

7º Revezamento de São Francisco do Sul - 14/08/2010

Ritmo (min/km)

Nº	Categoria	Equipe	P1	P2	P3	P4	P5	P6	P7	P8	P9	P10	P11	P12	P13	P14	P15	Media
58	T.Masc	Companhia da Corrida ASICS - Trio	03:05	03:22	03:21	03:36	03:15	03:35	05:21	05:07	04:36	03:56	03:59	03:24	04:11	03:25	03:27	03:47
65	T.Masc	Furukawa Gigalan	03:25	03:18	03:29	03:50	03:17	04:02	06:01	04:42	04:56	04:26	03:43	03:48	04:23	03:13	04:08	03:57
59	T.Masc	Run4Fun Start	03:26	03:30	03:38	03:48	03:25	03:54	05:37	04:58	05:10	03:58	03:54	03:39	04:09	03:26	04:02	03:58
3	Aberta	Idaten 2	03:07	03:34	03:37	03:56	03:32	04:28	06:22	05:20	04:57	04:03	04:04	04:18	04:06	03:45	04:08	04:06
60	T.Masc	Rastro	03:32	03:36	03:52	03:52	03:26	04:12	05:23	05:14	05:51	04:24	04:04	03:59	04:24	03:37	04:58	04:12
63	T.Masc	V8 Assessoria Esportiva - Trio Masc	03:37	03:41	03:36	04:00	03:23	03:52	05:33	05:56	05:43	04:08	04:23	03:34	04:25	03:59	04:25	04:13
1	Aberta	Tribo do Esporte	03:47	03:40	03:45	04:49	03:30	04:03	05:33	05:45	05:06	04:52	03:53	03:40	04:20	03:35	04:09	04:13
67	T.Masc	Petrobás Paraná	03:27	03:34	04:06	04:00	03:29	04:20	05:32	06:02	05:53	04:17	03:55	03:58	04:10	03:38	04:34	04:16
64	T.Masc	BPM Assessoria Esportiva - Trio I	03:46	03:30	03:56	04:18	03:36	04:04	06:01	05:55	05:00	04:17	04:18	04:04	04:20	03:50	04:36	04:17
61	T.Masc	Fil Doll - By Digo	03:31	03:35	03:46	04:11	03:20	04:07	-	-	05:30	04:34	04:05	04:06	04:32	04:14	04:21	04:21
69	T.Masc	Cia Atletica / Viva Esporte	03:55	03:29	03:47	04:20	03:20	04:07	06:44	05:09	05:45	05:07	04:15	04:01	04:40	03:51	04:34	04:23
68	T.Masc	Fit Batel	03:57	03:54	03:58	04:21	03:39	04:11	06:23	05:38	05:10	04:53	04:19	03:49	05:00	03:51	04:28	04:25
47	Vet.	Petrobás Paraná	03:42	03:33	04:02	04:34	04:03	04:03	06:36	05:29	06:14	05:15	04:43	03:50	04:28	03:32	03:59	04:26
66	T.Masc	Tigre em Ação - Marron	03:54	03:51	04:17	04:36	03:40	04:37	06:16	05:31	06:09	04:57	04:07	04:15	04:45	03:42	05:17	04:34
19	A.Mista	Energia Pura M	03:42	03:27	04:28	04:55	04:25	04:54	05:41	04:55	06:25	05:09	05:09	04:29	04:24	03:19	04:48	04:36
6	Aberta	Equipe Belem	03:51	04:30	03:38	04:28	04:17	04:42	06:05	06:54	04:34	04:32	05:07	04:10	04:39	03:34	05:26	04:37
7	Aberta	Runners Team Ricardo Sardá	04:05	03:49	04:23	04:44	03:54	04:54	05:47	05:20	06:24	05:27	04:19	04:25	04:25	04:05	04:12	04:38
83	T.Misto	Hermes / Trainer	04:07	04:15	03:53	04:54	05:01	03:26	06:40	06:33	06:02	04:58	04:37	03:55	04:49	04:09	04:32	04:42
