

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

Nr. da Equipe	Col. Geral	Col. Cat.		Ponto	Hora	Tempo de Prova	Tempo Trecho	Min/Km
1	5	1	GRAN CURSOS / FREE CORNER ABERTA - OCTETO	Concha Acústica	8:34:14.4	30:14.4	30:14.4	3:13.0
				C.O.	8:56:23.2	52:23.2	22:08.8	3:09.8
				Câmara Legislativa	9:22:16.5	1:18:16.5	25:53.3	3:48.4
				Parque Lago Norte	9:37:02.0	1:33:02.0	14:45.5	3:41.4
				Clube do Congresso	10:08:06.1	2:04:06.1	31:04.1	3:12.2
				Deck Norte	10:35:11.7	2:31:11.7	27:05.6	3:13.5
				Piscinão	11:03:22.6	2:59:22.6	28:10.9	3:23.7
				Parque Paranoá	11:30:20.0	3:26:20.0	26:57.4	3:32.8
				Ermida Dom Bosco	11:52:22.1	3:48:22.1	22:02.1	3:40.4
				Ponte JK	12:19:32.4	4:15:32.4	27:10.3	3:37.4
				Igreja	12:47:39.0	4:43:39.0	28:06.6	3:30.8
				Pontão	12:58:43.0	4:54:43.0	11:04.0	3:34.2
				L2 Sul	13:25:52.7	5:21:52.7	27:09.7	3:23.7
Chegada	13:47:06.4	5:43:06.4	21:13.7	3:25.4				
3	36	3	TOP SPORTS QUARTETO ABERTA - QUARTETO MISTO	Concha Acústica	8:43:10.9	39:10.9	39:10.9	4:10.1
				C.O.	9:10:19.3	1:06:19.3	27:08.4	3:52.6
				Câmara Legislativa	9:40:38.9	1:36:38.9	30:19.6	4:27.6
				Parque Lago Norte	10:02:29.0	1:58:29.0	21:50.1	5:27.5
				Clube do Congresso	10:47:25.6	2:43:25.6	44:56.6	4:38.0
				Deck Norte	11:20:16.3	3:16:16.3	32:50.7	3:54.6
				Piscinão	12:03:55.4	3:59:55.4	43:39.1	5:15.6
				Parque Paranoá	12:46:36.0	4:42:36.0	42:40.6	5:36.9
				Ermida Dom Bosco	13:11:21.5	5:07:21.5	24:45.5	4:07.6
				Ponte JK	13:52:25.9	5:48:25.9	41:04.4	5:28.6
				Igreja	14:37:53.0	6:33:53.0	45:27.1	5:40.9
				Pontão	14:52:05.7	6:48:05.7	14:12.7	4:35.1
				L2 Sul	15:26:09.7	7:22:09.7	34:04.0	4:15.5
Chegada	15:57:38.2	7:53:38.2	31:28.5	5:04.6				
4	6	2	POUPEX - SUPERCEI - A. DALMO RIBEIRO - I ABERTA - OCTETO	Concha Acústica	8:34:16.3	30:16.3	30:16.3	3:13.2
				C.O.	8:57:12.5	53:12.5	22:56.2	3:16.6
				Câmara Legislativa	9:22:18.2	1:18:18.2	25:05.7	3:41.4
				Parque Lago Norte	9:37:48.0	1:33:48.0	15:29.8	3:52.5
				Clube do Congresso	10:09:17.0	2:05:17.0	31:29.0	3:14.7
				Deck Norte	10:36:07.4	2:32:07.4	26:50.4	3:11.7
				Piscinão	11:05:08.8	3:01:08.8	29:01.4	3:29.8

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

Posição	Tempo	Volta	Equipe	Trecho	Tempo	Tempo	Tempo	Tempo
				Parque Paranoá	11:32:20.0	3:28:20.0	27:11.2	3:34.6
				Ermida Dom Bosco	11:55:51.3	3:51:51.3	23:31.3	3:55.2
				Ponte JK	12:22:23.2	4:18:23.2	26:31.9	3:32.3
				Igreja	12:48:55.0	4:44:55.0	26:31.8	3:18.*
				Pontão	13:00:07.2	4:56:07.2	11:12.2	3:36.8
				L2 Sul	13:28:36.1	5:24:36.1	28:28.9	3:33.6
				Chegada	13:51:15.0	5:47:15.0	22:38.9	3:39.2
5	16	2	V8.ABC.DITEC.CETEN ABERTA - DUPLA	Concha Acústica	8:39:07.8	35:07.8	35:07.8	3:44.2
				C.O.	9:05:39.6	1:01:39.6	26:31.8	3:47.4
				Câmara Legislativa	9:32:55.4	1:28:55.4	27:15.8	4:00.6
				Parque Lago Norte	9:48:43.0	1:44:43.0	15:47.6	3:56.9
				Clube do Congresso	10:27:51.7	2:23:51.7	39:08.7	4:02.1
				Deck Norte	11:00:13.6	2:56:13.6	32:21.9	3:51.2
				Piscinão	11:37:01.9	3:33:01.9	36:48.3	4:26.1
				Parque Paranoá	12:09:31.0	4:05:31.0	32:29.1	4:16.5
				Ermida Dom Bosco	12:36:30.6	4:32:30.6	26:59.6	4:29.9
				Ponte JK	13:11:33.5	5:07:33.5	35:02.9	4:40.4
				Igreja	13:49:31.0	5:45:31.0	37:57.5	4:44.7
				Pontão	14:02:35.8	5:58:35.8	13:04.8	4:13.2
				L2 Sul	14:40:46.6	6:36:46.6	38:10.8	4:46.4
				Chegada	15:08:35.5	7:04:35.5	27:48.9	4:29.2
50	22	2	AERONAUTICA-COPAC POLICIAL/MILITAR	Concha Acústica	7:33:09.5	31:09.5	31:09.5	3:18.9
				C.O.	8:11:40.4	1:09:40.4	38:30.9	5:30.1
				Câmara Legislativa	8:39:30.5	1:37:30.5	27:50.1	4:05.6
				Parque Lago Norte	9:02:17.0	2:00:17.0	22:46.5	5:41.6
				Clube do Congresso	9:49:11.9	2:47:11.9	46:54.9	4:50.2
				Deck Norte	10:23:55.9	3:21:55.9	34:44.0	4:08.1
				Piscinão	10:59:15.3	3:57:15.3	35:19.4	4:15.3
				Parque Paranoá	11:32:43.0	4:30:43.0	33:27.7	4:24.2
				Ermida Dom Bosco	11:55:54.3	4:53:54.3	23:11.3	3:51.9
				Ponte JK	12:30:32.6	5:28:32.6	34:38.3	4:37.1
				Igreja	13:04:43.0	6:02:43.0	34:10.4	4:16.3
				Pontão	13:22:09.3	6:20:09.3	17:26.3	5:37.5
				L2 Sul	13:57:48.8	6:55:48.8	35:39.5	4:27.4
				Chegada	14:23:39.0	7:21:39.0	25:50.2	4:10.0
51	10	1	OS PEDIVELA ABERTA - QUARTETO MASCULINO	Concha Acústica	7:29:36.4	27:36.4	27:36.4	2:56.2
				C.O.	7:55:59.5	53:59.5	26:23.1	3:46.2

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				Câmara Legislativa	8:22:49.4	1:20:49.4	26:49.9	3:56.8
				Parque Lago Norte	8:38:53.0	1:36:53.0	16:03.6	4:00.9
				Clube do Congresso	9:20:16.6	2:18:16.6	41:23.6	4:16.0
				Deck Norte	9:51:25.7	2:49:25.7	31:09.1	3:42.5
				Piscinão	10:24:23.3	3:22:23.3	32:57.6	3:58.3
				Parque Paranoá	10:55:49.0	3:53:49.0	31:25.7	4:08.1
				Ermida Dom Bosco	11:19:50.0	4:17:50.0	24:01.0	4:00.2
				Ponte JK	11:51:50.4	4:49:50.4	32:00.4	4:16.1
				Igreja	12:24:20.0	5:22:20.0	32:29.6	4:03.7
				Pontão	12:35:47.0	5:33:47.0	11:27.0	3:41.6
				L2 Sul	13:08:40.2	6:06:40.2	32:53.2	4:06.7
				Chegada	13:34:10.9	6:32:10.9	25:30.7	4:06.9
52	97	39	SR. PITEC ABERTA - OCTETO	Concha Acústica	7:38:39.9	36:39.9	36:39.9	3:54.0
				C.O.	8:14:38.7	1:12:38.7	35:58.8	5:08.4
				Câmara Legislativa	8:46:52.5	1:44:52.5	32:13.8	4:44.4
				Parque Lago Norte	00.0			
				Clube do Congresso				
				Deck Norte				
				Piscinão				
				Parque Paranoá	12:13:13.0	5:11:13.0	12:13:13.0	1:36:28.6
				Ermida Dom Bosco	12:42:55.0	5:40:55.0	29:42.0	4:57.0
				Ponte JK	13:24:06.7	6:22:06.7	41:11.7	5:29.6
				Igreja	14:08:34.0	7:06:34.0	44:27.3	5:33.4
				Pontão	14:24:30.6	7:22:30.6	15:56.6	5:08.6
				L2 Sul	15:08:05.1	8:06:05.1	43:34.5	5:26.8
				Chegada	15:39:53.2	8:37:53.2	31:48.1	5:07.8
53	39	2	ZEROMEIAUM ABERTA - SEXTETO	Concha Acústica	7:34:23.8	32:23.8	32:23.8	3:26.8
				C.O.	8:04:04.6	1:02:04.6	29:40.8	4:14.4
				Câmara Legislativa	8:37:53.5	1:35:53.5	33:48.9	4:58.4
				Parque Lago Norte	9:03:03.0	2:01:03.0	25:09.5	6:17.4
				Clube do Congresso	9:45:11.5	2:43:11.5	42:08.5	4:20.7
				Deck Norte	10:24:20.6	3:22:20.6	39:09.1	4:39.7
				Piscinão	11:01:05.7	3:59:05.7	36:45.1	4:25.7
				Parque Paranoá	11:40:06.0	4:38:06.0	39:00.3	5:07.9
				Ermida Dom Bosco	12:07:00.8	5:05:00.8	26:54.8	4:29.1
				Ponte JK	12:43:35.2	5:41:35.2	36:34.4	4:52.6
				Igreja	13:23:00.0	6:21:00.0	39:24.8	4:55.6
				Pontão	13:40:56.0	6:38:56.0	17:56.0	5:47.1

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				L2 Sul	14:17:38.9	7:15:38.9	36:42.9	4:35.4
				Chegada	14:50:25.7	7:48:25.7	32:46.8	5:17.2
54	12	1	ZEROMEIAUM.NET ABERTA - QUARTETO MISTO	Concha Acústica	7:29:38.3	27:38.3	27:38.3	2:56.4
				C.O.	7:54:32.9	52:32.9	24:54.6	3:33.5
				Câmara Legislativa	8:25:26.8	1:23:26.8	30:53.9	4:32.6
				Parque Lago Norte	8:41:13.0	1:39:13.0	15:46.2	3:56.6
				Clube do Congresso	9:21:33.2	2:19:33.2	40:20.2	4:09.5
				Deck Norte	9:51:40.2	2:49:40.2	30:07.0	3:35.1
				Piscinão	10:30:42.7	3:28:42.7	39:02.5	4:42.2
				Parque Paranoá	11:04:43.0	4:02:43.0	34:00.3	4:28.5
				Ermida Dom Bosco	11:26:20.5	4:24:20.5	21:37.5	3:36.3
				Ponte JK	11:56:24.6	4:54:24.6	30:04.1	4:00.5
				Igreja	12:32:59.0	5:30:59.0	36:34.4	4:34.3
				Pontão	12:44:47.0	5:42:47.0	11:48.0	3:48.4
				L2 Sul	13:19:52.2	6:17:52.2	35:05.2	4:23.2
				Chegada	13:44:57.5	6:42:57.5	25:05.3	4:02.8
55	123	56	PAPA-LEGUAS DO PLANALTO ABERTA - OCTETO	Concha Acústica	7:35:43.2	33:43.2	33:43.2	3:35.2
				C.O.	8:15:22.0	1:13:22.0	39:38.8	5:39.8
				Câmara Legislativa	8:48:16.4	1:46:16.4	32:54.4	4:50.4
				Parque Lago Norte	9:16:13.0	2:14:13.0	27:56.6	6:59.2
				Clube do Congresso	10:02:13.4	3:00:13.4	46:00.4	4:44.6
				Deck Norte	10:48:29.9	3:46:29.9	46:16.5	5:30.5
				Piscinão	11:40:34.2	4:38:34.2	52:04.3	6:16.4
				Parque Paranoá	12:27:47.0	5:25:47.0	47:12.8	6:12.7
				Ermida Dom Bosco	12:59:07.9	5:57:07.9	31:20.9	5:13.5
				Ponte JK	13:36:54.0	6:34:54.0	37:46.1	5:02.1
				Igreja	14:15:20.0	7:13:20.0	38:26.0	4:48.3
				Pontão	14:32:34.2	7:30:34.2	17:14.2	5:33.6
				L2 Sul	15:11:15.2	8:09:15.2	38:41.0	4:50.1
				Chegada	15:53:59.8	8:51:59.8	42:44.6	6:53.6
56	11	2	ASES - ASSOCIACAO DOS EMPREGADOS DO SERP ABERTA - QUARTETO MASCULINO	Concha Acústica	7:29:31.2	27:31.2	27:31.2	2:55.7
				C.O.	7:56:06.9	54:06.9	26:35.7	3:47.*
				Câmara Legislativa	8:24:10.4	1:22:10.4	28:03.5	4:07.6
				Parque Lago Norte	8:40:05.0	1:38:05.0	15:54.6	3:58.7
				Clube do Congresso	9:19:43.0	2:17:43.0	39:38.0	4:05.2
				Deck Norte	9:48:46.6	2:46:46.6	29:03.6	3:27.6
				Piscinão	10:23:53.6	3:21:53.6	35:07.0	4:13.9

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				Parque Paranoá	10:57:23.0	3:55:23.0	33:29.4	4:24.4
				Ermida Dom Bosco	11:22:27.0	4:20:27.0	25:04.0	4:10.7
				Ponte JK	11:57:32.4	4:55:32.4	35:05.4	4:40.7
				Igreja	12:27:50.0	5:25:50.0	30:17.6	3:47.2
				Pontão	12:39:58.7	5:37:58.7	12:08.7	3:55.1
				L2 Sul	13:15:07.8	6:13:07.8	35:09.1	4:23.6
				Chegada	13:40:46.4	6:38:46.4	25:38.6	4:08.2
57	80	28	UNIQUE - KAIROS ABERTA - OCTETO	Concha Acústica	7:33:11.3	31:11.3	31:11.3	3:19.1
				C.O.	8:11:10.3	1:09:10.3	37:59.0	5:25.6
				Câmara Legislativa	8:46:50.8	1:44:50.8	35:40.5	5:14.8
				Parque Lago Norte	9:13:30.0	2:11:30.0	26:39.2	6:39.8
				Clube do Congresso	9:56:41.4	2:54:41.4	43:11.4	4:27.2
				Deck Norte	10:37:45.2	3:35:45.2	41:03.8	4:53.3
				Piscinão	11:19:42.0	4:17:42.0	41:56.8	5:03.2
				Parque Paranoá	11:51:25.0	4:49:25.0	31:43.0	4:10.4
				Ermida Dom Bosco	12:24:46.6	5:22:46.6	33:21.6	5:33.6
				Ponte JK	13:02:53.8	6:00:53.8	38:07.2	5:04.*
				Igreja	13:44:24.0	6:42:24.0	41:30.2	5:11.3
				Pontão	14:06:22.0	7:04:22.0	21:58.0	7:05.2
				L2 Sul	14:54:12.4	7:52:12.4	47:50.4	5:58.8
				Chegada	15:27:46.5	8:25:46.5	33:34.1	5:24.9
58	190	110	BANDA JALECO MUSICAL ABERTA - OCTETO	Concha Acústica	7:05:16.0	41:16.0	41:16.0	4:23.4
				C.O.	7:45:36.2	1:21:36.2	40:20.2	5:45.7
				Câmara Legislativa	8:19:44.3	1:55:44.3	34:08.1	5:01.2
				Parque Lago Norte	8:45:03.0	2:21:03.0	25:18.7	6:19.7
				Clube do Congresso	9:37:36.0	3:13:36.0	52:33.0	5:25.1
				Deck Norte	10:26:30.0	4:02:30.0	48:54.0	5:49.3
				Piscinão	11:11:21.7	4:47:21.7	44:51.7	5:24.3
				Parque Paranoá	11:54:05.0	5:30:05.0	42:43.3	5:37.3
				Ermida Dom Bosco	12:29:27.5	6:05:27.5	35:22.5	5:53.8
				Ponte JK	13:09:51.7	6:45:51.7	40:24.2	5:23.2
				Igreja	14:01:41.0	7:37:41.0	51:49.3	6:28.7
				Pontão	14:18:34.1	7:54:34.1	16:53.1	5:26.8
				L2 Sul	15:05:29.3	8:41:29.3	46:55.2	5:51.9
				Chegada	15:50:23.9	9:26:23.9	44:54.6	7:14.6
59	51	12	BANBAN RUNNING 4 ABERTA - QUARTETO MASCULINO	Concha Acústica	7:39:13.3	37:13.3	37:13.3	3:57.6
				C.O.	8:10:47.3	1:08:47.3	31:34.0	4:30.6

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				Câmara Legislativa	8:46:05.7	1:44:05.7	35:18.4	5:11.5
				Parque Lago Norte	9:02:15.0	2:00:15.0	16:09.3	4:02.3
				Clube do Congresso	9:47:26.4	2:45:26.4	45:11.4	4:39.5
				Deck Norte	10:24:54.1	3:22:54.1	37:27.7	4:27.6
				Piscinão	11:02:17.7	4:00:17.7	37:23.6	4:30.3
				Parque Paranoá	11:45:53.0	4:43:53.0	43:35.3	5:44.1
				Ermida Dom Bosco	12:16:29.3	5:14:29.3	30:36.3	5:06.1
				Ponte JK	12:59:17.2	5:57:17.2	42:47.9	5:42.4
				Igreja	13:36:33.0	6:34:33.0	37:15.8	4:39.5
				Pontão	13:52:17.1	6:50:17.1	15:44.1	5:04.5
				L2 Sul	14:35:54.8	7:33:54.8	43:37.7	5:27.2
				Chegada	15:08:17.5	8:06:17.5	32:22.7	5:13.3
60	169	95	RACA NA VEIA ABERTA - OCTETO	Concha Acústica	7:51:22.6	49:22.6	49:22.6	5:15.2
				C.O.	8:31:19.3	1:29:19.3	39:56.7	5:42.4
				Câmara Legislativa	9:11:15.3	2:09:15.3	39:56.0	5:52.4
				Parque Lago Norte	9:32:39.0	2:30:39.0	21:23.7	5:20.9
				Clube do Congresso	10:22:09.7	3:20:09.7	49:30.7	5:06.3
				Deck Norte	11:04:43.3	4:02:43.3	42:33.6	5:04.0
				Piscinão	11:52:00.2	4:50:00.2	47:16.9	5:41.8
				Parque Paranoá	12:34:46.0	5:32:46.0	42:45.8	5:37.6
				Ermida Dom Bosco	13:06:46.3	6:04:46.3	32:00.3	5:20.1
				Ponte JK	13:48:32.4	6:46:32.4	41:46.1	5:34.1
				Igreja	14:42:06.0	7:40:06.0	53:33.6	6:41.7
				Pontão	14:57:18.1	7:55:18.1	15:12.1	4:54.2
				L2 Sul	15:40:33.6	8:38:33.6	43:15.5	5:24.4
				Chegada	16:18:57.9	9:16:57.9	38:24.3	6:11.7
61	198	118	FOCAS ABERTA - OCTETO	Concha Acústica	7:38:59.2	36:59.2	36:59.2	3:56.1
				C.O.	8:14:05.2	1:12:05.2	35:06.0	5:00.9
				Câmara Legislativa	8:55:46.6	1:53:46.6	41:41.4	6:07.9
				Parque Lago Norte	9:16:22.0	2:14:22.0	20:35.4	5:08.9
				Clube do Congresso	10:09:18.7	3:07:18.7	52:56.7	5:27.5
				Deck Norte	10:50:55.1	3:48:55.1	41:36.4	4:57.2
				Piscinão	11:42:22.3	4:40:22.3	51:27.2	6:11.*
				Parque Paranoá	12:33:05.0	5:31:05.0	50:42.7	6:40.4
				Ermida Dom Bosco	13:03:50.8	6:01:50.8	30:45.8	5:07.6
				Ponte JK	13:57:19.5	6:55:19.5	53:28.7	7:07.8
				Igreja	14:45:58.0	7:43:58.0	48:38.5	6:04.8
				Pontão	15:00:35.1	7:58:35.1	14:37.1	4:42.9

