	04:53	05:36	05:00	05:03	05:53	06:05	07:38	07:15	04:27	05:57	06:15	04:30	05:28	06:26	08:24:09	05:36
45	55	Trio Mocotó	T.Masc	05:22	04:04	05:06	07:02	03:57	05:02	09:28	05:52	06:04	05:52	05:04	05:49	07:24	05:50	05:04	08:27:15	05:38
46	27	Sports F	Fem.	05:05	05:19	05:00	06:09	04:53	05:32	07:39	07:04	06:35	05:17	05:48	05:15	05:49	05:06	05:47	08:31:59	05:41
47	57	HP Sports Sorokotoko Runners	T.Masc	04:52	05:01	04:57	05:31	04:34	05:27	07:45	06:44	06:06	05:24	06:13	05:59	05:27	06:16	06:35	08:33:07	05:42
48	9	Academia Cia do Corpo	Aberta	04:19	04:49	04:52	06:18	04:49	07:28	06:39	06:56	07:17	05:12	05:54	07:01	05:29	04:46	04:39	08:35:43	05:44
49	29	Gatas Ligeiras	Femi.	05:33	05:24	04:51	06:10	04:29	05:20	08:40	07:38	05:48	05:25	05:29	05:14	06:30	04:54	05:57	08:37:09	05:45
50	13	JUDISPORTE 1	Aberta	05:11	05:12	05:07	05:28	04:28	06:02	08:31	06:46	07:15	04:57	06:36	05:46	05:39	04:56	05:09	08:37:45	05:45
51	30	Tigre em Ação Rosa	Fem.	05:16	05:29	04:42	05:56	04:41	05:45	08:39	08:14	05:39	05:10	05:57	05:48	05:30	06:03	05:17	08:41:55	05:48
52	22	JUDISPORTE 3	Ab.Mista	04:10	04:51	05:08	05:35	05:26	05:22	20:30	06:04	06:45	04:56	06:24	05:08	04:44	05:51	05:14	08:45:24	05:50
53	69	Cia Athletica 2	T.Fem	04:52	05:16	04:44	05:53	05:46	05:20	08:33	07:28	05:59	06:02	06:33	05:23	05:52	06:17	05:38	08:47:24	05:52
54	26	Tartarugas	Ab.Mista	05:14	04:35	04:57	06:04	05:57	06:03	07:59	06:46	07:00	04:46	07:28	06:08	05:53	04:48	05:33	08:47:34	05:52
55	56	BPM 4	T.Masc	05:26	05:18	04:41	06:46	04:51	05:09	10:13	06:35	06:00	06:31	06:09	05:01	07:48	05:43	05:39	08:55:52	05:57
56	28	BPM Mulher	Fem.	05:03	05:21	05:09	06:21	05:58	05:11	07:46	07:27	06:30	05:57	08:02	05:16	06:01	05:00	05:30	08:57:59	05:59
57	20	Ilha Esportes Assessoria	Ab.Mista	05:02	05:34	05:34	05:53	05:14	05:25	09:05	07:58	06:04	04:50	06:26	05:18	07:37	05:36	05:56	08:59:05	05:59
58	72	Daniel Mayer	Indiv.	04:37	04:53	04:56	05:32	04:48	05:08	07:01	06:42	06:39	06:03	07:36	07:08	07:16	05:55	06:22	09:00:19	06:00
59	75	Débora Aparecida de Simas - MEGA	Indiv.	04:36	04:54	04:55	05:55	05:18	05:39	09:02	07:08	07:03	06:36	06:49	05:53	06:26	06:11	06:33	09:05:10	06:03
60	25	Rock'n'Run	Ab.Mista	05:08	04:13	06:36	06:09	04:22	06:54	08:22	05:53	08:43	05:34	05:48	07:45	06:10	05:03	05:53	09:08:07	06:05
61	66	HP Sports Galax Trio	Trio Misto	04:53	04:52	05:53	05:47	04:37	06:27	09:05	06:56	08:07	05:17	06:02	06:53	05:30	05:32	07:37	09:08:49	06:06
62	24	HP Sports RPC	Ab.Mista	05:18	04:11	05:45	06:19	06:32	06:59	08:39	06:17	07:25	05:46	07:33	07:05	05:38	04:18	06:15	09:12:25	06:08

Col	Nº	Equipe	Categ.	P1	P2	P3	P4	P5	P6	P7	P8	P9	P10	P11	P12	P13	P14	P15	Tempo	Ritmo geral
<b>63</b>	<b>71</b>	Aureo Adriano Silva	Indiv.	04:20	04:13	04:35	06:17	04:22	05:12	09:03	07:45	06:50	06:59	07:04	07:18	07:00	07:12	07:43	<b>09:20:56</b>	<b>06:14</b>
<b>64</b>	<b>16</b>	Cia Atlético Sétimo Elemento	Aberta	04:52	05:13	05:33	05:56	06:09	06:20	08:51	08:23	07:23	05:20	07:51	06:20	06:30	05:01	06:39	<b>09:29:08</b>	<b>06:19</b>
<b>65</b>	<b>35</b>	Energia Pura 2	Vet.	05:12	05:34	05:20	06:26	06:02	06:05	08:45	08:01	07:54	05:45	07:52	05:57	06:36	05:03	06:10	<b>09:33:18</b>	<b>06:22</b>
<b>66</b>	<b>31</b>	Tigre em Ação Pink	Fem.	05:46	04:59	05:57	06:41	05:15	07:54	10:46	06:35	07:19	05:42	06:25	07:27	06:12	04:54	06:20	<b>09:34:02</b>	<b>06:23</b>
<b>67</b>	<b>17</b>	Kaizen	Aberta	05:15	04:55	05:14	07:23	06:07	06:29	08:53	07:05	07:36	06:57	07:24	07:18	05:23	06:04	07:59	<b>09:46:08</b>	<b>06:31</b>
<b>68</b>	<b>68</b>	42K Trio Feminino	T. Fem	04:57	05:03	05:27	05:28	05:42	05:48	09:09	09:18	07:24	05:35	08:14	06:03	06:40	09:34	06:14	<b>09:52:52</b>	<b>06:35</b>
<b>69</b>	<b>74</b>	Alisson T. Pereira - Cia Atlético	Indiv.	05:24	05:35			06:31	06:02	09:50	08:50	08:04	06:59	07:04	05:40	06:32	06:58	05:51	<b>09:58:14</b>	<b>06:39</b>
<b>70</b>	<b>37</b>	Eldimir Muller Filho - HP Sports	Indiv.	05:24	05:35	05:38	06:33	06:33	06:01	09:50	08:51	08:03	07:03	07:07	06:40	06:54	06:44	07:19	<b>10:13:32</b>	<b>06:49</b>
<b>71</b>	<b>32</b>	Glamurosas	Fem.	05:49	05:46	05:52	06:48	06:23	06:14	09:56	09:09	07:27	05:49	08:06	06:27	06:47	07:52	06:58	<b>10:20:10</b>	<b>06:53</b>
<b>72</b>	<b>70</b>	André Manoel Machado	Indiv.	04:50	04:59	05:21	07:29	05:37	06:46	13:20	09:56									
<b>73</b>	<b>73</b>	Juraci Pereira da Silva	Indiv.	04:20	04:14	04:42	06:39	04:41	05:50	12:12	09:10	10:41	08:54	07:27	07:03	06:32				