62	T.Masc	Judisporte Trio	04:09	03:54	03:58	04:37	03:48	04:22	07:30	05:35	05:47	05:13	05:06	04:07	05:16	04:45	04:40	04:44
48	Vet.	Bela Vista - RBSTV	03:55	04:08	04:42	04:23	04:36	04:36	06:19	06:17	05:42	05:15	05:17	04:33	04:31	04:19	04:40	04:49
73	T.Masc	BPM Assessoria Esportiva - Trio II	04:06	04:18	04:14	04:30	04:09	04:14	06:53	06:32	05:41	05:02	04:49	04:22	05:54	04:11	05:04	04:51
20	A.Mista	Mega Imperatriz Jan - Fenix	04:05	04:07	04:23	04:42	03:59	05:29	06:34	06:27	06:18	04:57	04:31	05:02	04:59	04:20	04:29	04:53
8	Aberta	Natatorium	04:04	04:01	04:07	04:45	04:54	04:32	06:19	06:20	06:24	05:35	05:47	04:10	04:44	04:29	04:40	04:55
5	Aberta	Phisic Running / Adidas / Marcelo S.1	04:34	04:23	04:06	05:00	04:42	04:45	07:00	07:09	05:20	05:06	05:09	04:29	04:42	04:22	04:58	04:58
15	Aberta	Tigre em Ação - Azul	04:21	04:09	04:29	05:12	04:03	04:50	07:20	06:19	06:40	05:28	04:29	04:30	05:05	04:38	04:52	05:00
72	T.Masc	Run&Fun Ericsson	04:17	03:47	04:41	04:50	03:37	05:04	07:39	06:04	07:03	06:00	04:11	05:05	05:06	03:55	05:45	05:02
4	Aberta	Urapazi	04:11	04:28	04:18	05:08	04:09	04:15	07:06	07:44	05:26	05:37	04:44	05:15	05:13	04:35	04:24	05:02
11	Aberta	V8 Assessoria Esportiva - Os Guris	03:41	04:51	04:06	04:34	04:29	05:37	05:51	07:59	05:53	05:21	05:13	05:33	04:39	04:08	04:07	05:04
40	Fem.	Corredores do Terral	04:12	04:05	04:45	05:34	04:41	04:53	07:01	06:08	06:41	05:50	05:35	04:31	04:55	04:01	05:14	05:06
12	Aberta	Academia Cia do Corpo	04:16	04:04	04:51	05:30	04:32	04:45	07:32	06:35	06:13	05:44	05:06	04:35	05:25	04:21	05:18	05:08
78	T.Masc	View Finder	04:26	04:31	04:26	05:21	04:24	04:36	07:25	07:41	05:25	05:36	05:30	04:16	05:08	05:26	04:53	05:10
10	Aberta	Circulo Militar do Paraná	04:33	04:15	04:52	04:50	04:49	04:48	08:25	06:43	06:39	04:59	05:27	04:31	05:10	04:30	05:35	05:12

Ritmo (min/km)																		
Nº	Categoria	Equipe	P1	P2	P3	P4	P5	P6	P7	P8	P9	P10	P11	P12	P13	P14	P15	Media
84	Trio Misto	Furukawa	04:17	04:22	04:26	05:02	04:09	04:48	07:03	06:53	06:25	05:47	05:18	04:40	05:25	05:05	05:43	05:12
54	Francisq.	Nativos da Ilha II	04:26	04:16	04:40	05:14	04:13	04:41	06:43	06:18	06:57	06:07	04:56	04:24	05:54	04:26	06:10	05:12
9	Aberta	Ao Extremo Runners	04:04	05:17	04:18	04:30	04:53	04:59	06:12	07:51	05:50	06:45	04:55	04:04	06:05	04:29	04:30	05:14
49	Vet.	Veterana Trainer	04:47	04:42	04:14	04:53	04:30	05:20	08:20	07:52	06:26	05:01	05:14	04:47	05:26	04:13	05:03	05:18