# 7ª VOLTA DO LAGO CAIXA 2010

## RESULTADOS POR TRECHO

				L2 Sul	15:52:48.6	8:50:48.6	52:13.5	6:31.7
				Chegada	16:32:28.0	9:30:28.0	39:39.4	6:23.8
62	34	4	CCOMGEX - EXERCITO BRASILEIRO POLICIAL/MILITAR	Concha Acústica	7:33:41.8	31:41.8	31:41.8	3:22.3
				C.O.	8:04:06.1	1:02:06.1	30:24.3	4:20.6
				Câmara Legislativa	8:44:30.9	1:42:30.9	40:24.8	5:56.6
				Parque Lago Norte	9:09:54.0	2:07:54.0	25:23.1	6:20.8
				Clube do Congresso	9:49:00.2	2:47:00.2	39:06.2	4:01.9
				Deck Norte	10:23:28.2	3:21:28.2	34:28.0	4:06.2
				Piscinão	10:59:36.9	3:57:36.9	36:08.7	4:21.3
				Parque Paranoá	11:49:27.0	4:47:27.0	49:50.1	6:33.4
				Ermida Dom Bosco	12:17:55.5	5:15:55.5	28:28.5	4:44.8
				Ponte JK	12:55:39.3	5:53:39.3	37:43.8	5:01.8
				Igreja	13:29:03.0	6:27:03.0	33:23.7	4:10.5
				Pontão	13:41:09.0	6:39:09.0	12:06.0	3:54.2
				L2 Sul	14:15:51.4	7:13:51.4	34:42.4	4:20.3
				Chegada	14:46:59.5	7:44:59.5	31:08.1	5:01.3
63	160	87	GARIMPEIROS DE CRISTALINA ABERTA - OCTETO	Concha Acústica	7:38:46.6	36:46.6	36:46.6	3:54.7
				C.O.	8:13:49.6	1:11:49.6	35:03.0	5:00.4
				Câmara Legislativa	8:52:39.5	1:50:39.5	38:49.9	5:42.6
				Parque Lago Norte	9:21:06.0	2:19:06.0	28:26.5	7:06.6
				Clube do Congresso	10:11:50.4	3:09:50.4	50:44.4	5:13.9
				Deck Norte	10:53:42.5	3:51:42.5	41:52.1	4:59.1
				Piscinão	11:35:34.9	4:33:34.9	41:52.4	5:02.7
				Parque Paranoá	12:17:36.0	5:15:36.0	42:01.1	5:31.7
				Ermida Dom Bosco	12:55:51.4	5:53:51.4	38:15.4	6:22.6
				Ponte JK	13:41:25.8	6:39:25.8	45:34.4	6:04.6
				Igreja	14:26:17.0	7:24:17.0	44:51.2	5:36.4
				Pontão	14:46:10.9	7:44:10.9	19:53.9	6:25.1
				L2 Sul	15:34:55.4	8:32:55.4	48:44.5	6:05.6
				Chegada	16:15:33.8	9:13:33.8	40:38.4	6:33.3
64	140	69	CORREDORES DE RUA DE CRISTALINA - CRC ABERTA - OCTETO	Concha Acústica	7:35:26.8	33:26.8	33:26.8	3:33.5
				C.O.	8:16:41.6	1:14:41.6	41:14.8	5:53.5
				Câmara Legislativa	9:00:52.9	1:58:52.9	44:11.3	6:29.9
				Parque Lago Norte	9:26:28.0	2:24:28.0	25:35.1	6:23.8
				Clube do Congresso	10:11:59.4	3:09:59.4	45:31.4	4:41.6
				Deck Norte	10:57:12.3	3:55:12.3	45:12.9	5:22.*
				Piscinão	11:45:00.7	4:43:00.7	47:48.4	5:45.6

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				Parque Paranoá	12:20:23.0	5:18:23.0	35:22.3	4:39.3
				Ermida Dom Bosco	12:59:15.4	5:57:15.4	38:52.4	6:28.7
				Ponte JK	13:46:38.2	6:44:38.2	47:22.8	6:19.0
				Igreja	14:37:59.0	7:35:59.0	51:20.8	6:25.1
				Pontão	14:56:50.4	7:54:50.4	18:51.4	6:04.*
				L2 Sul	15:36:03.1	8:34:03.1	39:12.7	4:54.1
				Chegada	16:05:19.6	9:03:19.6	29:16.5	4:43.3
65	33	8	CSIBSB ABERTA - QUARTETO MASCULINO	Concha Acústica	7:33:15.4	31:15.4	31:15.4	3:19.5
				C.O.	8:02:35.6	1:00:35.6	29:20.2	4:11.5
				Câmara Legislativa	8:36:53.6	1:34:53.6	34:18.0	5:02.6
				Parque Lago Norte	8:53:10.0	1:51:10.0	16:16.4	4:04.1
				Clube do Congresso	9:34:46.9	2:32:46.9	41:36.9	4:17.4
				Deck Norte	10:08:17.9	3:06:17.9	33:31.0	3:59.4
				Piscinão	10:50:37.7	3:48:37.7	42:19.8	5:05.*
				Parque Paranoá	11:27:32.0	4:25:32.0	36:54.3	4:51.4
				Ermida Dom Bosco	11:53:19.9	4:51:19.9	25:47.9	4:17.*
				Ponte JK	12:40:51.5	5:38:51.5	47:31.6	6:20.2
				Igreja	13:18:29.0	6:16:29.0	37:37.5	4:42.2
				Pontão	13:33:22.3	6:31:22.3	14:53.3	4:48.2
				L2 Sul	14:11:08.1	7:09:08.1	37:45.8	4:43.2
				Chegada	14:44:59.7	7:42:59.7	33:51.6	5:27.7
66	20	1	EB-DCIP-PEDE VENTO POLICIAL/MILITAR	Concha Acústica	7:32:46.0	30:46.0	30:46.0	3:16.4
				C.O.	8:01:55.2	59:55.2	29:09.2	4:09.9
				Câmara Legislativa	8:42:35.2	1:40:35.2	40:40.0	5:58.8
				Parque Lago Norte	00.0			
				Clube do Congresso				
				Deck Norte				
				Piscinão				
				Parque Paranoá	11:25:59.0	4:23:59.0	11:25:59.0	1:30:15.7
				Ermida Dom Bosco	11:49:52.7	4:47:52.7	23:53.7	3:58.*
				Ponte JK	12:24:36.2	5:22:36.2	34:43.5	4:37.8
				Igreja	12:57:38.0	5:55:38.0	33:01.8	4:07.7
				Pontão	13:14:34.9	6:12:34.9	16:56.9	5:28.0
				L2 Sul	13:52:22.3	6:50:22.3	37:47.4	4:43.4
				Chegada	14:19:32.2	7:17:32.2	27:09.9	4:22.9
67	68	6	TOP SPORTS - SPACO UNO RUN ABERTA - QUARTETO MISTO	Concha Acústica	7:36:02.1	34:02.1	34:02.1	3:37.2
				C.O.	8:09:49.5	1:07:49.5	33:47.4	4:49.6

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				Câmara Legislativa	8:42:06.2	1:40:06.2	32:16.7	4:44.8	
				Parque Lago Norte	9:01:07.0	1:59:07.0	19:00.8	4:45.2	
				Clube do Congresso	9:46:45.9	2:44:45.9	45:38.9	4:42.4	
				Deck Norte	10:27:26.6	3:25:26.6	40:40.7	4:50.6	
				Piscinão	11:12:59.4	4:10:59.4	45:32.8	5:29.3	
				Parque Paranoá	11:53:05.0	4:51:05.0	40:05.6	5:16.5	
				Ermida Dom Bosco	12:21:23.4	5:19:23.4	28:18.4	4:43.1	
				Ponte JK	13:06:59.2	6:04:59.2	45:35.8	6:04.8	
				Igreja	13:52:08.0	6:50:08.0	45:08.8	5:38.6	
				Pontão	14:07:19.5	7:05:19.5	15:11.5	4:54.0	
				L2 Sul	14:47:31.3	7:45:31.3	40:11.8	5:01.5	
				Chegada	15:21:04.2	8:19:04.2	33:32.9	5:24.7	
68	28	3	COMPANHIA DE COMANDO DA 11ª REGIAO MILIT POLICIAL/MILITAR	Concha Acústica	7:35:45.4	33:45.4	33:45.4	3:35.5	
				C.O.	8:05:40.3	1:03:40.3	29:54.9	4:16.4	
				Câmara Legislativa	8:44:39.2	1:42:39.2	38:58.9	5:43.*	
				Parque Lago Norte	9:03:10.0	2:01:10.0	18:30.8	4:37.7	
				Clube do Congresso	9:43:38.4	2:41:38.4	40:28.4	4:10.4	
				Deck Norte	10:18:23.8	3:16:23.8	34:45.4	4:08.3	
				Piscinão	10:55:47.1	3:53:47.1	37:23.3	4:30.3	
				Parque Paranoá	11:33:25.0	4:31:25.0	37:37.9	4:57.1	
				Ermida Dom Bosco	12:01:58.7	4:59:58.7	28:33.7	4:45.6	
				Ponte JK	12:39:41.7	5:37:41.7	37:43.0	5:01.7	
				Igreja	13:13:21.0	6:11:21.0	33:39.3	4:12.4	
				Pontão	13:29:04.7	6:27:04.7	15:43.7	5:04.4	
				L2 Sul	14:06:02.9	7:04:02.9	36:58.2	4:37.3	
				Chegada	14:38:17.9	7:36:17.9	32:15.0	5:12.1	
69	101	42	JACUTINGA ABERTA - OCTETO	Concha Acústica	7:38:53.3	36:53.3	36:53.3	3:55.5	
				C.O.	8:12:15.2	1:10:15.2	33:21.9	4:45.*	
				Câmara Legislativa	8:47:25.9	1:45:25.9	35:10.7	5:10.4	
				Parque Lago Norte	9:10:24.0	2:08:24.0	22:58.1	5:44.5	
				Clube do Congresso	10:00:34.6	2:58:34.6	50:10.6	5:10.4	
				Deck Norte	10:46:01.4	3:44:01.4	45:26.8	5:24.6	
				Piscinão	11:35:34.5	4:33:34.5	49:33.1	5:58.2	
				Parque Paranoá	12:13:15.0	5:11:15.0	37:40.5	4:57.4	
				Ermida Dom Bosco	12:43:24.0	5:41:24.0	30:09.0	5:01.5	
				Ponte JK	13:29:43.9	6:27:43.9	46:19.9	6:10.7	
				Igreja	14:10:35.0	7:08:35.0	40:51.1	5:06.4	
				Pontão	14:25:07.6	7:23:07.6	14:32.6	4:41.5	

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				L2 Sul	15:05:46.1	8:03:46.1	40:38.5	5:04.8
				Chegada	15:42:10.7	8:40:10.7	36:24.6	5:52.4
70	18	4	IATE CLUBE/QUERO-QUERO 4 ABERTA - QUARTETO MASCULINO	Concha Acústica	7:30:16.4	28:16.4	28:16.4	3:00.5
				C.O.	7:59:29.2	57:29.2	29:12.8	4:10.4
				Câmara Legislativa	8:29:35.7	1:27:35.7	30:06.5	4:25.7
				Parque Lago Norte	8:47:09.0	1:45:09.0	17:33.3	4:23.3
				Clube do Congresso	9:30:21.9	2:28:21.9	43:12.9	4:27.3
				Deck Norte	10:06:43.4	3:04:43.4	36:21.5	4:19.7
				Piscinão	10:38:52.8	3:36:52.8	32:09.4	3:52.5
				Parque Paranoá	11:15:20.0	4:13:20.0	36:27.2	4:47.8
				Ermida Dom Bosco	11:43:39.0	4:41:39.0	28:19.0	4:43.2
				Ponte JK	12:21:05.2	5:19:05.2	37:26.2	4:59.5
				Igreja	12:58:39.0	5:56:39.0	37:33.8	4:41.7
				Pontão	13:11:36.4	6:09:36.4	12:57.4	4:10.8
				L2 Sul	13:44:11.6	6:42:11.6	32:35.2	4:04.4
				Chegada	14:14:18.6	7:12:18.6	30:07.0	4:51.5
71	120	54	POUPEX SUPERCEI DALMO RIBEIRO IDA 2 ABERTA - OCTETO	Concha Acústica	6:55:12.9	31:12.9	31:12.9	3:19.2
				C.O.	7:32:07.6	1:08:07.6	36:54.7	5:16.4
				Câmara Legislativa	8:09:25.0	1:45:25.0	37:17.4	5:29.0
				Parque Lago Norte	8:35:03.0	2:11:03.0	25:38.0	6:24.5
				Clube do Congresso	9:16:24.1	2:52:24.1	41:21.1	4:15.8
				Deck Norte	9:58:13.2	3:34:13.2	41:49.1	4:58.7
				Piscinão	10:40:47.6	4:16:47.6	42:34.4	5:07.8
				Parque Paranoá	11:31:25.0	5:07:25.0	50:37.4	6:39.7
				Ermida Dom Bosco	11:58:22.5	5:34:22.5	26:57.5	4:29.6
				Ponte JK	12:43:59.7	6:19:59.7	45:37.2	6:04.*
				Igreja	13:40:34.0	7:16:34.0	56:34.3	7:04.3
				Pontão	13:53:57.8	7:29:57.8	13:23.8	4:19.3
				L2 Sul	14:39:12.9	8:15:12.9	45:15.1	5:39.4
				Chegada	15:14:45.1	8:50:45.1	35:32.2	5:43.9
72	150	78	TO NO GAS ABERTA - OCTETO	Concha Acústica	7:45:34.5	43:34.5	43:34.5	4:38.1
				C.O.	8:21:08.4	1:19:08.4	35:33.9	5:04.8
				Câmara Legislativa	8:58:54.9	1:56:54.9	37:46.5	5:33.3
				Parque Lago Norte	9:22:36.0	2:20:36.0	23:41.1	5:55.3
				Clube do Congresso	10:16:18.3	3:14:18.3	53:42.3	5:32.2
				Deck Norte	10:51:25.1	3:49:25.1	35:06.8	4:10.8
				Piscinão	11:39:13.2	4:37:13.2	47:48.1	5:45.6

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				Parque Paranoá	12:14:12.0	5:12:12.0	34:58.8	4:36.2
				Ermida Dom Bosco	12:44:22.3	5:42:22.3	30:10.3	5:01.7
				Ponte JK	13:39:05.9	6:37:05.9	54:43.6	7:17.8
				Igreja	14:22:05.0	7:20:05.0	42:59.1	5:22.4
				Pontão	14:37:02.2	7:35:02.2	14:57.2	4:49.4
				L2 Sul	15:26:59.3	8:24:59.3	49:57.1	6:14.6
				Chegada	16:09:34.3	9:07:34.3	42:35.0	6:52.1
73	87	31	PEDACINHO/SO SAUDE ABERTA - OCTETO	Concha Acústica	7:34:17.8	32:17.8	32:17.8	3:26.1
				C.O.	8:03:47.2	1:01:47.2	29:29.4	4:12.8
				Câmara Legislativa	8:40:24.6	1:38:24.6	36:37.4	5:23.1
				Parque Lago Norte	00.0			
				Clube do Congresso				
				Deck Norte				
				Piscinão				
				Parque Paranoá	11:53:07.0	4:51:07.0	11:53:07.0	1:33:49.9
				Ermida Dom Bosco	12:18:30.4	5:16:30.4	25:23.4	4:13.9
				Ponte JK	13:01:40.9	5:59:40.9	43:10.5	5:45.4
				Igreja	14:00:56.0	6:58:56.0	59:15.1	7:24.4
				Pontão	14:13:14.4	7:11:14.4	12:18.4	3:58.2
				L2 Sul	14:46:53.7	7:44:53.7	33:39.3	4:12.4
				Chegada	15:31:10.8	8:29:10.8	44:17.1	7:08.6
74	19	2	POUPEX COME CHAO E ABERTA - TRINCA	Concha Acústica	7:33:34.8	31:34.8	31:34.8	3:21.6
				C.O.	8:00:52.6	58:52.6	27:17.8	3:53.*
				Câmara Legislativa	8:29:56.8	1:27:56.8	29:04.2	4:16.5
				Parque Lago Norte	8:47:24.0	1:45:24.0	17:27.2	4:21.8
				Clube do Congresso	9:29:19.9	2:27:19.9	41:55.9	4:19.4
				Deck Norte	10:02:16.2	3:00:16.2	32:56.3	3:55.3
				Piscinão	10:42:39.2	3:40:39.2	40:23.0	4:51.9
				Parque Paranoá	11:17:00.0	4:15:00.0	34:20.8	4:31.2
				Ermida Dom Bosco	11:45:54.6	4:43:54.6	28:54.6	4:49.1
				Ponte JK	12:20:16.6	5:18:16.6	34:22.0	4:34.9
				Igreja	12:59:05.0	5:57:05.0	38:48.4	4:51.1
				Pontão	13:15:22.3	6:13:22.3	16:17.3	5:15.3
				L2 Sul	13:50:21.3	6:48:21.3	34:59.0	4:22.4
				Chegada	14:18:53.3	7:16:53.3	28:32.0	4:36.1
75	37	9	SESC TAGUATINGA SUL ABERTA - QUARTETO MASCULINO	Concha Acústica	7:32:44.2	30:44.2	30:44.2	3:16.2
				C.O.	8:02:29.0	1:00:29.0	29:44.8	4:14.*

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				Câmara Legislativa	8:33:36.9	1:31:36.9	31:07.9	4:34.7
				Parque Lago Norte	8:52:46.0	1:50:46.0	19:09.1	4:47.3
				Clube do Congresso	9:36:03.4	2:34:03.4	43:17.4	4:27.8
				Deck Norte	10:14:02.6	3:12:02.6	37:59.2	4:31.3
				Piscinão	10:58:32.9	3:56:32.9	44:30.3	5:21.7
				Parque Paranoá	11:32:22.0	4:30:22.0	33:49.1	4:26.*
				Ermida Dom Bosco	12:01:37.5	4:59:37.5	29:15.5	4:52.6
				Ponte JK	12:48:32.0	5:46:32.0	46:54.5	6:15.3
				Igreja	13:26:23.0	6:24:23.0	37:51.0	4:43.9
				Pontão	13:42:03.4	6:40:03.4	15:40.4	5:03.4
				L2 Sul	14:17:02.0	7:15:02.0	34:58.6	4:22.3
				Chegada	14:49:35.0	7:47:35.0	32:33.0	5:15.0
76	77	8	CHORA NA PEDRA ABERTA - QUARTETO MISTO	Concha Acústica	7:33:09.5	31:09.5	31:09.5	3:18.9
				C.O.	8:09:24.2	1:07:24.2	36:14.7	5:10.7
				Câmara Legislativa	8:46:28.5	1:44:28.5	37:04.3	5:27.1
				Parque Lago Norte	9:03:16.0	2:01:16.0	16:47.5	4:11.9
				Clube do Congresso	9:48:32.6	2:46:32.6	45:16.6	4:40.1
				Deck Norte	10:35:15.8	3:33:15.8	46:43.2	5:33.7
				Piscinão	11:21:04.2	4:19:04.2	45:48.4	5:31.1
				Parque Paranoá	12:04:27.0	5:02:27.0	43:22.8	5:42.5
				Ermida Dom Bosco	12:29:52.4	5:27:52.4	25:25.4	4:14.2
				Ponte JK	13:14:46.5	6:12:46.5	44:54.1	5:59.2
				Igreja	13:57:21.0	6:55:21.0	42:34.5	5:19.3
				Pontão	14:13:44.9	7:11:44.9	16:23.9	5:17.4
				L2 Sul	14:47:56.2	7:45:56.2	34:11.3	4:16.4
				Chegada	15:26:21.9	8:24:21.9	38:25.7	6:11.9
77	152	79	TRANSPIRACAO POUPEX I ABERTA - OCTETO	Concha Acústica	7:33:33.3	31:33.3	31:33.3	3:21.4
				C.O.	8:19:16.7	1:17:16.7	45:43.4	6:31.9
				Câmara Legislativa	9:00:29.2	1:58:29.2	41:12.5	6:03.6
				Parque Lago Norte	9:18:55.0	2:16:55.0	18:25.8	4:36.5
				Clube do Congresso	10:06:37.6	3:04:37.6	47:42.6	4:55.1
				Deck Norte	10:57:01.8	3:55:01.8	50:24.2	6:00.0
				Piscinão	11:42:52.1	4:40:52.1	45:50.3	5:31.4
				Parque Paranoá	12:21:26.0	5:19:26.0	38:33.9	5:04.5
				Ermida Dom Bosco	12:46:11.4	5:44:11.4	24:45.4	4:07.6
				Ponte JK	13:40:37.1	6:38:37.1	54:25.7	7:15.4
				Igreja	14:18:59.0	7:16:59.0	38:21.9	4:47.7
				Pontão	14:35:48.2	7:33:48.2	16:49.2	5:25.5

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				L2 Sul	15:24:43.3	8:22:43.3	48:55.1	6:06.9
				Chegada	16:10:58.1	9:08:58.1	46:14.8	7:27.5
78	21	5	GREENS ABERTA - QUARTETO MASCULINO	Concha Acústica	7:31:48.6	29:48.6	29:48.6	3:10.3
				C.O.	7:59:57.0	57:57.0	28:08.4	4:01.2
				Câmara Legislativa	8:32:18.5	1:30:18.5	32:21.5	4:45.5
				Parque Lago Norte	8:52:56.0	1:50:56.0	20:37.5	5:09.4
				Clube do Congresso	9:31:23.8	2:29:23.8	38:27.8	3:57.9
				Deck Norte	10:01:53.2	2:59:53.2	30:29.4	3:37.8
				Piscinão	10:42:45.2	3:40:45.2	40:52.0	4:55.4
				Parque Paranoá	11:25:40.0	4:23:40.0	42:54.8	5:38.8
				Ermida Dom Bosco	11:49:50.4	4:47:50.4	24:10.4	4:01.7
				Ponte JK	12:19:57.2	5:17:57.2	30:06.8	4:00.9
				Igreja	12:59:20.0	5:57:20.0	39:22.8	4:55.4
				Pontão	13:11:10.0	6:09:10.0	11:50.0	3:49.0
				L2 Sul	13:55:51.2	6:53:51.2	44:41.2	5:35.2
				Chegada	14:20:42.3	7:18:42.3	24:51.1	4:00.5
79	23	4	TRIATHLON BODY WORK ABERTA - OCTETO	Concha Acústica	7:33:48.5	31:48.5	31:48.5	3:23.0
				C.O.	8:04:15.8	1:02:15.8	30:27.3	4:21.0
				Câmara Legislativa	8:33:06.6	1:31:06.6	28:50.8	4:14.5
				Parque Lago Norte	8:54:42.0	1:52:42.0	21:35.4	5:23.9
				Clube do Congresso	9:33:21.2	2:31:21.2	38:39.2	3:59.1
				Deck Norte	10:15:34.7	3:13:34.7	42:13.5	5:01.6
				Piscinão	10:55:00.3	3:53:00.3	39:25.6	4:45.0
				Parque Paranoá	11:29:16.0	4:27:16.0	34:15.7	4:30.5
				Ermida Dom Bosco	11:52:15.8	4:50:15.8	22:59.8	3:49.*
				Ponte JK	12:26:38.5	5:24:38.5	34:22.7	4:35.0
				Igreja	13:02:44.0	6:00:44.0	36:05.5	4:30.7
				Pontão	13:17:01.0	6:15:01.0	14:17.0	4:36.5
				L2 Sul	13:59:09.5	6:57:09.5	42:08.5	5:16.1
				Chegada	14:24:15.0	7:22:15.0	25:05.5	4:02.8
80	27	4	TRILHAS URBANAS 3 ABERTA - TRINCA	Concha Acústica	7:32:26.8	30:26.8	30:26.8	3:14.3
				C.O.	7:59:14.7	57:14.7	26:47.9	3:49.7
				Câmara Legislativa	8:26:56.9	1:24:56.9	27:42.2	4:04.4
				Parque Lago Norte	8:44:55.0	1:42:55.0	17:58.1	4:29.5
				Clube do Congresso	9:24:46.1	2:22:46.1	39:51.1	4:06.5
				Deck Norte	10:07:24.6	3:05:24.6	42:38.5	5:04.6
				Piscinão	10:54:44.4	3:52:44.4	47:19.8	5:42.1