91	T.Fem	BPM Assessoria Esportiva - W I	04:18	04:58	04:26	04:58	04:32	04:43	07:01	07:55	06:22	05:29	05:33	04:38	05:13	05:15	05:30	05:19
52	Francisq.	Arcelor Mittal Veja II	04:59	04:30	04:29	04:45	04:55	05:19	08:00	06:57	06:39	05:16	05:36	05:14	05:53	04:20	04:46	05:22
18	Aberta	Tigre em Ação - Laranja	04:32	04:46	04:27	05:12	04:46	05:12	07:39	07:33	06:11	05:20	05:44	04:39	05:59	05:12	04:42	05:22
90	T.Misto	Cia Atletica MIR	04:36	05:16	04:15	05:02	04:44	04:23	07:33	07:50	05:58	05:47	05:49	04:31	06:01	05:33	04:31	05:24
29	A.Mista	I Run, Man!	05:00	04:17	05:30	05:33	04:50	03:46	08:24	07:06	06:59	06:26	05:24	03:44	06:25	04:40	04:23	05:24
22	A.Mista	Itapema Runners	04:23	04:20	04:19	05:40	05:56	05:42	06:32	06:29	06:34	06:12	06:57	04:58	05:05	04:10	04:57	05:24
26	A.Mista	Phisic Running / Adidas / Marcelo S. 2	04:02	04:16	05:40	05:23	05:19	05:47	06:34	05:51	07:43	05:42	06:02	05:21	05:36	04:12	05:23	05:26
76	T.Masc	Run4Fun Mizuno	04:36	05:22	04:34	05:08	05:00	04:38	08:41	07:54	06:19	05:22	05:41	04:17	05:31	05:25	05:02	05:27
89	T.Misto	HP Sports Assessoria Esportiva III	04:18	04:49	04:49	04:47	04:29	05:08	07:51	08:12	07:20	05:25	05:19	05:13	05:10	05:06	05:44	05:30
92	T.Fem	Academia R2	05:01	04:29	04:12	05:55	04:17	04:39	08:46	07:26	07:00	06:53	05:12	04:28	06:04	04:38	05:05	05:30
75	T.Masc	Renegados Tean	04:53	03:49	04:49	05:47	03:36	05:37	08:09	06:12	08:39	06:26	04:17	05:26	06:08	04:13	06:06	05:30
13	Aberta	Portonave 1	03:52	03:03	06:46	06:22	04:40	05:29	06:16	05:52	09:20	07:07	05:25	05:24	04:38	03:41	06:16	05:30
24	A.Mista	Democratas Runner - Strider Mista	04:21	03:52	04:37	06:36	05:20	06:34	07:10	06:14	07:25	06:31	06:14	06:03	05:05	03:45	04:53	05:32
50	Vet.	Furukawa Itmax	05:22	04:24	04:49	05:08	04:37	05:36	08:33	07:18	07:05	05:58	05:12	05:06	05:12	05:02	05:13	05:33
25	A.Mista	Archiprima	05:56	03:59	04:57	05:34	05:00	05:15	09:27	06:08	07:14	06:06	05:49	04:52	04:40	04:53	05:45	05:34
16	Aberta	Furukawa Green It	05:04	04:58	04:35	05:19	04:33	05:39	07:41	08:13	06:45	05:22	05:07	05:19	05:50	04:42	05:15	05:34
94	T.Fem	Run4Fun Mizuno II	04:26	04:55	05:00	05:15	04:45	05:17	07:52	08:33	07:11	05:33	05:24	05:03	05:22	05:13	05:37	05:36
34	A.Mista	4Run B	04:25	04:27	04:44	06:25	05:38	06:05	06:38	06:56	06:55	06:46	06:04	05:49	05:16	04:27	05:31	05:39