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

Id	Pos	Equipe	Trecho	Tempo	Tempo	Tempo	Tempo	
			Parque Paranoá	11:28:51.0	4:26:51.0	34:06.6	4:29.3	
			Ermida Dom Bosco	11:55:05.7	4:53:05.7	26:14.7	4:22.5	
			Ponte JK	12:31:38.0	5:29:38.0	36:32.3	4:52.3	
			Igreja	13:11:18.0	6:09:18.0	39:40.0	4:57.5	
			Pontão	13:26:02.6	6:24:02.6	14:44.6	4:45.4	
			L2 Sul	14:09:02.2	7:07:02.2	42:59.6	5:22.5	
			Chegada	14:36:10.3	7:34:10.3	27:08.1	4:22.6	
81	35	5	TOCA DAS FLORES POLICIAL/MILITAR	Concha Acústica	7:33:28.0	31:28.0	31:28.0	3:20.9
				C.O.	8:07:00.7	1:05:00.7	33:32.7	4:47.5
				Câmara Legislativa	8:39:17.6	1:37:17.6	32:16.9	4:44.8
				Parque Lago Norte	8:58:59.0	1:56:59.0	19:41.4	4:55.4
				Clube do Congresso	9:40:04.0	2:38:04.0	41:05.0	4:14.1
				Deck Norte	10:19:09.5	3:17:09.5	39:05.5	4:39.2
				Piscinão	10:55:54.8	3:53:54.8	36:45.3	4:25.7
				Parque Paranoá	11:36:10.0	4:34:10.0	40:15.2	5:17.8
				Ermida Dom Bosco	12:03:02.8	5:01:02.8	26:52.8	4:28.8
				Ponte JK	12:43:53.2	5:41:53.2	40:50.4	5:26.7
				Igreja	13:25:25.0	6:23:25.0	41:31.8	5:11.5
				Pontão	13:38:42.4	6:36:42.4	13:17.4	4:17.2
				L2 Sul	14:18:34.9	7:16:34.9	39:52.5	4:59.1
				Chegada	14:47:10.2	7:45:10.2	28:35.3	4:36.7
82	15	1	PSYCO RUNNERS ABERTA - TRINCA	Concha Acústica	7:33:19.9	31:19.9	31:19.9	3:19.*
				C.O.	7:59:58.5	57:58.5	26:38.6	3:48.4
				Câmara Legislativa	8:28:14.6	1:26:14.6	28:16.1	4:09.4
				Parque Lago Norte	8:44:53.0	1:42:53.0	16:38.4	4:09.6
				Clube do Congresso	9:25:37.0	2:23:37.0	40:44.0	4:11.*
				Deck Norte	9:59:32.3	2:57:32.3	33:55.3	4:02.3
				Piscinão	10:32:41.0	3:30:41.0	33:08.7	3:59.6
				Parque Paranoá	11:07:00.0	4:05:00.0	34:19.0	4:30.9
				Ermida Dom Bosco	11:32:03.4	4:30:03.4	25:03.4	4:10.6
				Ponte JK	12:04:38.7	5:02:38.7	32:35.3	4:20.7
				Igreja	12:40:49.0	5:38:49.0	36:10.3	4:31.3
				Pontão	12:52:59.5	5:50:59.5	12:10.5	3:55.6
				L2 Sul	13:26:36.7	6:24:36.7	33:37.2	4:12.2
				Chegada	13:55:36.3	6:53:36.3	28:59.6	4:40.6
83	46	10	ILIMITADA POWER ABERTA - QUARTETO MASCULINO	Concha Acústica	7:37:00.3	35:00.3	35:00.3	3:43.4
				C.O.	8:11:02.6	1:09:02.6	34:02.3	4:51.8

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				Câmara Legislativa	8:42:25.5	1:40:25.5	31:22.9	4:36.9
				Parque Lago Norte	8:59:38.0	1:57:38.0	17:12.5	4:18.1
				Clube do Congresso	9:48:48.1	2:46:48.1	49:10.1	5:04.1
				Deck Norte	10:30:07.9	3:28:07.9	41:19.8	4:55.2
				Piscinão	11:08:18.9	4:06:18.9	38:11.0	4:36.0
				Parque Paranoá	11:43:33.0	4:41:33.0	35:14.1	4:38.2
				Ermida Dom Bosco	12:12:55.9	5:10:55.9	29:22.9	4:53.8
				Ponte JK	12:57:20.9	5:55:20.9	44:25.0	5:55.3
				Igreja	13:33:19.0	6:31:19.0	35:58.1	4:29.8
				Pontão	13:47:01.0	6:45:01.0	13:42.0	4:25.2
				L2 Sul	14:28:40.9	7:26:40.9	41:39.9	5:12.5
				Chegada	14:59:18.1	7:57:18.1	30:37.2	4:56.3
84	13	3	PEDACINHO/SO SAUDE/GREENS/MTB ABERTA - QUARTETO MASCULINO	Concha Acústica	7:29:34.9	27:34.9	27:34.9	2:56.1
				C.O.	7:56:03.2	54:03.2	26:28.3	3:46.9
				Câmara Legislativa	8:26:17.9	1:24:17.9	30:14.7	4:26.9
				Parque Lago Norte	8:42:25.0	1:40:25.0	16:07.1	4:01.8
				Clube do Congresso	9:16:25.4	2:14:25.4	34:00.4	3:30.4
				Deck Norte	9:50:28.1	2:48:28.1	34:02.7	4:03.2
				Piscinão	10:31:41.9	3:29:41.9	41:13.8	4:58.0
				Parque Paranoá	11:04:45.0	4:02:45.0	33:03.1	4:20.9
				Ermida Dom Bosco	11:26:15.3	4:24:15.3	21:30.3	3:35.1
				Ponte JK	12:01:00.8	4:59:00.8	34:45.5	4:38.1
				Igreja	12:31:05.0	5:29:05.0	30:04.2	3:45.5
				Pontão	12:45:07.9	5:43:07.9	14:02.9	4:31.9
				L2 Sul	13:20:38.3	6:18:38.3	35:30.4	4:26.3
				Chegada	13:45:56.5	6:43:56.5	25:18.2	4:04.9
85	118	53	SPEED-UAI ABERTA - OCTETO	Concha Acústica	7:39:54.1	37:54.1	37:54.1	4:01.9
				C.O.	8:15:23.0	1:13:23.0	35:28.9	5:04.1
				Câmara Legislativa	8:52:28.0	1:50:28.0	37:05.0	5:27.2
				Parque Lago Norte	9:14:12.0	2:12:12.0	21:44.0	5:26.0
				Clube do Congresso	10:14:20.3	3:12:20.3	1:00:08.3	6:11.*
				Deck Norte	10:57:42.6	3:55:42.6	43:22.3	5:09.8
				Piscinão	11:48:16.4	4:46:16.4	50:33.8	6:05.5
				Parque Paranoá	12:25:19.0	5:23:19.0	37:02.6	4:52.4
				Ermida Dom Bosco	13:03:10.7	6:01:10.7	37:51.7	6:18.6
				Ponte JK	13:24:21.2	6:22:21.2	21:10.5	2:49.4
				Igreja	14:07:04.0	7:05:04.0	42:42.8	5:20.4
				Pontão	14:25:12.2	7:23:12.2	18:08.2	5:51.0

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				L2 Sul	15:19:42.7	8:17:42.7	54:30.5	6:48.8
				Chegada	15:51:12.5	8:49:12.5	31:29.8	5:04.8
86	146	74	GO RUN ABERTA - OCTETO	Concha Acústica	7:37:46.6	35:46.6	35:46.6	3:48.4
				C.O.	8:14:03.4	1:12:03.4	36:16.8	5:10.*
				Câmara Legislativa	8:53:48.8	1:51:48.8	39:45.4	5:50.8
				Parque Lago Norte	9:15:55.0	2:13:55.0	22:06.2	5:31.6
				Clube do Congresso	10:04:15.4	3:02:15.4	48:20.4	4:59.0
				Deck Norte	10:48:23.4	3:46:23.4	44:08.0	5:15.2
				Piscinão	11:38:12.0	4:36:12.0	49:48.6	6:00.1
				Parque Paranoá	12:23:03.0	5:21:03.0	44:51.0	5:54.1
				Ermida Dom Bosco	12:51:32.4	5:49:32.4	28:29.4	4:44.9
				Ponte JK	13:36:38.0	6:34:38.0	45:05.6	6:00.7
				Igreja	14:18:53.0	7:16:53.0	42:15.0	5:16.9
				Pontão	00.0			
				L2 Sul	15:26:52.9	8:24:52.9	15:26:52.9	1:55:51.6
				Chegada	16:06:48.9	9:04:48.9	39:56.0	6:26.5
87	38	7	CORPO & FORMA - GOIANIA ABERTA - OCTETO	Concha Acústica	7:33:22.1	31:22.1	31:22.1	3:20.2
				C.O.	8:04:57.7	1:02:57.7	31:35.6	4:30.8
				Câmara Legislativa	8:40:44.5	1:38:44.5	35:46.8	5:15.7
				Parque Lago Norte	9:08:07.0	2:06:07.0	27:22.5	6:50.6
				Clube do Congresso	9:46:22.8	2:44:22.8	38:15.8	3:56.7
				Deck Norte	10:26:16.4	3:24:16.4	39:53.6	4:44.*
				Piscinão	11:06:11.6	4:04:11.6	39:55.2	4:48.6
				Parque Paranoá	11:45:20.0	4:43:20.0	39:08.4	5:09.0
				Ermida Dom Bosco	12:10:28.0	5:08:28.0	25:08.0	4:11.3
				Ponte JK	12:44:42.3	5:42:42.3	34:14.3	4:33.9
				Igreja	13:24:39.0	6:22:39.0	39:56.7	4:59.6
				Pontão	13:39:34.7	6:37:34.7	14:55.7	4:48.9
				L2 Sul	14:21:59.6	7:19:59.6	42:24.9	5:18.1
				Chegada	14:49:48.8	7:47:48.8	27:49.2	4:29.2
88	14	1	TOP SPORTS TRI - DUPLA ABERTA - DUPLA	Concha Acústica	7:34:21.5	32:21.5	32:21.5	3:26.5
				C.O.	8:03:02.4	1:01:02.4	28:40.9	4:05.8
				Câmara Legislativa	8:31:42.3	1:29:42.3	28:39.9	4:12.9
				Parque Lago Norte	8:48:45.0	1:46:45.0	17:02.7	4:15.7
				Clube do Congresso	9:29:05.2	2:27:05.2	40:20.2	4:09.5
				Deck Norte	10:01:53.1	2:59:53.1	32:47.9	3:54.3
				Piscinão	10:38:19.2	3:36:19.2	36:26.1	4:23.4

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

Rank	Age	Sex	Category	Point	Time	Time	Time	Time
				Parque Paranoá	11:11:00.0	4:09:00.0	32:40.8	4:18.0
				Ermida Dom Bosco	11:37:10.1	4:35:10.1	26:10.1	4:21.7
				Ponte JK	12:11:45.9	5:09:45.9	34:35.8	4:36.8
				Igreja	12:43:07.0	5:41:07.0	31:21.1	3:55.1
				Pontão	12:54:50.7	5:52:50.7	11:43.7	3:47.0
				L2 Sul	13:28:24.0	6:26:24.0	33:33.3	4:11.7
				Chegada	13:53:32.0	6:51:32.0	25:08.0	4:03.2
100	221	131	PIRATAS ABERTA - OCTETO	Concha Acústica	7:00:24.1	36:24.1	36:24.1	3:52.4
				C.O.	7:32:55.5	1:08:55.5	32:31.4	4:38.8
				Câmara Legislativa	8:17:15.6	1:53:15.6	44:20.1	6:31.2
				Parque Lago Norte	8:40:57.0	2:16:57.0	23:41.4	5:55.4
				Clube do Congresso	9:36:04.7	3:12:04.7	55:07.7	5:41.0
				Deck Norte	10:16:06.9	3:52:06.9	40:02.2	4:45.*
				Piscinão	11:18:54.3	4:54:54.3	1:02:47.4	7:33.9
				Parque Paranoá	11:59:57.0	5:35:57.0	41:02.7	5:24.0
				Ermida Dom Bosco	12:29:57.6	6:05:57.6	30:00.6	5:00.1
				Ponte JK	13:30:56.4	7:06:56.4	1:00:58.8	8:07.8
				Igreja	14:22:33.0	7:58:33.0	51:36.6	6:27.1
				Pontão	14:39:38.2	8:15:38.2	17:05.2	5:30.7
				L2 Sul	15:38:28.6	9:14:28.6	58:50.4	7:21.3
				Chegada	16:10:21.6	9:46:21.6	31:53.0	5:08.5
101	59	17	LO-RA II ABERTA - OCTETO	Concha Acústica	6:49:53.1	25:53.1	25:53.1	2:45.2
				C.O.	7:26:08.3	1:02:08.3	36:15.2	5:10.7
				Câmara Legislativa	8:00:23.5	1:36:23.5	34:15.2	5:02.2
				Parque Lago Norte	8:22:25.0	1:58:25.0	22:01.5	5:30.4
				Clube do Congresso	8:56:39.4	2:32:39.4	34:14.4	3:31.8
				Deck Norte	9:42:04.7	3:18:04.7	45:25.3	5:24.4
				Piscinão	10:26:36.9	4:02:36.9	44:32.2	5:21.*
				Parque Paranoá	11:05:50.0	4:41:50.0	39:13.1	5:09.6
				Ermida Dom Bosco	11:40:31.2	5:16:31.2	34:41.2	5:46.9
				Ponte JK	12:18:46.1	5:54:46.1	38:14.9	5:05.*
				Igreja	13:00:55.0	6:36:55.0	42:08.9	5:16.1
				Pontão	13:17:28.0	6:53:28.0	16:33.0	5:20.3
				L2 Sul	14:01:27.0	7:37:27.0	43:59.0	5:29.9
				Chegada	14:38:08.1	8:14:08.1	36:41.1	5:55.0
102	104	15	TRILHAS URBANAS ABERTA - QUARTETO MASCULINO	Concha Acústica	7:02:25.5	38:25.5	38:25.5	4:05.3
				C.O.	7:37:16.7	1:13:16.7	34:51.2	4:58.7

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				Câmara Legislativa	8:10:33.6	1:46:33.6	33:16.9	4:53.7	
				Parque Lago Norte	8:32:34.0	2:08:34.0	22:00.4	5:30.1	
				Clube do Congresso	9:18:54.3	2:54:54.3	46:20.3	4:46.6	
				Deck Norte	9:58:48.2	3:34:48.2	39:53.9	4:44.*	
				Piscinão	10:42:02.1	4:18:02.1	43:13.9	5:12.5	
				Parque Paranoá	11:25:02.0	5:01:02.0	42:59.9	5:39.5	
				Ermida Dom Bosco	11:59:20.5	5:35:20.5	34:18.5	5:43.1	
				Ponte JK	12:42:26.2	6:18:26.2	43:05.7	5:44.8	
				Igreja	13:26:19.0	7:02:19.0	43:52.8	5:29.1	
				Pontão	13:42:23.0	7:18:23.0	16:04.0	5:10.*	
				L2 Sul	14:29:54.4	8:05:54.4	47:31.4	5:56.4	
				Chegada	15:05:40.6	8:41:40.6	35:46.2	5:46.2	
103	85	1	EMBAIXADA DA FRANCA MISSOES DIPLOMATICAS	Concha Acústica	7:02:03.9	38:03.9	38:03.9	4:02.*	
				C.O.	7:39:59.9	1:15:59.9	37:56.0	5:25.1	
				Câmara Legislativa	8:15:03.9	1:51:03.9	35:04.0	5:09.4	
				Parque Lago Norte	8:33:45.0	2:09:45.0	18:41.1	4:40.3	
				Clube do Congresso	9:17:36.5	2:53:36.5	43:51.5	4:31.3	
				Deck Norte	9:56:13.9	3:32:13.9	38:37.4	4:35.9	
				Piscinão	10:38:28.1	4:14:28.1	42:14.2	5:05.3	
				Parque Paranoá	11:18:42.0	4:54:42.0	40:13.9	5:17.6	
				Ermida Dom Bosco	11:48:23.6	5:24:23.6	29:41.6	4:56.9	
				Ponte JK	12:32:52.4	6:08:52.4	44:28.8	5:55.8	
				Igreja	13:14:43.0	6:50:43.0	41:50.6	5:13.8	
				Pontão	13:33:49.4	7:09:49.4	19:06.4	6:09.8	
				L2 Sul	14:19:56.9	7:55:56.9	46:07.5	5:45.9	
				Chegada	14:50:45.3	8:26:45.3	30:48.4	4:58.1	
104	32	7	VENTURIS VENTIS ABERTA - QUARTETO MASCULINO	Concha Acústica	6:59:46.8	35:46.8	35:46.8	3:48.4	
				C.O.	7:27:00.3	1:03:00.3	27:13.5	3:53.4	
				Câmara Legislativa	7:55:42.7	1:31:42.7	28:42.4	4:13.3	
				Parque Lago Norte	8:14:21.0	1:50:21.0	18:38.3	4:39.6	
				Clube do Congresso	8:53:43.3	2:29:43.3	39:22.3	4:03.5	
				Deck Norte	9:32:34.0	3:08:34.0	38:50.7	4:37.5	
				Piscinão	10:12:15.9	3:48:15.9	39:41.9	4:46.*	
				Parque Paranoá	10:52:12.0	4:28:12.0	39:56.1	5:15.3	
				Ermida Dom Bosco	11:17:32.2	4:53:32.2	25:20.2	4:13.4	
				Ponte JK	12:01:07.4	5:37:07.4	43:35.2	5:48.7	
				Igreja	12:36:56.0	6:12:56.0	35:48.6	4:28.6	
				Pontão	12:49:44.6	6:25:44.6	12:48.6	4:07.9	

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				L2 Sul	13:32:15.2	7:08:15.2	42:30.6	5:18.8
				Chegada	14:04:59.2	7:40:59.2	32:44.0	5:16.8
105	200	119	FUNCEF ABERTA - OCTETO	Concha Acústica	7:08:37.1	44:37.1	44:37.1	4:44.8
				C.O.	7:48:53.1	1:24:53.1	40:16.0	5:45.1
				Câmara Legislativa	8:39:15.3	2:15:15.3	50:22.2	7:24.4
				Parque Lago Norte	9:05:22.0	2:41:22.0	26:06.7	6:31.7
				Clube do Congresso	9:49:58.7	3:25:58.7	44:36.7	4:35.9
				Deck Norte	10:32:13.9	4:08:13.9	42:15.2	5:01.8
				Piscinão	11:14:05.3	4:50:05.3	41:51.4	5:02.6
				Parque Paranoá	12:06:52.0	5:42:52.0	52:46.7	6:56.7
				Ermida Dom Bosco	12:42:58.7	6:18:58.7	36:06.7	6:01.1
				Ponte JK	13:23:36.3	6:59:36.3	40:37.6	5:25.0
				Igreja	14:08:30.0	7:44:30.0	44:53.7	5:36.7
				Pontão	14:26:13.0	8:02:13.0	17:43.0	5:42.9
				L2 Sul	15:21:59.3	8:57:59.3	55:46.3	6:58.3
				Chegada	15:54:44.1	9:30:44.1	32:44.8	5:16.9
106	210	125	RAFALE FRANCA-BRASIL ABERTA - OCTETO	Concha Acústica	7:11:43.7	47:43.7	47:43.7	5:04.6
				C.O.	7:47:57.4	1:23:57.4	36:13.7	5:10.5
				Câmara Legislativa	8:19:36.7	1:55:36.7	31:39.3	4:39.3
				Parque Lago Norte	8:46:54.0	2:22:54.0	27:17.3	6:49.3
				Clube do Congresso	9:36:54.1	3:12:54.1	50:00.1	5:09.3
				Deck Norte	10:28:41.5	4:04:41.5	51:47.4	6:09.9
				Piscinão	11:16:37.0	4:52:37.0	47:55.5	5:46.4
				Parque Paranoá	12:02:58.0	5:38:58.0	46:21.0	6:05.9
				Ermida Dom Bosco	12:43:09.6	6:19:09.6	40:11.6	6:41.9
				Ponte JK	13:24:54.9	7:00:54.9	41:45.3	5:34.0
				Igreja	14:12:10.0	7:48:10.0	47:15.1	5:54.4
				Pontão	14:27:06.9	8:03:06.9	14:56.9	4:49.3
				L2 Sul	15:16:07.5	8:52:07.5	49:00.6	6:07.6
				Chegada	16:01:31.9	9:37:31.9	45:24.4	7:19.4
107	108	16	EGGCF ABERTA - QUARTETO MASCULINO	Concha Acústica	6:58:50.6	34:50.6	34:50.6	3:42.4
				C.O.	7:35:59.1	1:11:59.1	37:08.5	5:18.4
				Câmara Legislativa	8:04:42.4	1:40:42.4	28:43.3	4:13.4
				Parque Lago Norte	8:27:14.0	2:03:14.0	22:31.6	5:37.9
				Clube do Congresso	9:14:22.4	2:50:22.4	47:08.4	4:51.6
				Deck Norte	10:01:33.1	3:37:33.1	47:10.7	5:36.*
				Piscinão	10:50:04.8	4:26:04.8	48:31.7	5:50.8

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

Rank	Rank	Rank	Team	Point	Time	Time	Time	Time
				Parque Paranoá	11:33:27.0	5:09:27.0	43:22.2	5:42.4
				Ermida Dom Bosco	11:58:30.0	5:34:30.0	25:03.0	4:10.5
				Ponte JK	12:52:25.9	6:28:25.9	53:55.9	7:11.5
				Igreja	13:32:10.0	7:08:10.0	39:44.1	4:58.0
				Pontão	13:46:47.8	7:22:47.8	14:37.8	4:43.2
				L2 Sul	14:27:41.7	8:03:41.7	40:53.9	5:06.7
				Chegada	15:07:00.1	8:43:00.1	39:18.4	6:20.4
108	133	64	CMB RUNNERS ABERTA - OCTETO	Concha Acústica	6:59:42.3	35:42.3	35:42.3	3:47.9
				C.O.	7:34:00.5	1:10:00.5	34:18.2	4:54.0
				Câmara Legislativa	8:20:02.5	1:56:02.5	46:02.0	6:46.2
				Parque Lago Norte	8:45:54.0	2:21:54.0	25:51.5	6:27.9
				Clube do Congresso	9:32:06.9	3:08:06.9	46:12.9	4:45.9
				Deck Norte	10:17:59.8	3:53:59.8	45:52.9	5:27.7
				Piscinão	11:02:28.7	4:38:28.7	44:28.9	5:21.6
				Parque Paranoá	11:47:50.0	5:23:50.0	45:21.3	5:58.1
				Ermida Dom Bosco	12:16:57.2	5:52:57.2	29:07.2	4:51.2
				Ponte JK	12:59:30.7	6:35:30.7	42:33.5	5:40.5
				Igreja	13:40:09.0	7:16:09.0	40:38.3	5:04.8
				Pontão	13:59:09.3	7:35:09.3	19:00.3	6:07.8
				L2 Sul	14:47:42.6	8:23:42.6	48:33.3	6:04.2
				Chegada	15:22:51.5	8:58:51.5	35:08.9	5:40.1
109	131	62	FUNCEF II ABERTA - OCTETO	Concha Acústica	6:54:50.0	30:50.0	30:50.0	3:16.8
				C.O.	7:37:18.2	1:13:18.2	42:28.2	6:04.0
				Câmara Legislativa	8:14:26.5	1:50:26.5	37:08.3	5:27.7
				Parque Lago Norte	8:43:19.0	2:19:19.0	28:52.5	7:13.1
				Clube do Congresso	9:41:30.9	3:17:30.9	58:11.9	5:59.*
				Deck Norte	10:16:09.4	3:52:09.4	34:38.5	4:07.4
				Piscinão	10:57:13.6	4:33:13.6	41:04.2	4:56.9
				Parque Paranoá	11:35:09.0	5:11:09.0	37:55.4	4:59.4
				Ermida Dom Bosco	12:08:36.4	5:44:36.4	33:27.4	5:34.6
				Ponte JK	12:46:36.4	6:22:36.4	38:00.0	5:04.0
				Igreja	13:34:36.0	7:10:36.0	47:59.6	5:59.*
				Pontão	13:51:31.0	7:27:31.0	16:55.0	5:27.4
				L2 Sul	14:44:10.6	8:20:10.6	52:39.6	6:34.*
				Chegada	15:21:01.9	8:57:01.9	36:51.3	5:56.7
110	125	57	BOCA ABERTA - OCTETO	Concha Acústica	7:01:26.0	37:26.0	37:26.0	3:58.9
				C.O.	7:42:43.5	1:18:43.5	41:17.5	5:53.9

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				Câmara Legislativa	8:22:49.5	1:58:49.5	40:06.0	5:53.8
				Parque Lago Norte	8:47:08.0	2:23:08.0	24:18.5	6:04.6
				Clube do Congresso	9:38:27.9	3:14:27.9	51:19.9	5:17.5
				Deck Norte	10:20:53.7	3:56:53.7	42:25.8	5:03.1
				Piscinão	11:07:57.2	4:43:57.2	47:03.5	5:40.2
				Parque Paranoá	11:45:19.0	5:21:19.0	37:21.8	4:54.*
				Ermida Dom Bosco	12:14:24.5	5:50:24.5	29:05.5	4:50.9
				Ponte JK	12:55:25.6	6:31:25.6	41:01.1	5:28.1
				Igreja	13:41:33.0	7:17:33.0	46:07.4	5:45.9
				Pontão	13:58:07.0	7:34:07.0	16:34.0	5:20.6
				L2 Sul	14:41:45.4	8:17:45.4	43:38.4	5:27.3
				Chegada	15:18:59.2	8:54:59.2	37:13.8	6:00.3
111	102	43	SAGAZ DO CERRADO ABERTA - OCTETO	Concha Acústica	6:59:26.4	35:26.4	35:26.4	3:46.2
				C.O.	7:38:11.0	1:14:11.0	38:44.6	5:32.1
				Câmara Legislativa	8:23:31.2	1:59:31.2	45:20.2	6:40.0
				Parque Lago Norte	8:42:43.0	2:18:43.0	19:11.8	4:47.*
				Clube do Congresso	9:23:09.9	2:59:09.9	40:26.9	4:10.2
				Deck Norte	10:12:05.9	3:48:05.9	48:56.0	5:49.5
				Piscinão	10:53:07.2	4:29:07.2	41:01.3	4:56.5
				Parque Paranoá	11:37:59.0	5:13:59.0	44:51.8	5:54.2
				Ermida Dom Bosco	12:04:54.4	5:40:54.4	26:55.4	4:29.2
				Ponte JK	12:40:11.1	6:16:11.1	35:16.7	4:42.2
				Igreja	13:32:15.0	7:08:15.0	52:03.9	6:30.5
				Pontão	13:51:41.8	7:27:41.8	19:26.8	6:16.4
				L2 Sul	14:34:36.5	8:10:36.5	42:54.7	5:21.8
				Chegada	15:05:20.0	8:41:20.0	30:43.5	4:57.3
112	217	128	FUNCEF III ABERTA - OCTETO	Concha Acústica	7:02:28.1	38:28.1	38:28.1	4:05.5
				C.O.	7:38:15.1	1:14:15.1	35:47.0	5:06.7
				Câmara Legislativa	8:24:38.1	2:00:38.1	46:23.0	6:49.3
				Parque Lago Norte	8:45:31.0	2:21:31.0	20:52.9	5:13.2
				Clube do Congresso	9:42:10.9	3:18:10.9	56:39.9	5:50.5
				Deck Norte	10:21:46.4	3:57:46.4	39:35.5	4:42.8
				Piscinão	11:09:43.3	4:45:43.3	47:56.9	5:46.6
				Parque Paranoá	12:06:50.0	5:42:50.0	57:06.7	7:30.9
				Ermida Dom Bosco	12:36:40.7	6:12:40.7	29:50.7	4:58.5
				Ponte JK	13:26:41.8	7:02:41.8	50:01.1	6:40.1
				Igreja	14:14:14.0	7:50:14.0	47:32.2	5:56.5
				Pontão	14:32:45.0	8:08:45.0	18:31.0	5:58.4

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				L2 Sul	15:24:45.7	9:00:45.7	52:00.7	6:30.1
				Chegada	16:05:00.2	9:41:00.2	40:14.5	6:29.4
113	29	6	VENTANIA ABERTA - QUARTETO MASCULINO	Concha Acústica	6:57:43.7	33:43.7	33:43.7	3:35.3
				C.O.	7:29:39.1	1:05:39.1	31:55.4	4:33.6
				Câmara Legislativa	8:00:56.9	1:36:56.9	31:17.8	4:36.1
				Parque Lago Norte	8:18:57.0	1:54:57.0	18:00.1	4:30.0
				Clube do Congresso	9:00:36.8	2:36:36.8	41:39.8	4:17.7
				Deck Norte	9:38:59.8	3:14:59.8	38:23.0	4:34.2
				Piscinão	10:17:55.0	3:53:55.0	38:55.2	4:41.3
				Parque Paranoá	10:54:48.0	4:30:48.0	36:53.0	4:51.2
				Ermida Dom Bosco	11:20:57.8	4:56:57.8	26:09.8	4:21.6
				Ponte JK	12:04:58.6	5:40:58.6	44:00.8	5:52.1
				Igreja	12:43:38.0	6:19:38.0	38:39.4	4:49.9
				Pontão	12:56:40.4	6:32:40.4	13:02.4	4:12.4
				L2 Sul	13:33:35.3	7:09:35.3	36:54.9	4:36.9
				Chegada	14:02:46.4	7:38:46.4	29:11.1	4:42.4
114	192	112	FUNCEF IV ABERTA - OCTETO	Concha Acústica	7:09:45.7	45:45.7	45:45.7	4:52.1
				C.O.	7:54:04.7	1:30:04.7	44:19.0	6:19.9
				Câmara Legislativa	8:41:41.2	2:17:41.2	47:36.5	7:00.1
				Parque Lago Norte	9:00:11.0	2:36:11.0	18:29.8	4:37.5
				Clube do Congresso	9:50:12.2	3:26:12.2	50:01.2	5:09.4
				Deck Norte	10:41:09.9	4:17:09.9	50:57.7	6:04.0
				Piscinão	11:21:23.5	4:57:23.5	40:13.6	4:50.8
				Parque Paranoá	12:12:35.0	5:48:35.0	51:11.5	6:44.1
				Ermida Dom Bosco	12:44:39.0	6:20:39.0	32:04.0	5:20.7
				Ponte JK	13:28:01.6	7:04:01.6	43:22.6	5:47.0
				Igreja	14:15:04.0	7:51:04.0	47:02.4	5:52.8
				Pontão	14:34:54.9	8:10:54.9	19:50.9	6:24.2
				L2 Sul	15:19:38.6	8:55:38.6	44:43.7	5:35.5
				Chegada	15:52:39.2	9:28:39.2	33:00.6	5:19.5
115	232	139	AFF! ABERTA - OCTETO	Concha Acústica	7:11:55.6	47:55.6	47:55.6	5:05.9
				C.O.	7:53:45.5	1:29:45.5	41:49.9	5:58.6
				Câmara Legislativa	8:40:48.4	2:16:48.4	47:02.9	6:55.1
				Parque Lago Norte	9:00:35.0	2:36:35.0	19:46.6	4:56.7
				Clube do Congresso	9:51:03.6	3:27:03.6	50:28.6	5:12.2
				Deck Norte	10:42:11.9	4:18:11.9	51:08.3	6:05.3
				Piscinão	11:28:55.7	5:04:55.7	46:43.8	5:37.8

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

Pos. Geral	Pos. Trecho	Equipe	Trecho	Tempo	Tempo	Tempo	Tempo	
			Parque Paranoá	12:08:55.0	5:44:55.0	39:59.3	5:15.7	
			Ermida Dom Bosco	12:43:08.0	6:19:08.0	34:13.0	5:42.2	
			Ponte JK	13:35:26.7	7:11:26.7	52:18.7	6:58.5	
			Igreja	14:30:59.0	8:06:59.0	55:32.3	6:56.5	
			Pontão	14:45:43.7	8:21:43.7	14:44.7	4:45.4	
			L2 Sul	15:39:46.4	9:15:46.4	54:02.7	6:45.3	
			Chegada	16:19:15.9	9:55:15.9	39:29.5	6:22.2	
116	159	86	SQB RUNNING ABERTA - OCTETO	Concha Acústica	6:57:51.5	33:51.5	33:51.5	3:36.1
				C.O.	7:47:58.9	1:23:58.9	50:07.4	7:09.6
				Câmara Legislativa	8:29:30.9	2:05:30.9	41:32.0	6:06.5
				Parque Lago Norte	8:48:33.0	2:24:33.0	19:02.1	4:45.5
				Clube do Congresso	9:36:49.6	3:12:49.6	48:16.6	4:58.6
				Deck Norte	10:22:57.9	3:58:57.9	46:08.3	5:29.6
				Piscinão	11:10:33.6	4:46:33.6	47:35.7	5:44.1
				Parque Paranoá	12:02:25.0	5:38:25.0	51:51.4	6:49.4
				Ermida Dom Bosco	12:30:47.3	6:06:47.3	28:22.3	4:43.7
				Ponte JK	13:09:36.4	6:45:36.4	38:49.1	5:10.5
				Igreja	13:53:12.0	7:29:12.0	43:35.6	5:26.*
				Pontão	14:13:56.4	7:49:56.4	20:44.4	6:41.4
				L2 Sul	14:57:52.4	8:33:52.4	43:56.0	5:29.5
				Chegada	15:36:42.8	9:12:42.8	38:50.4	6:15.9
117	93	36	PEGA & VAZA / ELITE ABERTA - OCTETO	Concha Acústica	7:04:23.9	40:23.9	40:23.9	4:17.9
				C.O.	7:39:45.0	1:15:45.0	35:21.1	5:03.0
				Câmara Legislativa	8:18:02.5	1:54:02.5	38:17.5	5:37.9
				Parque Lago Norte	8:41:41.0	2:17:41.0	23:38.5	5:54.6
				Clube do Congresso	9:23:08.7	2:59:08.7	41:27.7	4:16.5
				Deck Norte	10:00:55.0	3:36:55.0	37:46.3	4:29.8
				Piscinão	10:42:43.2	4:18:43.2	41:48.2	5:02.2
				Parque Paranoá	11:35:22.0	5:11:22.0	52:38.8	6:55.6
				Ermida Dom Bosco	12:02:27.2	5:38:27.2	27:05.2	4:30.9
				Ponte JK	12:44:12.6	6:20:12.6	41:45.4	5:34.1
				Igreja	13:27:09.0	7:03:09.0	42:56.4	5:22.1
				Pontão	13:44:05.0	7:20:05.0	16:56.0	5:27.7
				L2 Sul	14:31:02.1	8:07:02.1	46:57.1	5:52.1
				Chegada	14:59:50.9	8:35:50.9	28:48.8	4:38.8
118	209	12	RACA LARGADA RUNNING TEAM II ECONOMIARIOS OCTETO	Concha Acústica	6:59:50.5	35:50.5	35:50.5	3:48.8
				C.O.	7:47:31.7	1:23:31.7	47:41.2	6:48.7

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				Câmara Legislativa	8:23:26.4	1:59:26.4	35:54.7	5:16.9
				Parque Lago Norte	8:51:58.0	2:27:58.0	28:31.6	7:07.9
				Clube do Congresso	9:43:33.0	3:19:33.0	51:35.0	5:19.1
				Deck Norte	10:29:02.9	4:05:02.9	45:29.9	5:24.*
				Piscinão	11:22:53.6	4:58:53.6	53:50.7	6:29.2
				Parque Paranoá	12:05:49.0	5:41:49.0	42:55.4	5:38.9
				Ermida Dom Bosco	12:33:59.8	6:09:59.8	28:10.8	4:41.8
				Ponte JK	13:15:04.8	6:51:04.8	41:05.0	5:28.7
				Igreja	14:16:30.0	7:52:30.0	1:01:25.2	7:40.7
				Pontão	14:32:25.7	8:08:25.7	15:55.7	5:08.3
				L2 Sul	15:11:58.6	8:47:58.6	39:32.9	4:56.6
				Chegada	16:00:23.6	9:36:23.6	48:25.0	7:48.5
119	219	130	PAPALEGUAS DO CERRADO ABERTA - OCTETO	Concha Acústica	6:59:52.0	35:52.0	35:52.0	3:48.9
				C.O.	7:45:39.9	1:21:39.9	45:47.9	6:32.6
				Câmara Legislativa	8:24:22.5	2:00:22.5	38:42.6	5:41.6
				Parque Lago Norte	8:46:32.0	2:22:32.0	22:09.5	5:32.4
				Clube do Congresso	9:40:01.1	3:16:01.1	53:29.1	5:30.8
				Deck Norte	10:26:10.8	4:02:10.8	46:09.7	5:29.7
				Piscinão	11:23:34.5	4:59:34.5	57:23.7	6:54.9
				Parque Paranoá	12:09:51.0	5:45:51.0	46:16.5	6:05.3
				Ermida Dom Bosco	12:39:59.3	6:15:59.3	30:08.3	5:01.4
				Ponte JK	13:28:55.2	7:04:55.2	48:55.9	6:31.5
				Igreja	14:19:54.0	7:55:54.0	50:58.8	6:22.4
				Pontão	14:37:27.0	8:13:27.0	17:33.0	5:39.7
				L2 Sul	15:29:46.8	9:05:46.8	52:19.8	6:32.5
				Chegada	16:08:31.3	9:44:31.3	38:44.5	6:14.9
120	65	20	BORA BORA ABERTA - OCTETO	Concha Acústica	6:54:22.8	30:22.8	30:22.8	3:13.9
				C.O.	7:27:18.8	1:03:18.8	32:56.0	4:42.3
				Câmara Legislativa	8:02:06.5	1:38:06.5	34:47.7	5:07.0
				Parque Lago Norte	8:28:38.0	2:04:38.0	26:31.5	6:37.9
				Clube do Congresso	9:11:32.8	2:47:32.8	42:54.8	4:25.4
				Deck Norte	9:50:01.1	3:26:01.1	38:28.3	4:34.8
				Piscinão	10:45:14.9	4:21:14.9	55:13.8	6:39.3
				Parque Paranoá	11:24:27.0	5:00:27.0	39:12.1	5:09.5
				Ermida Dom Bosco	11:48:47.3	5:24:47.3	24:20.3	4:03.4
				Ponte JK	12:28:52.0	6:04:52.0	40:04.7	5:20.6
				Igreja	13:16:01.0	6:52:01.0	47:09.0	5:53.6
				Pontão	13:34:40.2	7:10:40.2	18:39.2	6:01.0

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				L2 Sul	14:12:57.5	7:48:57.5	38:17.3	4:47.2
				Chegada	14:42:08.4	8:18:08.4	29:10.9	4:42.4
121	48	11	QUARTETO FANTASTICO ABERTA - QUARTETO MASCULINO	Concha Acústica	7:03:21.7	39:21.7	39:21.7	4:11.2
				C.O.	7:37:37.5	1:13:37.5	34:15.8	4:53.7
				Câmara Legislativa	8:11:48.3	1:47:48.3	34:10.8	5:01.6
				Parque Lago Norte	8:32:35.0	2:08:35.0	20:46.7	5:11.7
				Clube do Congresso	9:17:51.2	2:53:51.2	45:16.2	4:40.0
				Deck Norte	9:59:55.5	3:35:55.5	42:04.3	5:00.5
				Piscinão	10:35:51.2	4:11:51.2	35:55.7	4:19.7
				Parque Paranoá	11:12:38.0	4:48:38.0	36:46.8	4:50.4
				Ermida Dom Bosco	11:44:50.5	5:20:50.5	32:12.5	5:22.1
				Ponte JK	12:26:02.8	6:02:02.8	41:12.3	5:29.6
				Igreja	13:01:06.0	6:37:06.0	35:03.2	4:22.9
				Pontão	13:17:18.2	6:53:18.2	16:12.2	5:13.6
				L2 Sul	13:53:23.4	7:29:23.4	36:05.2	4:30.7
				Chegada	14:24:20.0	8:00:20.0	30:56.6	4:59.5
122	132	63	DALMO RIBEIRO CORPORATE ABERTA - OCTETO	Concha Acústica	7:00:36.8	36:36.8	36:36.8	3:53.7
				C.O.	7:39:53.6	1:15:53.6	39:16.8	5:36.7
				Câmara Legislativa	8:20:44.6	1:56:44.6	40:51.0	6:00.4
				Parque Lago Norte	8:41:26.0	2:17:26.0	20:41.4	5:10.4
				Clube do Congresso	9:31:38.4	3:07:38.4	50:12.4	5:10.6
				Deck Norte	10:23:45.8	3:59:45.8	52:07.4	6:12.3
				Piscinão	11:15:50.1	4:51:50.1	52:04.3	6:16.4
				Parque Paranoá	11:44:45.0	5:20:45.0	28:54.9	3:48.3
				Ermida Dom Bosco	12:13:07.5	5:49:07.5	28:22.5	4:43.8
				Ponte JK	12:58:22.2	6:34:22.2	45:14.7	6:01.*
				Igreja	13:54:39.0	7:30:39.0	56:16.8	7:02.1
				Pontão	14:11:16.0	7:47:16.0	16:37.0	5:21.6
				L2 Sul	14:41:49.5	8:17:49.5	30:33.5	3:49.2
				Chegada	15:21:19.9	8:57:19.9	39:30.4	6:22.3
123	129	60	ASCAPES I ABERTA - OCTETO	Concha Acústica	7:08:16.0	44:16.0	44:16.0	4:42.6
				C.O.	7:47:51.4	1:23:51.4	39:35.4	5:39.3
				Câmara Legislativa	8:24:14.3	2:00:14.3	36:22.9	5:21.0
				Parque Lago Norte	8:47:14.0	2:23:14.0	22:59.7	5:44.9
				Clube do Congresso	9:37:41.3	3:13:41.3	50:27.3	5:12.1
				Deck Norte	10:16:11.9	3:52:11.9	38:30.6	4:35.1
				Piscinão	10:56:18.3	4:32:18.3	40:06.4	4:49.9