86	T.Misto	Callac	05:28	04:28	04:55	05:51	04:13	04:49	10:40	06:57	06:37	07:48	05:05	04:35	05:33	04:37	05:52	05:40
28	A.Mista	BPM Assessoria Esportiva - Seis	04:26	04:58	04:44	05:50	06:03	06:19	07:09	06:43	06:29	05:41	06:07	06:08	05:55	04:27	05:41	05:40
23	A.Mista	A Fitnes Floripa	05:01	04:43	05:41	04:38	04:24	06:49	08:16	07:12	08:25	04:44	04:42	06:28	05:32	04:23	05:02	05:40
70	T.Masc	Power Trio	03:52	03:38	04:01	04:42	03:28	04:20	05:55	05:44	05:54	04:18	04:07	04:33	04:28	03:41	04:49	05:41
43	Fem	Amigas Corredoras	04:50	04:29	05:03	05:14	05:12	05:24	10:55	07:13	07:24	06:05	06:09	04:55	05:54	04:21	05:24	05:42
55	Francisq	Nativos da Ilha I	-	-	05:25	04:16	05:20	05:33	06:17	08:55	08:39	04:57	07:02	04:43	04:57	04:19	04:55	05:43
93	T.Fem	LAA Trainer	04:40	04:44	04:58	05:28	04:38	05:35	07:49	07:48	07:32	05:52	05:38	05:36	05:30	05:47	05:37	05:43
30	A.Mista	4Run A	04:26	04:36	05:33	06:36	05:52	05:04	07:18	07:34	06:48	06:57	07:13	04:42	04:58	04:30	05:21	05:44
80	T.Masc	SINPRF/PR - TRIO I	04:31	04:22	04:41	05:43	04:21	05:19	08:55	07:18	07:16	06:07	05:27	05:35	06:37	05:57	06:21	05:44
71	T.Masc	Subway Runners Team	04:23	04:39	04:31	05:42	04:37	05:55	06:29	07:16	07:16	06:00	05:24	04:50	06:35	05:04	06:08	05:44
14	Aberta	Energia Pura 2	04:32	04:39	04:49	05:39	06:00	06:02	07:05	07:45	06:51	06:14	06:51	05:48	05:21	04:33	04:53	05:44

Ritmo (min/km)																		
Nº	Categoria	Equipe	P1	P2	P3	P4	P5	P6	P7	P8	P9	P10	P11	P12	P13	P14	P15	Media
45	Fem	Gatas Ligeiras	05:22	04:38	05:40	05:46	04:47	05:14	07:42	07:22	07:40	05:55	05:22	04:51	06:23	05:11	05:45	05:46
87	T.Misto	HP Sports Assessoria Esportiva II	04:32	04:46	05:05	05:10	04:46	06:35	07:58	08:10	07:50	05:41	05:27	05:20	05:28	06:08	05:29	05:48
41	Fem	Garotas da Trainer	04:46	05:12	05:11	05:14	05:33	05:27	07:44	08:13	07:20	06:06	06:21	04:59	05:20	04:07	06:57	05:49
44	Fem	Energia Pura 3	05:11	04:33	05:32	05:53	04:36	05:45	08:09	07:34	08:20	06:31	05:13	05:14	05:56	04:42	06:13	05:50
85	T.Misto	Cia Atletica PPS	04:56	04:49	05:35	04:40	04:39	05:28	08:28	08:47	07:33	05:59	05:36	05:43	05:33	05:13	06:10	05:51
42	Fem	Tigre em Ação - Rosa	04:57	05:25	04:49	05:29	05:07	06:01	07:56	06:55	07:28	06:38	05:51	05:41	05:34	05:46	05:30	05:52
79	T.Masc	HP Sport Sorokotoko Runners	04:59	04:40	04:48	05:45	04:34	05:00	09:48	07:54	-	-	06:10	05:00	06:26	05:26	05:56	05:53
82	T.Masc	42k Power Racing Team	04:59	04:46	05:07	05:33	03:26	06:27	09:19	07:48	07:51	06:57	05:19	05:16	06:09	05:26	06:18	05:56