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

Id	Pos	Class	Trecho	Tempo	Tempo	Tempo	Tempo	
			Parque Paranoá	11:40:16.0	5:16:16.0	43:57.7	5:47.1	
			Ermida Dom Bosco	12:10:03.2	5:46:03.2	29:47.2	4:57.9	
			Ponte JK	12:53:06.8	6:29:06.8	43:03.6	5:44.5	
			Igreja	13:37:47.0	7:13:47.0	44:40.2	5:35.0	
			Pontão	13:54:27.8	7:30:27.8	16:40.8	5:22.8	
			L2 Sul	14:42:52.7	8:18:52.7	48:24.9	6:03.1	
			Chegada	15:20:50.3	8:56:50.3	37:57.6	6:07.4	
124	99	40	SCALA ACADEMIA ABERTA - OCTETO	Concha Acústica	6:59:32.3	35:32.3	35:32.3	3:46.8
				C.O.	7:35:52.8	1:11:52.8	36:20.5	5:11.5
				Câmara Legislativa	8:15:42.0	1:51:42.0	39:49.2	5:51.4
				Parque Lago Norte	8:53:37.0	2:29:37.0	37:55.0	9:28.8
				Clube do Congresso	9:30:19.8	3:06:19.8	36:42.8	3:47.1
				Deck Norte	10:19:37.5	3:55:37.5	49:17.7	5:52.1
				Piscinão	11:09:45.3	4:45:45.3	50:07.8	6:02.4
				Parque Paranoá	11:59:59.0	5:35:59.0	50:13.7	6:36.5
				Ermida Dom Bosco	12:16:11.2	5:52:11.2	16:12.2	2:42.0
				Ponte JK	12:57:48.5	6:33:48.5	41:37.3	5:32.*
				Igreja	13:53:17.0	7:29:17.0	55:28.5	6:56.1
				Pontão	14:09:49.9	7:45:49.9	16:32.9	5:20.3
				L2 Sul	14:22:39.5	7:58:39.5	12:49.6	1:36.2
				Chegada	15:02:01.0	8:38:01.0	39:21.5	6:20.9
125	187	107	ASCAPES II ABERTA - OCTETO	Concha Acústica	7:08:38.9	44:38.9	44:38.9	4:44.*
				C.O.	7:50:44.8	1:26:44.8	42:05.9	6:00.8
				Câmara Legislativa	8:31:09.6	2:07:09.6	40:24.8	5:56.6
				Parque Lago Norte	8:53:18.0	2:29:18.0	22:08.4	5:32.1
				Clube do Congresso	9:39:12.1	3:15:12.1	45:54.1	4:43.9
				Deck Norte	10:27:07.8	4:03:07.8	47:55.7	5:42.3
				Piscinão	11:13:09.2	4:49:09.2	46:01.4	5:32.7
				Parque Paranoá	11:58:28.0	5:34:28.0	45:18.8	5:57.7
				Ermida Dom Bosco	12:30:42.2	6:06:42.2	32:14.2	5:22.4
				Ponte JK	13:19:44.4	6:55:44.4	49:02.2	6:32.3
				Igreja	14:11:11.0	7:47:11.0	51:26.6	6:25.8
				Pontão	14:28:42.9	8:04:42.9	17:31.9	5:39.3
				L2 Sul	15:11:39.0	8:47:39.0	42:56.1	5:22.0
				Chegada	15:49:24.8	9:25:24.8	37:45.8	6:05.5
126	229	137	RONDA GAÚCHA 1 ABERTA - OCTETO	Concha Acústica	7:01:46.0	37:46.0	37:46.0	4:01.1
				C.O.	7:40:51.2	1:16:51.2	39:05.2	5:35.0

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				Câmara Legislativa	8:30:44.8	2:06:44.8	49:53.6	7:20.2
				Parque Lago Norte	9:02:59.0	2:38:59.0	32:14.2	8:03.6
				Clube do Congresso	9:52:36.9	3:28:36.9	49:37.9	5:07.0
				Deck Norte	10:43:28.5	4:19:28.5	50:51.6	6:03.3
				Piscinão	11:26:02.4	5:02:02.4	42:33.9	5:07.7
				Parque Paranoá	12:07:11.0	5:43:11.0	41:08.6	5:24.8
				Ermida Dom Bosco	12:36:50.7	6:12:50.7	29:39.7	4:56.6
				Ponte JK	13:32:16.1	7:08:16.1	55:25.4	7:23.4
				Igreja	14:22:31.0	7:58:31.0	50:14.9	6:16.9
				Pontão	00.0			
				L2 Sul	15:31:17.8	9:07:17.8	15:31:17.8	1:56:24.7
				Chegada	16:17:17.0	9:53:17.0	45:59.2	7:25.0
127	153	80	SCALA ACADEMIA 2 ABERTA - OCTETO	Concha Acústica	7:04:16.4	40:16.4	40:16.4	4:17.1
				C.O.	7:44:16.3	1:20:16.3	39:59.9	5:42.8
				Câmara Legislativa	8:28:12.9	2:04:12.9	43:56.6	6:27.7
				Parque Lago Norte	8:47:22.0	2:23:22.0	19:09.1	4:47.3
				Clube do Congresso	9:59:02.4	3:35:02.4	1:11:40.4	7:23.3
				Deck Norte	10:39:20.4	4:15:20.4	40:18.0	4:47.9
				Piscinão	11:25:38.7	5:01:38.7	46:18.3	5:34.7
				Parque Paranoá	11:39:30.0	5:15:30.0	13:51.3	1:49.4
				Ermida Dom Bosco	12:33:17.2	6:09:17.2	53:47.2	8:57.9
				Ponte JK	13:16:13.7	6:52:13.7	42:56.5	5:43.5
				Igreja	13:28:28.0	7:04:28.0	12:14.3	1:31.8
				Pontão	14:09:50.9	7:45:50.9	41:22.9	13:20.9
				L2 Sul	14:50:24.4	8:26:24.4	40:33.5	5:04.2
				Chegada	15:33:02.8	9:09:02.8	42:38.4	6:52.6
128	78	3	DUPLA KEEP HEALTHY - EDER E CARIOCA ABERTA - DUPLA	Concha Acústica	6:58:43.9	34:43.9	34:43.9	3:41.7
				C.O.	7:25:09.1	1:01:09.1	26:25.2	3:46.5
				Câmara Legislativa	7:56:41.7	1:32:41.7	31:32.6	4:38.3
				Parque Lago Norte	8:15:47.0	1:51:47.0	19:05.3	4:46.3
				Clube do Congresso	8:53:34.5	2:29:34.5	37:47.5	3:53.8
				Deck Norte	9:33:57.0	3:09:57.0	40:22.5	4:48.4
				Piscinão	10:12:28.6	3:48:28.6	38:31.6	4:38.5
				Parque Paranoá	10:55:46.0	4:31:46.0	43:17.4	5:41.8
				Ermida Dom Bosco	11:29:24.1	5:05:24.1	33:38.1	5:36.4
				Ponte JK	12:19:13.3	5:55:13.3	49:49.2	6:38.6
				Igreja	13:04:10.0	6:40:10.0	44:56.7	5:37.1
				Pontão	13:22:11.0	6:58:11.0	18:01.0	5:48.7

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				L2 Sul	14:10:46.9	7:46:46.9	48:35.9	6:04.5
				Chegada	14:49:03.2	8:25:03.2	38:16.3	6:10.4
129	154	81	JATOINDO ABERTA - OCTETO	Concha Acústica	7:06:45.4	42:45.4	42:45.4	4:32.9
				C.O.	7:40:52.7	1:16:52.7	34:07.3	4:52.5
				Câmara Legislativa	8:17:27.1	1:53:27.1	36:34.4	5:22.7
				Parque Lago Norte	8:36:48.0	2:12:48.0	19:20.9	4:50.2
				Clube do Congresso	9:24:21.2	3:00:21.2	47:33.2	4:54.1
				Deck Norte	10:07:36.8	3:43:36.8	43:15.6	5:09.0
				Piscinão	10:57:50.0	4:33:50.0	50:13.2	6:03.0
				Parque Paranoá	11:45:17.0	5:21:17.0	47:27.0	6:14.6
				Ermida Dom Bosco	12:23:19.4	5:59:19.4	38:02.4	6:20.4
				Ponte JK	13:08:22.7	6:44:22.7	45:03.3	6:00.4
				Igreja	13:53:59.0	7:29:59.0	45:36.3	5:42.0
				Pontão	14:15:18.4	7:51:18.4	21:19.4	6:52.7
				L2 Sul	15:00:18.0	8:36:18.0	44:59.6	5:37.5
				Chegada	15:34:42.8	9:10:42.8	34:24.8	5:33.0
130	228	136	RONDA GAÚCHA 2 ABERTA - OCTETO	Concha Acústica	7:05:13.0	41:13.0	41:13.0	4:23.1
				C.O.	7:39:55.1	1:15:55.1	34:42.1	4:57.4
				Câmara Legislativa	8:34:45.3	2:10:45.3	54:50.2	8:03.9
				Parque Lago Norte	8:59:59.0	2:35:59.0	25:13.7	6:18.4
				Clube do Congresso	9:47:03.9	3:23:03.9	47:04.9	4:51.2
				Deck Norte	10:36:47.9	4:12:47.9	49:44.0	5:55.2
				Piscinão	11:26:14.9	5:02:14.9	49:27.0	5:57.5
				Parque Paranoá	12:09:50.0	5:45:50.0	43:35.1	5:44.1
				Ermida Dom Bosco	12:41:10.9	6:17:10.9	31:20.9	5:13.5
				Ponte JK	13:40:19.0	7:16:19.0	59:08.1	7:53.1
				Igreja	14:32:23.0	8:08:23.0	52:04.0	6:30.5
				Pontão	14:48:46.6	8:24:46.6	16:23.6	5:17.3
				L2 Sul	15:32:38.6	9:08:38.6	43:52.0	5:29.0
				Chegada	16:17:12.8	9:53:12.8	44:34.2	7:11.3
131	134	65	ROAD RUNNERS 2 ABERTA - OCTETO	Concha Acústica	7:05:47.2	41:47.2	41:47.2	4:26.7
				C.O.	7:38:56.0	1:14:56.0	33:08.8	4:44.1
				Câmara Legislativa	8:17:05.4	1:53:05.4	38:09.4	5:36.7
				Parque Lago Norte	8:42:44.0	2:18:44.0	25:38.6	6:24.7
				Clube do Congresso	9:34:33.5	3:10:33.5	51:49.5	5:20.6
				Deck Norte	10:14:31.2	3:50:31.2	39:57.7	4:45.4
				Piscinão	10:58:50.7	4:34:50.7	44:19.5	5:20.4

# 7ª VOLTA DO LAGO CAIXA 2010

## RESULTADOS POR TRECHO

Rank	Age	Sex	Category	Point	Time	Time	Time	Time
				Parque Paranoá	11:42:15.0	5:18:15.0	43:24.3	5:42.7
				Ermida Dom Bosco	12:12:28.5	5:48:28.5	30:13.5	5:02.3
				Ponte JK	13:01:21.7	6:37:21.7	48:53.2	6:31.1
				Igreja	13:50:16.0	7:26:16.0	48:54.3	6:06.8
				Pontão	14:05:49.3	7:41:49.3	15:33.3	5:01.1
				L2 Sul	14:48:57.9	8:24:57.9	43:08.6	5:23.6
				Chegada	15:22:58.6	8:58:58.6	34:00.7	5:29.1
132	58	13	TR3 ASSESSORIA ESPORTIVA ABERTA - QUARTETO MASCULINO	Concha Acústica	6:55:26.0	31:26.0	31:26.0	3:20.6
				C.O.	7:26:16.5	1:02:16.5	30:50.5	4:24.4
				Câmara Legislativa	8:00:35.6	1:36:35.6	34:19.1	5:02.8
				Parque Lago Norte	8:19:21.0	1:55:21.0	18:45.4	4:41.4
				Clube do Congresso	9:03:25.3	2:39:25.3	44:04.3	4:32.6
				Deck Norte	9:42:43.7	3:18:43.7	39:18.4	4:40.8
				Piscinão	10:25:22.5	4:01:22.5	42:38.8	5:08.3
				Parque Paranoá	11:04:58.0	4:40:58.0	39:35.5	5:12.6
				Ermida Dom Bosco	11:35:08.0	5:11:08.0	30:10.0	5:01.7
				Ponte JK	12:19:10.6	5:55:10.6	44:02.6	5:52.3
				Igreja	13:02:13.0	6:38:13.0	43:02.4	5:22.8
				Pontão	13:17:04.3	6:53:04.3	14:51.3	4:47.5
				L2 Sul	13:58:49.1	7:34:49.1	41:44.8	5:13.1
				Chegada	14:37:51.4	8:13:51.4	39:02.3	6:17.8
133	69	4	PE D+ ABERTA - SEXTETO	Concha Acústica	7:02:12.8	38:12.8	38:12.8	4:03.9
				C.O.	7:33:39.0	1:09:39.0	31:26.2	4:29.5
				Câmara Legislativa	8:05:20.3	1:41:20.3	31:41.3	4:39.6
				Parque Lago Norte	8:24:46.0	2:00:46.0	19:25.7	4:51.4
				Clube do Congresso	9:13:37.3	2:49:37.3	48:51.3	5:02.2
				Deck Norte	9:55:30.1	3:31:30.1	41:52.8	4:59.1
				Piscinão	10:37:32.7	4:13:32.7	42:02.6	5:03.9
				Parque Paranoá	11:18:50.0	4:54:50.0	41:17.3	5:25.*
				Ermida Dom Bosco	11:50:45.0	5:26:45.0	31:55.0	5:19.2
				Ponte JK	12:29:16.3	6:05:16.3	38:31.3	5:08.2
				Igreja	13:12:43.0	6:48:43.0	43:26.7	5:25.8
				Pontão	13:29:08.2	7:05:08.2	16:25.2	5:17.8
				L2 Sul	14:12:57.4	7:48:57.4	43:49.2	5:28.7
				Chegada	14:43:22.2	8:19:22.2	30:24.8	4:54.3
134	177	100	ATP PERSONAL/ OS ATPISTAS ABERTA - OCTETO	Concha Acústica	7:15:33.4	51:33.4	51:33.4	5:29.1
				C.O.	8:00:12.6	1:36:12.6	44:39.2	6:22.7

# 7ª VOLTA DO LAGO CAIXA 2010

## RESULTADOS POR TRECHO

				Câmara Legislativa	8:41:18.0	2:17:18.0	41:05.4	6:02.6
				Parque Lago Norte	9:03:29.0	2:39:29.0	22:11.0	5:32.8
				Clube do Congresso	9:58:28.7	3:34:28.7	54:59.7	5:40.2
				Deck Norte	10:52:16.2	4:28:16.2	53:47.5	6:24.2
				Piscinão	11:49:14.7	5:25:14.7	56:58.5	6:51.9
				Parque Paranoá	12:28:07.0	6:04:07.0	38:52.3	5:06.9
				Ermida Dom Bosco	12:54:31.4	6:30:31.4	26:24.4	4:24.1
				Ponte JK	13:39:38.4	7:15:38.4	45:07.0	6:00.9
				Igreja	14:15:10.0	7:51:10.0	35:31.6	4:26.5
				Pontão	14:34:04.0	8:10:04.0	18:54.0	6:05.8
				L2 Sul	15:15:34.9	8:51:34.9	41:30.9	5:11.4
				Chegada	15:45:46.9	9:21:46.9	30:12.0	4:52.3
135	201	120	ATP PERSONAL/ OS ATPISTAS 1 ABERTA - OCTETO	Concha Acústica	7:11:49.7	47:49.7	47:49.7	5:05.3
				C.O.	8:02:44.6	1:38:44.6	50:54.9	7:16.4
				Câmara Legislativa	8:45:28.8	2:21:28.8	42:44.2	6:17.1
				Parque Lago Norte	9:04:10.0	2:40:10.0	18:41.2	4:40.3
				Clube do Congresso	9:55:44.5	3:31:44.5	51:34.5	5:19.0
				Deck Norte	10:50:28.8	4:26:28.8	54:44.3	6:30.*
				Piscinão	11:36:43.7	5:12:43.7	46:14.9	5:34.3
				Parque Paranoá	12:33:46.0	6:09:46.0	57:02.3	7:30.3
				Ermida Dom Bosco	12:57:36.2	6:33:36.2	23:50.2	3:58.4
				Ponte JK	13:41:24.2	7:17:24.2	43:48.0	5:50.4
				Igreja	14:14:06.0	7:50:06.0	32:41.8	4:05.2
				Pontão	14:33:55.4	8:09:55.4	19:49.4	6:23.7
				L2 Sul	15:27:37.3	9:03:37.3	53:41.9	6:42.7
				Chegada	15:55:53.6	9:31:53.6	28:16.3	4:33.6
136	116	1	EQUIPE X8_CAIXA ECONOMIARIOS QUARTETO FEM.	Concha Acústica	7:02:39.7	38:39.7	38:39.7	4:06.8
				C.O.	7:35:22.3	1:11:22.3	32:42.6	4:40.4
				Câmara Legislativa	8:12:47.8	1:48:47.8	37:25.5	5:30.2
				Parque Lago Norte	8:32:10.0	2:08:10.0	19:22.2	4:50.6
				Clube do Congresso	9:25:00.0	3:01:00.0	52:50.0	5:26.8
				Deck Norte	10:07:16.7	3:43:16.7	42:16.7	5:01.*
				Piscinão	10:55:24.0	4:31:24.0	48:07.3	5:47.9
				Parque Paranoá	11:35:03.0	5:11:03.0	39:39.0	5:13.0
				Ermida Dom Bosco	12:09:48.3	5:45:48.3	34:45.3	5:47.6
				Ponte JK	12:53:20.5	6:29:20.5	43:32.2	5:48.3
				Igreja	13:35:03.0	7:11:03.0	41:42.5	5:12.8
				Pontão	13:51:12.0	7:27:12.0	16:09.0	5:12.6

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				L2 Sul	14:36:33.0	8:12:33.0	45:21.0	5:40.1
				Chegada	15:11:48.5	8:47:48.5	35:15.5	5:41.2
137	137	68	DALMO MISTA 1 ABERTA - OCTETO	Concha Acústica	7:04:19.1	40:19.1	40:19.1	4:17.4
				C.O.	7:41:32.5	1:17:32.5	37:13.4	5:19.1
				Câmara Legislativa	8:19:06.3	1:55:06.3	37:33.8	5:31.4
				Parque Lago Norte	8:41:36.0	2:17:36.0	22:29.7	5:37.4
				Clube do Congresso	9:31:34.6	3:07:34.6	49:58.6	5:09.1
				Deck Norte	10:24:32.6	4:00:32.6	52:58.0	6:18.3
				Piscinão	11:09:10.1	4:45:10.1	44:37.5	5:22.6
				Parque Paranoá	11:48:54.0	5:24:54.0	39:43.9	5:13.7
				Ermida Dom Bosco	12:20:27.1	5:56:27.1	31:33.1	5:15.5
				Ponte JK	13:01:51.7	6:37:51.7	41:24.6	5:31.3
				Igreja	13:46:09.0	7:22:09.0	44:17.3	5:32.2
				Pontão	14:02:40.0	7:38:40.0	16:31.0	5:19.7
				L2 Sul	14:49:10.6	8:25:10.6	46:30.6	5:48.8
				Chegada	15:25:43.4	9:01:43.4	36:32.8	5:53.7
138	171	96	BOSS TEAM ABERTA - OCTETO	Concha Acústica	7:09:36.4	45:36.4	45:36.4	4:51.1
				C.O.	7:49:16.1	1:25:16.1	39:39.7	5:39.*
				Câmara Legislativa	8:38:52.2	2:14:52.2	49:36.1	7:17.7
				Parque Lago Norte	8:59:39.0	2:35:39.0	20:46.8	5:11.7
				Clube do Congresso	9:48:26.0	3:24:26.0	48:47.0	5:01.8
				Deck Norte	10:43:32.6	4:19:32.6	55:06.6	6:33.6
				Piscinão	11:34:35.4	5:10:35.4	51:02.8	6:09.0
				Parque Paranoá	12:06:28.0	5:42:28.0	31:52.6	4:11.7
				Ermida Dom Bosco	12:38:50.8	6:14:50.8	32:22.8	5:23.8
				Ponte JK	13:18:26.3	6:54:26.3	39:35.5	5:16.7
				Igreja	14:00:44.0	7:36:44.0	42:17.7	5:17.2
				Pontão	14:16:33.7	7:52:33.7	15:49.7	5:06.4
				L2 Sul	15:04:31.2	8:40:31.2	47:57.5	5:59.7
				Chegada	15:41:11.6	9:17:11.6	36:40.4	5:54.9
139	180	18	MALUKOS DO ASFALTO 1 ABERTA - QUARTETO MASCULINO	Concha Acústica	7:02:20.6	38:20.6	38:20.6	4:04.7
				C.O.	7:40:44.1	1:16:44.1	38:23.5	5:29.1
				Câmara Legislativa	8:17:12.5	1:53:12.5	36:28.4	5:21.8
				Parque Lago Norte	8:36:26.0	2:12:26.0	19:13.5	4:48.4
				Clube do Congresso	9:33:14.6	3:09:14.6	56:48.6	5:51.4
				Deck Norte	10:21:13.2	3:57:13.2	47:58.6	5:42.7
				Piscinão	11:07:12.0	4:43:12.0	45:58.8	5:32.4