31	A.Mista	Archprima 2	05:21	05:27	04:26	05:16	05:14	06:36	08:31	08:37	07:01	06:27	06:01	06:04	06:10	04:33	04:46	06:00
97	T.Fem	BPM Assessoria Esportiva - W III	05:24	05:19	04:57	05:59	04:56	05:56	09:09	08:10	07:36	06:13	05:55	05:24	05:56	05:11	05:29	06:00
27	A.Mista	Academia Cia do Corpo I	04:42	04:59	04:59	05:19	06:11	06:33	07:13	08:32	07:53	05:47	07:27	05:45	06:02	04:52	04:59	06:02
21	A.Mista	Ultimo Minuto	04:21	04:39	05:16	05:57	05:20	06:02	06:38	07:34	09:11	06:47	06:09	05:25	05:30	04:02	06:20	06:04
33	A.Mista	Os Pernas	05:55	05:07	03:58	06:19	05:45	05:16	09:13	09:24	05:41	06:45	05:00	05:52	06:13	05:45	06:57	06:04
74	T.Masc	Bergus Trainer	04:39	04:12	05:42	05:23	05:12	06:37	07:30	06:54	10:54	06:03	04:37	05:37	05:41	04:27	06:16	06:04
96	T.Fem	Democratas Runner - Strider Trio	05:34	04:47	04:59	06:22	04:40	05:48	09:08	08:01	07:44	06:52	05:26	05:30	06:41	05:09	06:01	06:04
46	Fem	Phisic Running / Adidas / Marcelo S.3	04:58	04:54	05:19	06:24	05:37	06:39	07:06	07:57	07:52	06:41	06:27	06:15	06:23	04:41	06:26	06:11
36	A.Mista	SINPRF/PR	05:00	05:22	04:38	06:31	05:40	05:39	07:35	09:01	07:41	08:01	06:42	05:02	05:27	05:30	05:40	06:11
53	Francisq	Arcelor Mittal Veja I	05:55	04:54	04:56	05:08	05:48	08:49	10:34	08:28	07:51	05:41	06:01	05:09	06:25	04:39	05:40	06:14
17	Aberta	Judisporte	06:36	05:45	05:04	05:41	05:22	05:29	09:16	08:30	07:03	06:12	06:24	04:58	06:37	05:56	05:38	06:14
51	Vet.	Energia Pura I	04:41	05:19	05:24	06:33	05:08	06:15	10:15	09:20	06:41	07:08	05:54	05:44	05:56	05:18	06:47	06:14
38	A.Mista	Tartarugas	04:48	06:05	05:18	06:23	04:52	06:42	09:02	10:21	06:52	05:58	05:29	06:07	05:17	06:21	05:52	06:15
88	T.Misto	Agua Doce Blumenau	04:18	07:08	04:29	04:38	07:01	05:06	07:10	13:24	06:44	04:42	08:40	04:57	05:05	05:02	05:03	06:16
37	A.Mista	KV Empreendimentos	04:43	05:14	04:33	06:33	05:36	07:38	08:45	08:37	06:49	06:52	06:55	07:21	05:31	05:23	05:14	06:16
35	A.Mista	Portonave 2	04:36	04:57	04:45	06:35	06:35	05:33	07:59	09:29	07:41	07:41	09:12	05:12	05:17	04:59	05:24	06:19
39	A.Mista	Portonave 3	04:48	04:20	05:39	05:34	06:14	06:27	07:46	06:55	07:51	06:11	07:58	06:54	05:22	07:36	07:37	06:20
98	T.Fem	BPM Assessoria Esportiva - W II	04:55	05:10	06:03	05:26	05:09	06:38	07:09	09:00	09:51	06:33	05:53	06:38	05:39	06:48	05:47	06:25
77	T.Masc	MEGA Men	05:12	05:38	05:35	05:51	06:00	05:40	10:05	09:42	07:39	-	-	-	-	-	-	