# 7ª VOLTA DO LAGO CAIXA 2010

## RESULTADOS POR TRECHO

				Parque Paranoá	11:50:12.0	5:26:12.0	43:00.0	5:39.5
				Ermida Dom Bosco	12:28:08.2	6:04:08.2	37:56.2	6:19.4
				Ponte JK	13:19:10.7	6:55:10.7	51:02.5	6:48.3
				Igreja	14:05:39.0	7:41:39.0	46:28.3	5:48.5
				Pontão	14:23:36.8	7:59:36.8	17:57.8	5:47.7
				L2 Sul	15:08:13.9	8:44:13.9	44:37.1	5:34.6
				Chegada	15:46:19.5	9:22:19.5	38:05.6	6:08.6
140	86	9	MALUKOS DO ASFALTO 4 ABERTA - QUARTETO MISTO	Concha Acústica	7:00:29.7	36:29.7	36:29.7	3:52.9
				C.O.	7:34:57.4	1:10:57.4	34:27.7	4:55.4
				Câmara Legislativa	8:05:55.6	1:41:55.6	30:58.2	4:33.3
				Parque Lago Norte	8:28:10.0	2:04:10.0	22:14.4	5:33.6
				Clube do Congresso	9:11:31.3	2:47:31.3	43:21.3	4:28.2
				Deck Norte	9:55:06.2	3:31:06.2	43:34.9	5:11.3
				Piscinão	10:35:17.3	4:11:17.3	40:11.1	4:50.5
				Parque Paranoá	11:16:40.0	4:52:40.0	41:22.7	5:26.7
				Ermida Dom Bosco	11:45:49.3	5:21:49.3	29:09.3	4:51.6
				Ponte JK	12:34:33.0	6:10:33.0	48:43.7	6:29.8
				Igreja	13:16:36.0	6:52:36.0	42:03.0	5:15.4
				Pontão	13:32:46.1	7:08:46.1	16:10.1	5:12.9
				L2 Sul	14:15:58.6	7:51:58.6	43:12.5	5:24.1
				Chegada	14:50:59.8	8:26:59.8	35:01.2	5:38.9
141	42	4	MALUKOS DO ASFALTO 2 ABERTA - QUARTETO MISTO	Concha Acústica	6:59:50.6	35:50.6	35:50.6	3:48.8
				C.O.	7:30:09.5	1:06:09.5	30:18.9	4:19.8
				Câmara Legislativa	7:59:40.8	1:35:40.8	29:31.3	4:20.5
				Parque Lago Norte	8:17:18.0	1:53:18.0	17:37.2	4:24.3
				Clube do Congresso	9:03:27.1	2:39:27.1	46:09.1	4:45.5
				Deck Norte	9:39:27.8	3:15:27.8	36:00.7	4:17.2
				Piscinão	10:18:24.2	3:54:24.2	38:56.4	4:41.5
				Parque Paranoá	10:56:57.0	4:32:57.0	38:32.8	5:04.3
				Ermida Dom Bosco	11:28:58.1	5:04:58.1	32:01.1	5:20.2
				Ponte JK	12:09:01.0	5:45:01.0	40:02.9	5:20.4
				Igreja	12:49:32.0	6:25:32.0	40:31.0	5:03.9
				Pontão	13:03:01.8	6:39:01.8	13:29.8	4:21.2
				L2 Sul	13:43:58.8	7:19:58.8	40:57.0	5:07.1
				Chegada	14:15:27.2	7:51:27.2	31:28.4	5:04.6
142	202	121	ACADEMIA HEALTHY WAY ABERTA - OCTETO	Concha Acústica	7:06:43.9	42:43.9	42:43.9	4:32.8
				C.O.	7:41:08.7	1:17:08.7	34:24.8	4:54.*

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				Câmara Legislativa	8:25:42.9	2:01:42.9	44:34.2	6:33.3
				Parque Lago Norte	8:48:08.0	2:24:08.0	22:25.1	5:36.3
				Clube do Congresso	9:33:00.0	3:09:00.0	44:52.0	4:37.5
				Deck Norte	10:27:05.3	4:03:05.3	54:05.3	6:26.3
				Piscinão	11:12:22.7	4:48:22.7	45:17.4	5:27.4
				Parque Paranoá	00.0			
				Ermida Dom Bosco	12:35:02.0	6:11:02.0	12:35:02.0	2:05:50.3
				Ponte JK	13:31:15.1	7:07:15.1	56:13.1	7:29.7
				Igreja	14:09:00.0	7:45:00.0	37:44.9	4:43.1
				Pontão	14:26:26.5	8:02:26.5	17:26.5	5:37.6
				L2 Sul	15:11:43.2	8:47:43.2	45:16.7	5:39.6
				Chegada	15:56:07.7	9:32:07.7	44:24.5	7:09.8
143	204	10	EQUIPE X6_CAIXA ECONOMIARIOS OCTETO	Concha Acústica	7:01:05.0	37:05.0	37:05.0	3:56.7
				C.O.	7:39:16.4	1:15:16.4	38:11.4	5:27.3
				Câmara Legislativa	8:32:32.0	2:08:32.0	53:15.6	7:49.9
				Parque Lago Norte	8:56:20.0	2:32:20.0	23:48.0	5:57.0
				Clube do Congresso	9:51:54.6	3:27:54.6	55:34.6	5:43.8
				Deck Norte	10:35:51.6	4:11:51.6	43:57.0	5:13.9
				Piscinão	11:24:21.2	5:00:21.2	48:29.6	5:50.6
				Parque Paranoá	12:16:44.0	5:52:44.0	52:22.8	6:53.5
				Ermida Dom Bosco	12:54:19.2	6:30:19.2	37:35.2	6:15.9
				Ponte JK	13:37:26.2	7:13:26.2	43:07.0	5:44.9
				Igreja	14:16:12.0	7:52:12.0	38:45.8	4:50.7
				Pontão	14:32:30.0	8:08:30.0	16:18.0	5:15.5
				L2 Sul	15:17:35.1	8:53:35.1	45:05.1	5:38.1
				Chegada	15:57:11.5	9:33:11.5	39:36.4	6:23.3
144	45	8	ABC/AMIGOS DO LEAO/ABC PAPELARIA ABERTA - OCTETO	Concha Acústica	6:56:00.8	32:00.8	32:00.8	3:24.3
				C.O.	7:27:22.6	1:03:22.6	31:21.8	4:28.8
				Câmara Legislativa	8:09:12.5	1:45:12.5	41:49.9	6:09.1
				Parque Lago Norte	8:24:45.0	2:00:45.0	15:32.5	3:53.1
				Clube do Congresso	9:04:12.0	2:40:12.0	39:27.0	4:04.0
				Deck Norte	9:40:45.1	3:16:45.1	36:33.1	4:21.1
				Piscinão	10:39:45.4	4:15:45.4	59:00.3	7:06.5
				Parque Paranoá	11:15:29.0	4:51:29.0	35:43.6	4:42.1
				Ermida Dom Bosco	11:39:21.8	5:15:21.8	23:52.8	3:58.8
				Ponte JK	12:21:32.2	5:57:32.2	42:10.4	5:37.4
				Igreja	12:56:26.0	6:32:26.0	34:53.8	4:21.7
				Pontão	13:17:10.0	6:53:10.0	20:44.0	6:41.3

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				L2 Sul	13:50:45.5	7:26:45.5	33:35.5	4:11.9
				Chegada	14:20:15.6	7:56:15.6	29:30.1	4:45.5
145	235	1	ACADEMIA HEALTHY WAY II ABERTA - QUARTETO FEMININO	Concha Acústica	7:04:53.7	40:53.7	40:53.7	4:21.0
				C.O.	7:42:08.9	1:18:08.9	37:15.2	5:19.3
				Câmara Legislativa	8:25:41.8	2:01:41.8	43:32.9	6:24.3
				Parque Lago Norte	8:48:05.0	2:24:05.0	22:23.2	5:35.8
				Clube do Congresso	9:42:51.8	3:18:51.8	54:46.8	5:38.8
				Deck Norte	10:29:43.7	4:05:43.7	46:51.9	5:34.8
				Piscinão	11:28:01.4	5:04:01.4	58:17.7	7:01.4
				Parque Paranoá	12:14:40.0	5:50:40.0	46:38.6	6:08.2
				Ermida Dom Bosco	12:50:56.1	6:26:56.1	36:16.1	6:02.7
				Ponte JK	13:40:23.9	7:16:23.9	49:27.8	6:35.7
				Igreja	14:29:55.0	8:05:55.0	49:31.1	6:11.4
				Pontão	14:49:49.0	8:25:49.0	19:54.0	6:25.2
				L2 Sul	15:40:52.4	9:16:52.4	51:03.4	6:22.9
Chegada	16:22:58.2	9:58:58.2	42:05.8	6:47.4				
146	179	102	REVISTA POSIATIVIDADE ABERTA - OCTETO	Concha Acústica	6:59:50.6	35:50.6	35:50.6	3:48.8
				C.O.	7:34:52.9	1:10:52.9	35:02.3	5:00.3
				Câmara Legislativa	8:14:13.5	1:50:13.5	39:20.6	5:47.1
				Parque Lago Norte	8:36:27.0	2:12:27.0	22:13.5	5:33.4
				Clube do Congresso	9:18:41.5	2:54:41.5	42:14.5	4:21.3
				Deck Norte	10:08:30.4	3:44:30.4	49:48.9	5:55.8
				Piscinão	10:50:08.0	4:26:08.0	41:37.6	5:00.9
				Parque Paranoá	11:59:04.0	5:35:04.0	1:08:56.0	9:04.2
				Ermida Dom Bosco	12:35:27.6	6:11:27.6	36:23.6	6:03.9
				Ponte JK	13:14:54.9	6:50:54.9	39:27.3	5:15.6
				Igreja	14:06:59.0	7:42:59.0	52:04.1	6:30.5
				Pontão	14:20:34.3	7:56:34.3	13:35.3	4:23.0
				L2 Sul	15:07:05.8	8:43:05.8	46:31.5	5:48.9
Chegada	15:46:12.5	9:22:12.5	39:06.7	6:18.5				
147	62	1	EQUIPE X_CAIXA ECONOMIARIOS SEXTETO	Concha Acústica	6:56:23.4	32:23.4	32:23.4	3:26.7
				C.O.	7:30:48.1	1:06:48.1	34:24.7	4:54.*
				Câmara Legislativa	8:07:36.8	1:43:36.8	36:48.7	5:24.8
				Parque Lago Norte	8:26:56.0	2:02:56.0	19:19.2	4:49.8
				Clube do Congresso	9:10:52.7	2:46:52.7	43:56.7	4:31.8
				Deck Norte	9:54:59.6	3:30:59.6	44:06.9	5:15.1
				Piscinão	10:38:39.3	4:14:39.3	43:39.7	5:15.6

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				Parque Paranoá	11:13:46.0	4:49:46.0	35:06.7	4:37.2
				Ermida Dom Bosco	11:46:46.1	5:22:46.1	33:00.1	5:30.0
				Ponte JK	12:31:57.8	6:07:57.8	45:11.7	6:01.6
				Igreja	13:07:17.0	6:43:17.0	35:19.2	4:24.9
				Pontão	13:22:18.0	6:58:18.0	15:01.0	4:50.6
				L2 Sul	14:04:02.9	7:40:02.9	41:44.9	5:13.1
				Chegada	14:40:19.0	8:16:19.0	36:16.1	5:50.*
148	214	2	AMIGOS DO WALDIR ECONOMIARIOS QUARTETO MASC.	Concha Acústica	6:55:55.9	31:55.9	31:55.9	3:23.8
				C.O.	7:35:43.1	1:11:43.1	39:47.2	5:41.0
				Câmara Legislativa	8:12:10.6	1:48:10.6	36:27.5	5:21.7
				Parque Lago Norte	8:41:52.0	2:17:52.0	29:41.4	7:25.4
				Clube do Congresso	9:43:20.4	3:19:20.4	1:01:28.4	6:20.2
				Deck Norte	10:28:41.5	4:04:41.5	45:21.1	5:23.9
				Piscinão	11:05:26.8	4:41:26.8	36:45.3	4:25.7
				Parque Paranoá	12:06:37.0	5:42:37.0	1:01:10.2	8:02.9
				Ermida Dom Bosco	12:45:08.7	6:21:08.7	38:31.7	6:25.3
				Ponte JK	13:21:06.0	6:57:06.0	35:57.3	4:47.6
				Igreja	14:06:30.0	7:42:30.0	45:24.0	5:40.5
				Pontão	14:25:23.6	8:01:23.6	18:53.6	6:05.7
				L2 Sul	15:05:01.7	8:41:01.7	39:38.1	4:57.3
				Chegada	16:03:47.9	9:39:47.9	58:46.2	9:28.7
149	70	5	PE DE FRANGO/DF ABERTA - SEXTETO	Concha Acústica	7:00:16.6	36:16.6	36:16.6	3:51.6
				C.O.	7:32:20.6	1:08:20.6	32:04.0	4:34.9
				Câmara Legislativa	8:07:15.6	1:43:15.6	34:55.0	5:08.1
				Parque Lago Norte	8:22:34.0	1:58:34.0	15:18.4	3:49.6
				Clube do Congresso	9:19:04.6	2:55:04.6	56:30.6	5:49.5
				Deck Norte	10:02:23.2	3:38:23.2	43:18.6	5:09.4
				Piscinão	10:40:12.4	4:16:12.4	37:49.2	4:33.4
				Parque Paranoá	11:09:04.0	4:45:04.0	28:51.6	3:47.8
				Ermida Dom Bosco	11:50:41.2	5:26:41.2	41:37.2	6:56.2
				Ponte JK	12:32:03.5	6:08:03.5	41:22.3	5:30.*
				Igreja	12:55:38.0	6:31:38.0	23:34.5	2:56.8
				Pontão	13:29:11.9	7:05:11.9	33:33.9	10:49.6
				L2 Sul	14:14:01.2	7:50:01.2	44:49.3	5:36.2
				Chegada	14:43:25.0	8:19:25.0	29:23.8	4:44.5
150	43	3	ABSOLUT VODEGA ABERTA - SEXTETO	Concha Acústica	6:57:53.1	33:53.1	33:53.1	3:36.3
				C.O.	7:28:26.0	1:04:26.0	30:32.9	4:21.8

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				Câmara Legislativa	8:01:39.3	1:37:39.3	33:13.3	4:53.1
				Parque Lago Norte	8:24:47.0	2:00:47.0	23:07.7	5:46.9
				Clube do Congresso	9:06:50.3	2:42:50.3	42:03.3	4:20.1
				Deck Norte	9:52:27.5	3:28:27.5	45:37.2	5:25.9
				Piscinão	10:30:40.6	4:06:40.6	38:13.1	4:36.3
				Parque Paranoá	11:22:44.0	4:58:44.0	52:03.4	6:50.*
				Ermida Dom Bosco	11:39:40.1	5:15:40.1	16:56.1	2:49.4
				Ponte JK	12:15:52.7	5:51:52.7	36:12.6	4:49.7
				Igreja	13:15:41.0	6:51:41.0	59:48.3	7:28.5
				Pontão	13:29:21.1	7:05:21.1	13:40.1	4:24.5
				L2 Sul	13:47:48.6	7:23:48.6	18:27.5	2:18.4
				Chegada	14:17:36.6	7:53:36.6	29:48.0	4:48.4
151	191	111	UNJOVEM ABERTA - OCTETO	Concha Acústica	7:03:00.9	39:00.9	39:00.9	4:09.0
				C.O.	7:46:28.2	1:22:28.2	43:27.3	6:12.5
				Câmara Legislativa	8:25:59.1	2:01:59.1	39:30.9	5:48.7
				Parque Lago Norte	8:50:50.0	2:26:50.0	24:50.9	6:12.7
				Clube do Congresso	9:43:45.4	3:19:45.4	52:55.4	5:27.4
				Deck Norte	10:24:44.6	4:00:44.6	40:59.2	4:52.8
				Piscinão	11:10:56.3	4:46:56.3	46:11.7	5:33.9
				Parque Paranoá	11:59:12.0	5:35:12.0	48:15.7	6:21.0
				Ermida Dom Bosco	12:30:08.7	6:06:08.7	30:56.7	5:09.5
				Ponte JK	13:25:46.7	7:01:46.7	55:38.0	7:25.1
				Igreja	14:12:22.0	7:48:22.0	46:35.3	5:49.4
				Pontão	14:30:03.0	8:06:03.0	17:41.0	5:42.3
				L2 Sul	15:16:59.3	8:52:59.3	46:56.3	5:52.0
				Chegada	15:52:13.8	9:28:13.8	35:14.5	5:41.0
152	189	109	GALERA UNJOVEM ABERTA - OCTETO	Concha Acústica	6:56:41.3	32:41.3	32:41.3	3:28.6
				C.O.	7:37:06.3	1:13:06.3	40:25.0	5:46.4
				Câmara Legislativa	8:16:43.6	1:52:43.6	39:37.3	5:49.6
				Parque Lago Norte	8:38:09.0	2:14:09.0	21:25.4	5:21.4
				Clube do Congresso	9:28:01.6	3:04:01.6	49:52.6	5:08.5
				Deck Norte	10:23:07.7	3:59:07.7	55:06.1	6:33.6
				Piscinão	11:11:08.5	4:47:08.5	48:00.8	5:47.1
				Parque Paranoá	12:00:19.0	5:36:19.0	49:10.5	6:28.2
				Ermida Dom Bosco	12:26:31.7	6:02:31.7	26:12.7	4:22.1
				Ponte JK	13:16:29.5	6:52:29.5	49:57.8	6:39.7
				Igreja	14:02:51.0	7:38:51.0	46:21.5	5:47.7
				Pontão	14:18:37.9	7:54:37.9	15:46.9	5:05.5

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				L2 Sul	15:06:57.6	8:42:57.6	48:19.7	6:02.5
				Chegada	15:49:43.8	9:25:43.8	42:46.2	6:53.9
153	103	44	MALUKOS DO ASFALTO 3 ABERTA - OCTETO	Concha Acústica	6:57:53.1	33:53.1	33:53.1	3:36.3
				C.O.	7:30:14.8	1:06:14.8	32:21.7	4:37.4
				Câmara Legislativa	8:06:26.8	1:42:26.8	36:12.0	5:19.4
				Parque Lago Norte	8:28:01.0	2:04:01.0	21:34.2	5:23.6
				Clube do Congresso	9:16:14.7	2:52:14.7	48:13.7	4:58.3
				Deck Norte	10:06:19.5	3:42:19.5	50:04.8	5:57.7
				Piscinão	10:52:32.4	4:28:32.4	46:12.9	5:34.1
				Parque Paranoá	11:31:52.0	5:07:52.0	39:19.6	5:10.5
				Ermida Dom Bosco	12:02:50.6	5:38:50.6	30:58.6	5:09.8
				Ponte JK	12:40:56.9	6:16:56.9	38:06.3	5:04.8
				Igreja	13:30:09.0	7:06:09.0	49:12.1	6:09.0
				Pontão	13:46:13.3	7:22:13.3	16:04.3	5:11.1
				L2 Sul	14:33:06.3	8:09:06.3	46:53.0	5:51.6
				Chegada	15:05:38.5	8:41:38.5	32:32.2	5:14.9
154	203	9	BANBAN RUNNING 8 ECONOMARIOS OCTETO	Concha Acústica	7:04:12.7	40:12.7	40:12.7	4:16.7
				C.O.	7:41:37.4	1:17:37.4	37:24.7	5:20.7
				Câmara Legislativa	8:34:27.7	2:10:27.7	52:50.3	7:46.2
				Parque Lago Norte	8:56:09.0	2:32:09.0	21:41.3	5:25.3
				Clube do Congresso	9:52:35.2	3:28:35.2	56:26.2	5:49.1
				Deck Norte	10:45:12.7	4:21:12.7	52:37.5	6:15.9
				Piscinão	11:32:40.7	5:08:40.7	47:28.0	5:43.1
				Parque Paranoá	12:07:55.0	5:43:55.0	35:14.3	4:38.2
				Ermida Dom Bosco	12:41:59.8	6:17:59.8	34:04.8	5:40.8
				Ponte JK	13:31:19.8	7:07:19.8	49:20.0	6:34.7
				Igreja	14:19:11.0	7:55:11.0	47:51.2	5:58.9
				Pontão	14:34:50.4	8:10:50.4	15:39.4	5:03.0
				L2 Sul	15:16:41.8	8:52:41.8	41:51.4	5:13.9
				Chegada	15:56:48.6	9:32:48.6	40:06.8	6:28.2
155	216	13	RUNNING GOMES ECONOMARIOS OCTETO	Concha Acústica	7:02:41.9	38:41.9	38:41.9	4:07.0
				C.O.	7:42:02.6	1:18:02.6	39:20.7	5:37.2
				Câmara Legislativa	8:29:21.1	2:05:21.1	47:18.5	6:57.4
				Parque Lago Norte	8:55:08.0	2:31:08.0	25:46.9	6:26.7
				Clube do Congresso	9:38:01.0	3:14:01.0	42:53.0	4:25.3
				Deck Norte	10:23:00.3	3:59:00.3	44:59.3	5:21.3
				Piscinão	11:12:41.8	4:48:41.8	49:41.5	5:59.2



## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				Câmara Legislativa	8:18:05.7	1:54:05.7	35:12.6	5:10.7
				Parque Lago Norte	8:41:50.0	2:17:50.0	23:44.3	5:56.1
				Clube do Congresso	9:46:03.3	3:22:03.3	1:04:13.3	6:37.2
				Deck Norte	10:48:27.4	4:24:27.4	1:02:24.1	7:25.7
				Piscinão	11:28:03.5	5:04:03.5	39:36.1	4:46.3
				Parque Paranoá	12:08:18.0	5:44:18.0	40:14.5	5:17.7
				Ermida Dom Bosco	12:46:25.1	6:22:25.1	38:07.1	6:21.2
				Ponte JK	13:29:24.1	7:05:24.1	42:59.0	5:43.9
				Igreja	14:15:19.0	7:51:19.0	45:54.9	5:44.4
				Pontão	14:33:12.7	8:09:12.7	17:53.7	5:46.4
				L2 Sul	15:11:47.9	8:47:47.9	38:35.2	4:49.4
				Chegada	15:53:39.6	9:29:39.6	41:51.7	6:45.1
159	241	142	MRA RUNNERS 2 ABERTA - OCTETO	Concha Acústica	7:09:52.8	45:52.8	45:52.8	4:52.9
				C.O.	7:58:08.4	1:34:08.4	48:15.6	6:53.7
				Câmara Legislativa	8:39:10.1	2:15:10.1	41:01.7	6:02.0
				Parque Lago Norte	9:00:52.0	2:36:52.0	21:41.9	5:25.5
				Clube do Congresso	10:04:33.7	3:40:33.7	1:03:41.7	6:33.*
				Deck Norte	10:48:05.1	4:24:05.1	43:31.4	5:10.9
				Piscinão	11:41:25.9	5:17:25.9	53:20.8	6:25.6
				Parque Paranoá	12:43:15.0	6:19:15.0	1:01:49.1	8:08.0
				Ermida Dom Bosco	13:15:00.0	6:51:00.0	31:45.0	5:17.5
				Ponte JK	14:12:49.3	7:48:49.3	57:49.3	7:42.6
				Igreja	14:59:10.0	8:35:10.0	46:20.7	5:47.6
				Pontão	15:12:50.1	8:48:50.1	13:40.1	4:24.5
				L2 Sul	15:56:06.3	9:32:06.3	43:16.2	5:24.5
				Chegada	16:35:40.3	10:11:40.3	39:34.0	6:22.9
160	106	2	EMBAIXADA DO REINO UNIDO MISSOES DIPLOMATICAS	Concha Acústica	7:07:30.0	43:30.0	43:30.0	4:37.7
				C.O.	7:44:47.2	1:20:47.2	37:17.2	5:19.6
				Câmara Legislativa	8:17:09.8	1:53:09.8	32:22.6	4:45.7
				Parque Lago Norte	8:34:28.0	2:10:28.0	17:18.2	4:19.6
				Clube do Congresso	9:34:25.9	3:10:25.9	59:57.9	6:10.9
				Deck Norte	10:13:35.4	3:49:35.4	39:09.5	4:39.7
				Piscinão	11:03:52.7	4:39:52.7	50:17.3	6:03.5
				Parque Paranoá	11:55:05.0	5:31:05.0	51:12.3	6:44.3
				Ermida Dom Bosco	12:23:51.0	5:59:51.0	28:46.0	4:47.7
				Ponte JK	12:59:21.5	6:35:21.5	35:30.5	4:44.1
				Igreja	13:39:18.0	7:15:18.0	39:56.5	4:59.6
				Pontão	13:54:51.9	7:30:51.9	15:33.9	5:01.3

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				L2 Sul	14:37:14.5	8:13:14.5	42:22.6	5:17.8
				Chegada	15:06:27.6	8:42:27.6	29:13.1	4:42.8
161	126	58	UAI RUNNING ABERTA - OCTETO	Concha Acústica	7:14:05.0	50:05.0	50:05.0	5:19.7
				C.O.	7:43:47.3	1:19:47.3	29:42.3	4:14.6
				Câmara Legislativa	8:28:14.5	2:04:14.5	44:27.2	6:32.2
				Parque Lago Norte	8:48:10.0	2:24:10.0	19:55.5	4:58.9
				Clube do Congresso	9:47:22.6	3:23:22.6	59:12.6	6:06.2
				Deck Norte	10:23:07.6	3:59:07.6	35:45.0	4:15.4
				Piscinão	11:13:06.0	4:49:06.0	49:58.4	6:01.3
				Parque Paranoá	11:53:00.0	5:29:00.0	39:54.0	5:15.0
				Ermida Dom Bosco	12:20:11.5	5:56:11.5	27:11.5	4:31.9
				Ponte JK	12:59:19.5	6:35:19.5	39:08.0	5:13.1
				Igreja	13:43:05.0	7:19:05.0	43:45.5	5:28.2
				Pontão	14:01:50.9	7:37:50.9	18:45.9	6:03.2
				L2 Sul	14:45:48.9	8:21:48.9	43:58.0	5:29.8
				Chegada	15:19:15.9	8:55:15.9	33:27.0	5:23.7
162	53	13	PRAZER DE CORRER/ ABC ABERTA - OCTETO	Concha Acústica	6:50:56.8	26:56.8	26:56.8	2:52.0
				C.O.	7:23:59.0	59:59.0	33:02.2	4:43.2
				Câmara Legislativa	8:06:56.6	1:42:56.6	42:57.6	6:19.1
				Parque Lago Norte	8:26:34.0	2:02:34.0	19:37.4	4:54.4
				Clube do Congresso	9:04:55.9	2:40:55.9	38:21.9	3:57.3
				Deck Norte	9:45:48.4	3:21:48.4	40:52.5	4:51.*
				Piscinão	10:38:09.1	4:14:09.1	52:20.7	6:18.4
				Parque Paranoá	11:21:10.0	4:57:10.0	43:00.9	5:39.6
				Ermida Dom Bosco	11:53:31.5	5:29:31.5	32:21.5	5:23.6
				Ponte JK	12:22:52.2	5:58:52.2	29:20.7	3:54.8
				Igreja	13:01:59.0	6:37:59.0	39:06.8	4:53.4
				Pontão	13:19:21.1	6:55:21.1	17:22.1	5:36.2
				L2 Sul	13:53:39.1	7:29:39.1	34:18.0	4:17.3
				Chegada	14:32:38.8	8:08:38.8	38:59.7	6:17.4
163	112	10	PEGA E VAZA 4 ABERTA - QUARTETO MISTO	Concha Acústica	7:03:31.1	39:31.1	39:31.1	4:12.2
				C.O.	7:37:45.1	1:13:45.1	34:14.0	4:53.4
				Câmara Legislativa	8:11:03.9	1:47:03.9	33:18.8	4:53.9
				Parque Lago Norte	8:32:22.0	2:08:22.0	21:18.1	5:19.5
				Clube do Congresso	9:21:42.3	2:57:42.3	49:20.3	5:05.2
				Deck Norte	10:00:12.9	3:36:12.9	38:30.6	4:35.1
				Piscinão	10:49:57.3	4:25:57.3	49:44.4	5:59.6

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

Pos. Geral	Pos. Trecho	Equipe	Trecho	Tempo	Tempo	Tempo	Tempo	
			Parque Paranoá	11:32:25.0	5:08:25.0	42:27.7	5:35.2	
			Ermida Dom Bosco	12:04:36.9	5:40:36.9	32:11.9	5:21.*	
			Ponte JK	12:43:32.0	6:19:32.0	38:55.1	5:11.3	
			Igreja	13:34:07.0	7:10:07.0	50:35.0	6:19.4	
			Pontão	13:49:32.5	7:25:32.5	15:25.5	4:58.5	
			L2 Sul	14:35:39.9	8:11:39.9	46:07.4	5:45.9	
			Chegada	15:09:21.6	8:45:21.6	33:41.7	5:26.1	
164	138	4	EQUIPE X3_CAIXA ECONOMIARIOS OCTETO	Concha Acústica	6:57:33.2	33:33.2	33:33.2	3:34.2
				C.O.	7:49:25.4	1:25:25.4	51:52.2	7:24.6
				Câmara Legislativa	8:34:24.1	2:10:24.1	44:58.7	6:36.9
				Parque Lago Norte	8:57:34.0	2:33:34.0	23:09.9	5:47.5
				Clube do Congresso	9:33:58.0	3:09:58.0	36:24.0	3:45.2
				Deck Norte	10:29:33.4	4:05:33.4	55:35.4	6:37.1
				Piscinão	11:08:43.9	4:44:43.9	39:10.5	4:43.2
				Parque Paranoá	11:41:27.0	5:17:27.0	32:43.1	4:18.3
				Ermida Dom Bosco	12:20:13.7	5:56:13.7	38:46.7	6:27.8
				Ponte JK	13:13:57.2	6:49:57.2	53:43.5	7:09.8
				Igreja	13:52:27.0	7:28:27.0	38:29.8	4:48.7
				Pontão	14:11:16.9	7:47:16.9	18:49.9	6:04.5
				L2 Sul	14:46:09.5	8:22:09.5	34:52.6	4:21.6
				Chegada	15:26:40.4	9:02:40.4	40:30.9	6:32.1
165	73	24	LO-RA BRASILIA ABERTA - OCTETO	Concha Acústica	6:59:33.8	35:33.8	35:33.8	3:47.0
				C.O.	7:32:53.0	1:08:53.0	33:19.2	4:45.6
				Câmara Legislativa	8:10:36.8	1:46:36.8	37:43.8	5:32.9
				Parque Lago Norte	8:33:46.0	2:09:46.0	23:09.2	5:47.3
				Clube do Congresso	9:20:13.3	2:56:13.3	46:27.3	4:47.4
				Deck Norte	10:03:21.5	3:39:21.5	43:08.2	5:08.1
				Piscinão	10:43:05.6	4:19:05.6	39:44.1	4:47.2
				Parque Paranoá	11:21:30.0	4:57:30.0	38:24.4	5:03.2
				Ermida Dom Bosco	11:56:51.4	5:32:51.4	35:21.4	5:53.6
				Ponte JK	12:36:38.2	6:12:38.2	39:46.8	5:18.2
				Igreja	13:15:33.0	6:51:33.0	38:54.8	4:51.9
				Pontão	13:30:44.6	7:06:44.6	15:11.6	4:54.1
				L2 Sul	14:12:45.9	7:48:45.9	42:01.3	5:15.2
				Chegada	14:46:05.1	8:22:05.1	33:19.2	5:22.5
166	196	116	IRONSEMAG ABERTA - OCTETO	Concha Acústica	7:05:06.0	41:06.0	41:06.0	4:22.3
				C.O.	7:43:25.1	1:19:25.1	38:19.1	5:28.4

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

					Câmara Legislativa	8:21:48.7	1:57:48.7	38:23.6	5:38.8
					Parque Lago Norte	00.0			
					Clube do Congresso				
					Deck Norte				
					Piscinão				
					Parque Paranoá	12:16:08.0	5:52:08.0	12:16:08.0	1:36:51.6
					Ermida Dom Bosco	12:43:35.6	6:19:35.6	27:27.6	4:34.6
					Ponte JK	13:33:24.9	7:09:24.9	49:49.3	6:38.6
					Igreja	14:11:41.0	7:47:41.0	38:16.1	4:47.0
					Pontão	14:28:26.2	8:04:26.2	16:45.2	5:24.3
					L2 Sul	15:16:24.4	8:52:24.4	47:58.2	5:59.8
					Chegada	15:53:46.7	9:29:46.7	37:22.3	6:01.7
167	74	25	NATUREBA/348 ABERTA - OCTETO		Concha Acústica	7:03:03.1	39:03.1	39:03.1	4:09.3
					C.O.	7:38:45.2	1:14:45.2	35:42.1	5:06.0
					Câmara Legislativa	8:15:59.8	1:51:59.8	37:14.6	5:28.6
					Parque Lago Norte	8:35:10.0	2:11:10.0	19:10.2	4:47.6
					Clube do Congresso	9:24:33.5	3:00:33.5	49:23.5	5:05.5
					Deck Norte	10:10:01.5	3:46:01.5	45:28.0	5:24.8
					Piscinão	10:50:17.3	4:26:17.3	40:15.8	4:51.1
					Parque Paranoá	11:27:16.0	5:03:16.0	36:58.7	4:51.9
					Ermida Dom Bosco	11:54:54.5	5:30:54.5	27:38.5	4:36.4
					Ponte JK	12:34:08.3	6:10:08.3	39:13.8	5:13.8
					Igreja	13:12:15.0	6:48:15.0	38:06.7	4:45.8
					Pontão	13:28:43.8	7:04:43.8	16:28.8	5:18.*
					L2 Sul	14:13:36.5	7:49:36.5	44:52.7	5:36.6
					Chegada	14:47:19.8	8:23:19.8	33:43.3	5:26.3
168	223	15	EQUIPE X2_CAIXA ECONOMIARIOS OCTETO		Concha Acústica	7:06:48.1	42:48.1	42:48.1	4:33.2
					C.O.	7:43:55.9	1:19:55.9	37:07.8	5:18.3
					Câmara Legislativa	8:21:42.4	1:57:42.4	37:46.5	5:33.3
					Parque Lago Norte	8:49:40.0	2:25:40.0	27:57.6	6:59.4
					Clube do Congresso	9:47:55.3	3:23:55.3	58:15.3	6:00.3
					Deck Norte	10:31:57.1	4:07:57.1	44:01.8	5:14.5
					Piscinão	11:24:38.2	5:00:38.2	52:41.1	6:20.9
					Parque Paranoá	12:10:41.0	5:46:41.0	46:02.8	6:03.5
					Ermida Dom Bosco	12:43:29.2	6:19:29.2	32:48.2	5:28.0
					Ponte JK	13:30:34.4	7:06:34.4	47:05.2	6:16.7
					Igreja	14:23:35.0	7:59:35.0	53:00.6	6:37.6
					Pontão	14:44:31.8	8:20:31.8	20:56.8	6:45.4

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

			L2 Sul	15:33:51.7	9:09:51.7	49:19.9	6:09.*	
			Chegada	16:12:46.3	9:48:46.3	38:54.6	6:16.5	
169	136	67	IATE CLUBE/QUERO-QUERO 1 ABERTA - OCTETO	Concha Acústica	6:54:41.4	30:41.4	30:41.4	3:15.9
				C.O.	7:37:01.0	1:13:01.0	42:19.6	6:02.8
				Câmara Legislativa	8:19:47.4	1:55:47.4	42:46.4	6:17.4
				Parque Lago Norte	8:42:30.0	2:18:30.0	22:42.6	5:40.7
				Clube do Congresso	9:25:45.4	3:01:45.4	43:15.4	4:27.6
				Deck Norte	9:59:42.7	3:35:42.7	33:57.3	4:02.5
				Piscinão	10:43:18.9	4:19:18.9	43:36.2	5:15.2
				Parque Paranoá	11:31:50.0	5:07:50.0	48:31.1	6:23.0
				Ermida Dom Bosco	12:06:50.0	5:42:50.0	35:00.0	5:50.0
				Ponte JK	12:44:45.1	6:20:45.1	37:55.1	5:03.3
				Igreja	13:25:45.0	7:01:45.0	40:59.9	5:07.5
				Pontão	13:44:03.0	7:20:03.0	18:18.0	5:54.2
				L2 Sul	14:47:53.7	8:23:53.7	1:03:50.7	7:58.8
				Chegada	15:25:02.9	9:01:02.9	37:09.2	5:59.5
170	56	16	IATE CLUBE/QUERO-QUERO 2 ABERTA - OCTETO	Concha Acústica	6:59:05.1	35:05.1	35:05.1	3:43.9
				C.O.	7:36:11.4	1:12:11.4	37:06.3	5:18.0
				Câmara Legislativa	8:12:06.7	1:48:06.7	35:55.3	5:16.*
				Parque Lago Norte	8:37:34.0	2:13:34.0	25:27.3	6:21.8
				Clube do Congresso	9:18:54.3	2:54:54.3	41:20.3	4:15.7
				Deck Norte	9:54:39.5	3:30:39.5	35:45.2	4:15.4
				Piscinão	10:44:03.3	4:20:03.3	49:23.8	5:57.1
				Parque Paranoá	11:27:15.0	5:03:15.0	43:11.7	5:41.0
				Ermida Dom Bosco	11:53:30.0	5:29:30.0	26:15.0	4:22.5
				Ponte JK	12:31:45.7	6:07:45.7	38:15.7	5:06.1
				Igreja	13:09:05.0	6:45:05.0	37:19.3	4:39.9
				Pontão	13:26:52.6	7:02:52.6	17:47.6	5:44.4
				L2 Sul	14:02:48.3	7:38:48.3	35:55.7	4:29.5
				Chegada	14:35:13.8	8:11:13.8	32:25.5	5:13.8
171	55	15	IATE CLUBE/QUERO-QUERO 3 ABERTA - OCTETO	Concha Acústica	6:53:32.8	29:32.8	29:32.8	3:08.6
				C.O.	7:30:40.4	1:06:40.4	37:07.6	5:18.2
				Câmara Legislativa	8:03:51.1	1:39:51.1	33:10.7	4:52.8
				Parque Lago Norte	8:26:43.0	2:02:43.0	22:51.9	5:42.*
				Clube do Congresso	9:07:57.7	2:43:57.7	41:14.7	4:15.1
				Deck Norte	9:59:46.8	3:35:46.8	51:49.1	6:10.1
				Piscinão	10:34:10.1	4:10:10.1	34:23.3	4:08.6

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				Parque Paranoá	11:14:10.0	4:50:10.0	39:59.9	5:15.8
				Ermida Dom Bosco	11:49:17.8	5:25:17.8	35:07.8	5:51.3
				Ponte JK	12:38:38.9	6:14:38.9	49:21.1	6:34.8
				Igreja	13:17:55.0	6:53:55.0	39:16.1	4:54.5
				Pontão	13:32:34.6	7:08:34.6	14:39.6	4:43.7
				L2 Sul	14:06:47.6	7:42:47.6	34:13.0	4:16.6
				Chegada	14:34:58.1	8:10:58.1	28:10.5	4:32.7
172	66	14	FORA RORIZ ABERTA - QUARTETO MASCULINO	Concha Acústica	7:01:56.8	37:56.8	37:56.8	4:02.2
				C.O.	7:31:53.8	1:07:53.8	29:57.0	4:16.7
				Câmara Legislativa	8:05:30.9	1:41:30.9	33:37.1	4:56.6
				Parque Lago Norte	8:25:21.0	2:01:21.0	19:50.1	4:57.5
				Clube do Congresso	9:15:16.6	2:51:16.6	49:55.6	5:08.8
				Deck Norte	9:54:42.1	3:30:42.1	39:25.5	4:41.6
				Piscinão	10:32:43.6	4:08:43.6	38:01.5	4:34.9
				Parque Paranoá	11:13:09.0	4:49:09.0	40:25.4	5:19.1
				Ermida Dom Bosco	11:46:11.6	5:22:11.6	33:02.6	5:30.4
				Ponte JK	12:27:00.8	6:03:00.8	40:49.2	5:26.6
				Igreja	13:09:09.0	6:45:09.0	42:08.2	5:16.0
				Pontão	13:24:34.2	7:00:34.2	15:25.2	4:58.5
				L2 Sul	14:07:42.2	7:43:42.2	43:08.0	5:23.5
				Chegada	14:42:30.3	8:18:30.3	34:48.1	5:36.8
173	60	5	TRILHAS URBANAS 2 ABERTA - QUARTETO MISTO	Concha Acústica	6:59:17.7	35:17.7	35:17.7	3:45.3
				C.O.	7:32:32.1	1:08:32.1	33:14.4	4:44.9
				Câmara Legislativa	8:04:58.9	1:40:58.9	32:26.8	4:46.3
				Parque Lago Norte	8:24:28.0	2:00:28.0	19:29.1	4:52.3
				Clube do Congresso	9:11:18.3	2:47:18.3	46:50.3	4:49.7
				Deck Norte	9:50:13.7	3:26:13.7	38:55.4	4:38.0
				Piscinão	10:28:56.5	4:04:56.5	38:42.8	4:39.9
				Parque Paranoá	11:10:08.0	4:46:08.0	41:11.5	5:25.2
				Ermida Dom Bosco	11:40:38.7	5:16:38.7	30:30.7	5:05.1
				Ponte JK	12:21:58.0	5:57:58.0	41:19.3	5:30.6
				Igreja	13:00:10.0	6:36:10.0	38:12.0	4:46.5
				Pontão	13:16:32.2	6:52:32.2	16:22.2	5:16.8
				L2 Sul	13:57:46.3	7:33:46.3	41:14.1	5:09.3
				Chegada	14:38:37.2	8:14:37.2	40:50.9	6:35.3
174	135	66	ACADEMIA BODYWORK O NOIS TAMBEM 2 ABERTA - OCTETO	Concha Acústica	7:08:17.1	44:17.1	44:17.1	4:42.7
				C.O.	7:49:40.6	1:25:40.6	41:23.5	5:54.8

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				Câmara Legislativa	8:38:12.2	2:14:12.2	48:31.6	7:08.2
				Parque Lago Norte	9:04:08.0	2:40:08.0	25:55.8	6:28.*
				Clube do Congresso	9:52:35.0	3:28:35.0	48:27.0	4:59.7
				Deck Norte	10:28:14.5	4:04:14.5	35:39.5	4:14.7
				Piscinão	11:10:20.1	4:46:20.1	42:05.6	5:04.3
				Parque Paranoá	11:49:53.0	5:25:53.0	39:32.9	5:12.2
				Ermida Dom Bosco	12:26:06.8	6:02:06.8	36:13.8	6:02.3
				Ponte JK	13:08:11.5	6:44:11.5	42:04.7	5:36.6
				Igreja	13:53:16.0	7:29:16.0	45:04.5	5:38.1
				Pontão	14:11:04.9	7:47:04.9	17:48.9	5:44.8
				L2 Sul	14:50:10.3	8:26:10.3	39:05.4	4:53.2
				Chegada	15:23:10.0	8:59:10.0	32:59.7	5:19.3
175	211	126	FURAO LHO ABERTA - OCTETO	Concha Acústica	6:58:41.6	34:41.6	34:41.6	3:41.4
				C.O.	7:50:49.5	1:26:49.5	52:07.9	7:26.8
				Câmara Legislativa	8:29:16.6	2:05:16.6	38:27.1	5:39.3
				Parque Lago Norte	8:53:46.0	2:29:46.0	24:29.4	6:07.4
				Clube do Congresso	9:46:50.0	3:22:50.0	53:04.0	5:28.2
				Deck Norte	10:34:45.8	4:10:45.8	47:55.8	5:42.4
				Piscinão	11:14:17.4	4:50:17.4	39:31.6	4:45.7
				Parque Paranoá	12:05:25.0	5:41:25.0	51:07.6	6:43.6
				Ermida Dom Bosco	12:40:26.1	6:16:26.1	35:01.1	5:50.2
				Ponte JK	13:32:55.5	7:08:55.5	52:29.4	6:59.9
				Igreja	14:19:03.0	7:55:03.0	46:07.5	5:45.9
				Pontão	14:37:28.5	8:13:28.5	18:25.5	5:56.6
				L2 Sul	15:26:21.8	9:02:21.8	48:53.3	6:06.7
				Chegada	16:02:47.7	9:38:47.7	36:25.9	5:52.6
176	208	124	ACADEMIA BODY WORK O NOIS 1 ABERTA - OCTETO	Concha Acústica	7:11:38.8	47:38.8	47:38.8	5:04.1
				C.O.	7:57:11.0	1:33:11.0	45:32.2	6:30.3
				Câmara Legislativa	8:46:02.9	2:22:02.9	48:51.9	7:11.2
				Parque Lago Norte	9:12:04.0	2:48:04.0	26:01.1	6:30.3
				Clube do Congresso	10:01:29.6	3:37:29.6	49:25.6	5:05.7
				Deck Norte	10:42:02.4	4:18:02.4	40:32.8	4:49.6
				Piscinão	11:23:20.2	4:59:20.2	41:17.8	4:58.5
				Parque Paranoá	12:09:00.0	5:45:00.0	45:39.8	6:00.5
				Ermida Dom Bosco	12:39:16.0	6:15:16.0	30:16.0	5:02.7
				Ponte JK	13:22:05.2	6:58:05.2	42:49.2	5:42.6
				Igreja	14:16:58.0	7:52:58.0	54:52.8	6:51.6
				Pontão	14:35:42.5	8:11:42.5	18:44.5	6:02.7

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				L2 Sul	15:18:35.9	8:54:35.9	42:53.4	5:21.7
				Chegada	16:00:04.3	9:36:04.3	41:28.4	6:41.4
177	79	27	OS PELVELSOS ABERTA - OCTETO	Concha Acústica	7:02:22.1	38:22.1	38:22.1	4:04.9
				C.O.	7:45:01.0	1:21:01.0	42:38.9	6:05.6
				Câmara Legislativa	8:19:07.9	1:55:07.9	34:06.9	5:01.0
				Parque Lago Norte	8:36:20.0	2:12:20.0	17:12.1	4:18.0
				Clube do Congresso	9:29:03.4	3:05:03.4	52:43.4	5:26.1
				Deck Norte	10:06:57.8	3:42:57.8	37:54.4	4:30.8
				Piscinão	10:52:16.6	4:28:16.6	45:18.8	5:27.6
				Parque Paranoá	11:30:02.0	5:06:02.0	37:45.4	4:58.1
				Ermida Dom Bosco	12:01:02.7	5:37:02.7	31:00.7	5:10.1
				Ponte JK	12:41:55.1	6:17:55.1	40:52.4	5:26.*
				Igreja	13:22:11.0	6:58:11.0	40:15.9	5:01.*
				Pontão	13:38:17.6	7:14:17.6	16:06.6	5:11.8
				L2 Sul	14:19:02.6	7:55:02.6	40:45.0	5:05.6
				Chegada	14:49:10.9	8:25:10.9	30:08.3	4:51.7
178	127	59	EQUIPE PE DURO ABERTA - OCTETO	Concha Acústica	6:59:52.1	35:52.1	35:52.1	3:48.9
				C.O.	7:37:33.5	1:13:33.5	37:41.4	5:23.1
				Câmara Legislativa	8:27:51.1	2:03:51.1	50:17.6	7:23.8
				Parque Lago Norte	8:47:53.0	2:23:53.0	20:01.9	5:00.5
				Clube do Congresso	9:34:12.4	3:10:12.4	46:19.4	4:46.5
				Deck Norte	10:19:37.5	3:55:37.5	45:25.1	5:24.4
				Piscinão	11:11:17.3	4:47:17.3	51:39.8	6:13.5
				Parque Paranoá	11:50:09.0	5:26:09.0	38:51.7	5:06.8
				Ermida Dom Bosco	12:18:23.6	5:54:23.6	28:14.6	4:42.4
				Ponte JK	13:00:33.4	6:36:33.4	42:09.8	5:37.3
				Igreja	13:39:55.0	7:15:55.0	39:21.6	4:55.2
				Pontão	13:55:18.3	7:31:18.3	15:23.3	4:57.8
				L2 Sul	14:37:23.4	8:13:23.4	42:05.1	5:15.6
				Chegada	15:19:22.2	8:55:22.2	41:58.8	6:46.3
179	234	17	EQUIPE X5_CAIXA ECONOMARIOS OCTETO	Concha Acústica	7:02:15.0	38:15.0	38:15.0	4:04.1
				C.O.	7:47:43.6	1:23:43.6	45:28.6	6:29.8
				Câmara Legislativa	8:33:54.5	2:09:54.5	46:10.9	6:47.5
				Parque Lago Norte	8:56:18.0	2:32:18.0	22:23.5	5:35.9
				Clube do Congresso	9:42:53.1	3:18:53.1	46:35.1	4:48.2
				Deck Norte	10:36:16.1	4:12:16.1	53:23.0	6:21.3
				Piscinão	11:30:53.1	5:06:53.1	54:37.0	6:34.8

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				Parque Paranoá	12:11:30.0	5:47:30.0	40:36.9	5:20.6
				Ermida Dom Bosco	12:46:01.7	6:22:01.7	34:31.7	5:45.3
				Ponte JK	13:36:13.8	7:12:13.8	50:12.1	6:41.6
				Igreja	14:33:28.0	8:09:28.0	57:14.2	7:09.3
				Pontão	14:50:00.0	8:26:00.0	16:32.0	5:20.0
				L2 Sul	15:45:40.5	9:21:40.5	55:40.5	6:57.6
				Chegada	16:22:06.9	9:58:06.9	36:26.4	5:52.6
180			PARQUE AGUAS CLARAS ABERTA - OCTETO	Concha Acústica	6:57:39.3	33:39.3	33:39.3	3:34.8
				C.O.	7:30:01.0	1:06:01.0	32:21.7	4:37.4
				Câmara Legislativa	8:16:21.4	1:52:21.4	46:20.4	6:48.9
				Parque Lago Norte	8:38:51.0	2:14:51.0	22:29.6	5:37.4
				Clube do Congresso	9:29:31.0	3:05:31.0	50:40.0	5:13.4
				Deck Norte	10:13:21.0	3:49:21.0	43:50.0	5:13.1
				Piscinão	10:58:55.0	4:34:55.0	45:34.0	5:29.4
				Parque Paranoá	11:48:50.0	5:24:50.0	49:55.0	6:34.1
				Ermida Dom Bosco	12:30:22.8	6:06:22.8	41:32.8	6:55.5
				Ponte JK	13:17:54.0	6:53:54.0	47:31.2	6:20.2
				Igreja	14:05:34.0	7:41:34.0	47:40.0	5:57.5
				Pontão	14:25:31.1	8:01:31.1	19:57.1	6:26.2
				L2 Sul	00.0			
				Chegada	18:00:00.0	11:36:00.0	18:00:00.0	2:54:11.6
181	40	1	EQUIPE X_FOX ECONOMIARIOS OCTETO	Concha Acústica	6:58:02.3	34:02.3	34:02.3	3:37.3
				C.O.	7:31:59.8	1:07:59.8	33:57.5	4:51.1
				Câmara Legislativa	8:03:40.8	1:39:40.8	31:41.0	4:39.6
				Parque Lago Norte	8:25:15.0	2:01:15.0	21:34.2	5:23.6
				Clube do Congresso	9:05:15.4	2:41:15.4	40:00.4	4:07.5
				Deck Norte	9:43:22.8	3:19:22.8	38:07.4	4:32.3
				Piscinão	10:21:16.1	3:57:16.1	37:53.3	4:33.9
				Parque Paranoá	11:03:18.0	4:39:18.0	42:01.9	5:31.8
				Ermida Dom Bosco	11:33:57.9	5:09:57.9	30:39.9	5:06.7
				Ponte JK	12:09:27.5	5:45:27.5	35:29.6	4:43.9
				Igreja	12:49:30.0	6:25:30.0	40:02.5	5:00.3
				Pontão	13:03:03.1	6:39:03.1	13:33.1	4:22.3
				L2 Sul	13:42:02.2	7:18:02.2	38:59.1	4:52.4
				Chegada	14:12:30.9	7:48:30.9	30:28.7	4:54.*
182	193	113	BACEN-ASBAC ABERTA - OCTETO	Concha Acústica	7:06:37.0	42:37.0	42:37.0	4:32.0
				C.O.	7:50:01.7	1:26:01.7	43:24.7	6:12.1

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				Câmara Legislativa	8:29:19.1	2:05:19.1	39:17.4	5:46.7
				Parque Lago Norte	8:52:30.0	2:28:30.0	23:10.9	5:47.7
				Clube do Congresso	9:49:01.7	3:25:01.7	56:31.7	5:49.7
				Deck Norte	10:30:57.3	4:06:57.3	41:55.6	4:59.5
				Piscinão	11:17:09.9	4:53:09.9	46:12.6	5:34.0
				Parque Paranoá	12:17:14.0	5:53:14.0	1:00:04.1	7:54.2
				Ermida Dom Bosco	12:53:20.6	6:29:20.6	36:06.6	6:01.1
				Ponte JK	13:38:15.2	7:14:15.2	44:54.6	5:59.3
				Igreja	14:16:52.0	7:52:52.0	38:36.8	4:49.6
				Pontão	14:33:45.9	8:09:45.9	16:53.9	5:27.1
				L2 Sul	15:14:25.8	8:50:25.8	40:39.9	5:04.*
				Chegada	15:53:00.5	9:29:00.5	38:34.7	6:13.3
183	107	46	BACEN/ASBAC ABERTA - OCTETO	Concha Acústica	6:58:13.1	34:13.1	34:13.1	3:38.4
				C.O.	7:30:31.5	1:06:31.5	32:18.4	4:36.9
				Câmara Legislativa	8:12:13.3	1:48:13.3	41:41.8	6:07.9
				Parque Lago Norte	8:30:59.0	2:06:59.0	18:45.7	4:41.4
				Clube do Congresso	9:13:59.0	2:49:59.0	43:00.0	4:25.*
				Deck Norte	9:55:03.7	3:31:03.7	41:04.7	4:53.4
				Piscinão	10:44:13.6	4:20:13.6	49:09.9	5:55.4
				Parque Paranoá	11:23:09.0	4:59:09.0	38:55.4	5:07.3
				Ermida Dom Bosco	11:51:27.3	5:27:27.3	28:18.3	4:43.1
				Ponte JK	12:36:35.2	6:12:35.2	45:07.9	6:01.1
				Igreja	13:28:46.0	7:04:46.0	52:10.8	6:31.4
				Pontão	13:51:53.0	7:27:53.0	23:07.0	7:27.4
				L2 Sul	14:32:34.5	8:08:34.5	40:41.5	5:05.2
				Chegada	15:06:40.8	8:42:40.8	34:06.3	5:30.0
184	243	144	DINOSSAUROS CELERES ABERTA - OCTETO	Concha Acústica	7:10:55.5	46:55.5	46:55.5	4:59.5
				C.O.	7:47:34.0	1:23:34.0	36:38.5	5:14.1
				Câmara Legislativa	8:34:50.4	2:10:50.4	47:16.4	6:57.1
				Parque Lago Norte	8:53:32.0	2:29:32.0	18:41.6	4:40.4
				Clube do Congresso	9:57:35.1	3:33:35.1	1:04:03.1	6:36.2
				Deck Norte	10:48:33.8	4:24:33.8	50:58.7	6:04.1
				Piscinão	11:33:49.5	5:09:49.5	45:15.7	5:27.2
				Parque Paranoá	12:36:50.0	6:12:50.0	1:03:00.5	8:17.4
				Ermida Dom Bosco	13:11:36.4	6:47:36.4	34:46.4	5:47.7
				Ponte JK	14:13:25.7	7:49:25.7	1:01:49.3	8:14.6
				Igreja	15:05:44.0	8:41:44.0	52:18.3	6:32.3
				Pontão	15:21:52.1	8:57:52.1	16:08.1	5:12.3

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				L2 Sul	16:04:43.7	9:40:43.7	42:51.6	5:21.5
				Chegada	16:47:45.8	10:23:45.8	43:02.1	6:56.5
185	205	122	PIRUI RACING TEAM ABERTA - OCTETO	Concha Acústica	7:03:56.0	39:56.0	39:56.0	4:14.9
				C.O.	7:51:03.3	1:27:03.3	47:07.3	6:43.9
				Câmara Legislativa	8:25:08.8	2:01:08.8	34:05.5	5:00.8
				Parque Lago Norte	8:52:42.0	2:28:42.0	27:33.2	6:53.3
				Clube do Congresso	9:49:13.7	3:25:13.7	56:31.7	5:49.7
				Deck Norte	10:35:49.2	4:11:49.2	46:35.5	5:32.8
				Piscinão	11:34:25.0	5:10:25.0	58:35.8	7:03.6
				Parque Paranoá	12:13:58.0	5:49:58.0	39:33.0	5:12.2
				Ermida Dom Bosco	12:53:55.8	6:29:55.8	39:57.8	6:39.6
				Ponte JK	13:42:14.9	7:18:14.9	48:19.1	6:26.5
				Igreja	14:26:06.0	8:02:06.0	43:51.1	5:28.9
				Pontão	14:42:34.5	8:18:34.5	16:28.5	5:18.9
				L2 Sul	15:22:18.5	8:58:18.5	39:44.0	4:58.0
				Chegada	15:59:05.2	9:35:05.2	36:46.7	5:55.9
186	61	1	EQUIPE X7_CAIXA ECONOMARIOS DUPLA	Concha Acústica	6:54:58.4	30:58.4	30:58.4	3:17.7
				C.O.	7:27:20.4	1:03:20.4	32:22.0	4:37.4
				Câmara Legislativa	7:58:39.4	1:34:39.4	31:19.0	4:36.3
				Parque Lago Norte	8:18:36.0	1:54:36.0	19:56.6	4:59.2
				Clube do Congresso	9:02:47.9	2:38:47.9	44:11.9	4:33.4
				Deck Norte	9:41:59.1	3:17:59.1	39:11.2	4:39.9
				Piscinão	10:22:49.5	3:58:49.5	40:50.4	4:55.2
				Parque Paranoá	11:04:47.0	4:40:47.0	41:57.5	5:31.3
				Ermida Dom Bosco	11:32:56.8	5:08:56.8	28:09.8	4:41.6
				Ponte JK	12:16:11.5	5:52:11.5	43:14.7	5:45.*
				Igreja	12:59:47.0	6:35:47.0	43:35.5	5:26.9
				Pontão	13:19:20.0	6:55:20.0	19:33.0	6:18.4
				L2 Sul	14:03:32.4	7:39:32.4	44:12.4	5:31.6
				Chegada	14:38:52.7	8:14:52.7	35:20.3	5:41.*
187	57	2	ECOR/APCEFGO ECONOMARIOS OCTETO	Concha Acústica	6:56:56.1	32:56.1	32:56.1	3:30.2
				C.O.	7:29:32.4	1:05:32.4	32:36.3	4:39.5
				Câmara Legislativa	8:05:17.1	1:41:17.1	35:44.7	5:15.4
				Parque Lago Norte	8:29:31.0	2:05:31.0	24:13.9	6:03.5
				Clube do Congresso	9:09:46.4	2:45:46.4	40:15.4	4:09.0
				Deck Norte	9:56:22.8	3:32:22.8	46:36.4	5:32.9
				Piscinão	10:46:47.0	4:22:47.0	50:24.2	6:04.4

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

Pos. Geral	Pos. Trecho	Equipe	Trecho	Tempo	Tempo	Tempo	Tempo	
			Parque Paranoá	11:20:35.0	4:56:35.0	33:48.0	4:26.8	
			Ermida Dom Bosco	11:47:59.1	5:23:59.1	27:24.1	4:34.0	
			Ponte JK	12:30:32.6	6:06:32.6	42:33.5	5:40.5	
			Igreja	13:04:50.0	6:40:50.0	34:17.4	4:17.2	
			Pontão	13:23:27.8	6:59:27.8	18:37.8	6:00.6	
			L2 Sul	14:09:48.9	7:45:48.9	46:21.1	5:47.6	
			Chegada	14:37:12.4	8:13:12.4	27:23.5	4:25.1	
188	109	7	ESTADO-MAIOR DA ARMADA POLICIAL/MILITAR	Concha Acústica	7:00:16.7	36:16.7	36:16.7	3:51.6
				C.O.	7:31:23.1	1:07:23.1	31:06.4	4:26.6
				Câmara Legislativa	8:15:24.1	1:51:24.1	44:01.0	6:28.4
				Parque Lago Norte	8:41:16.0	2:17:16.0	25:51.9	6:27.*
				Clube do Congresso	9:30:15.9	3:06:15.9	48:59.9	5:03.1
				Deck Norte	10:11:31.5	3:47:31.5	41:15.6	4:54.7
				Piscinão	10:53:10.4	4:29:10.4	41:38.9	5:01.1
				Parque Paranoá	11:29:50.0	5:05:50.0	36:39.6	4:49.4
				Ermida Dom Bosco	12:10:38.8	5:46:38.8	40:48.8	6:48.1
				Ponte JK	12:48:52.8	6:24:52.8	38:14.0	5:05.9
				Igreja	13:35:29.0	7:11:29.0	46:36.2	5:49.5
				Pontão	13:53:38.2	7:29:38.2	18:09.2	5:51.4
				L2 Sul	14:35:58.9	8:11:58.9	42:20.7	5:17.6
				Chegada	15:07:21.7	8:43:21.7	31:22.8	5:03.7
189	194	114	PERSONAL TRAVEL ABERTA - OCTETO	Concha Acústica	7:02:02.3	38:02.3	38:02.3	4:02.8
				C.O.	7:39:20.5	1:15:20.5	37:18.2	5:19.7
				Câmara Legislativa	8:16:12.7	1:52:12.7	36:52.2	5:25.3
				Parque Lago Norte	8:37:03.0	2:13:03.0	20:50.3	5:12.6
				Clube do Congresso	9:31:37.1	3:07:37.1	54:34.1	5:37.5
				Deck Norte	10:21:32.1	3:57:32.1	49:55.0	5:56.5
				Piscinão	11:16:54.2	4:52:54.2	55:22.1	6:40.3
				Parque Paranoá	12:01:57.0	5:37:57.0	45:02.8	5:55.6
				Ermida Dom Bosco	12:31:43.0	6:07:43.0	29:46.0	4:57.7
				Ponte JK	13:17:31.3	6:53:31.3	45:48.3	6:06.4
				Igreja	14:09:05.0	7:45:05.0	51:33.7	6:26.7
				Pontão	14:29:23.9	8:05:23.9	20:18.9	6:33.2
				L2 Sul	15:15:10.2	8:51:10.2	45:46.3	5:43.3
				Chegada	15:53:04.0	9:29:04.0	37:53.8	6:06.7
190	30	2	COME CHAO D ABERTA - QUARTETO MISTO	Concha Acústica	7:01:05.0	37:05.0	37:05.0	3:56.7
				C.O.	7:29:41.4	1:05:41.4	28:36.4	4:05.2

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				Câmara Legislativa	7:59:44.3	1:35:44.3	30:02.9	4:25.1
				Parque Lago Norte	8:16:45.0	1:52:45.0	17:00.7	4:15.2
				Clube do Congresso	9:00:04.2	2:36:04.2	43:19.2	4:27.*
				Deck Norte	9:36:15.0	3:12:15.0	36:10.8	4:18.4
				Piscinão	10:13:37.2	3:49:37.2	37:22.2	4:30.1
				Parque Paranoá	10:49:53.0	4:25:53.0	36:15.8	4:46.3
				Ermida Dom Bosco	11:17:29.2	4:53:29.2	27:36.2	4:36.0
				Ponte JK	11:54:26.5	5:30:26.5	36:57.3	4:55.6
				Igreja	12:35:33.0	6:11:33.0	41:06.5	5:08.3
				Pontão	12:48:22.1	6:24:22.1	12:49.1	4:08.1
				L2 Sul	13:27:07.4	7:03:07.4	38:45.3	4:50.7
				Chegada	14:03:08.2	7:39:08.2	36:00.8	5:48.5
191	83	6	APTIDAO 2 ABERTA - SEXTETO	Concha Acústica	7:01:28.9	37:28.9	37:28.9	3:59.2
				C.O.	7:33:53.8	1:09:53.8	32:24.9	4:37.8
				Câmara Legislativa	8:11:34.9	1:47:34.9	37:41.1	5:32.5
				Parque Lago Norte	8:30:58.0	2:06:58.0	19:23.1	4:50.8
				Clube do Congresso	9:13:25.0	2:49:25.0	42:27.0	4:22.6
				Deck Norte	10:02:35.3	3:38:35.3	49:10.3	5:51.2
				Piscinão	10:50:02.8	4:26:02.8	47:27.5	5:43.1
				Parque Paranoá	11:26:25.0	5:02:25.0	36:22.2	4:47.1
				Ermida Dom Bosco	11:55:12.7	5:31:12.7	28:47.7	4:47.*
				Ponte JK	12:31:33.4	6:07:33.4	36:20.7	4:50.8
				Igreja	13:09:53.0	6:45:53.0	38:19.6	4:47.5
				Pontão	13:28:17.0	7:04:17.0	18:24.0	5:56.1
				L2 Sul	14:07:11.7	7:43:11.7	38:54.7	4:51.8
				Chegada	14:50:26.1	8:26:26.1	43:14.4	6:58.5
192	130	61	APTIDAO 1 ABERTA - OCTETO	Concha Acústica	7:04:42.9	40:42.9	40:42.9	4:19.9
				C.O.	7:39:18.3	1:15:18.3	34:35.4	4:56.5
				Câmara Legislativa	8:15:09.9	1:51:09.9	35:51.6	5:16.4
				Parque Lago Norte	8:35:28.0	2:11:28.0	20:18.1	5:04.5
				Clube do Congresso	9:27:31.0	3:03:31.0	52:03.0	5:21.*
				Deck Norte	10:22:11.1	3:58:11.1	54:40.1	6:30.5
				Piscinão	11:06:07.5	4:42:07.5	43:56.4	5:17.6
				Parque Paranoá	11:44:28.0	5:20:28.0	38:20.5	5:02.7
				Ermida Dom Bosco	12:19:07.8	5:55:07.8	34:39.8	5:46.6
				Ponte JK	12:58:43.5	6:34:43.5	39:35.7	5:16.8
				Igreja	13:43:47.0	7:19:47.0	45:03.5	5:37.9
				Pontão	14:04:36.0	7:40:36.0	20:49.0	6:42.9

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				L2 Sul	14:47:06.3	8:23:06.3	42:30.3	5:18.8
				Chegada	15:20:56.0	8:56:56.0	33:49.7	5:27.4
193	71	22	EQUIPE CONCORD II ABERTA - OCTETO	Concha Acústica	7:04:25.0	40:25.0	40:25.0	4:17.*
				C.O.	7:42:14.9	1:18:14.9	37:49.9	5:24.3
				Câmara Legislativa	8:22:48.1	1:58:48.1	40:33.2	5:57.8
				Parque Lago Norte	8:41:10.0	2:17:10.0	18:21.9	4:35.5
				Clube do Congresso	9:37:32.0	3:13:32.0	56:22.0	5:48.7
				Deck Norte	10:13:25.8	3:49:25.8	35:53.8	4:16.4
				Piscinão	10:55:02.3	4:31:02.3	41:36.5	5:00.8
				Parque Paranoá	11:38:08.0	5:14:08.0	43:05.7	5:40.2
				Ermida Dom Bosco	12:01:28.3	5:37:28.3	23:20.3	3:53.4
				Ponte JK	12:37:53.1	6:13:53.1	36:24.8	4:51.3
				Igreja	13:11:51.0	6:47:51.0	33:57.9	4:14.7
				Pontão	13:29:20.1	7:05:20.1	17:29.1	5:38.4
				L2 Sul	14:14:17.5	7:50:17.5	44:57.4	5:37.2
				Chegada	14:44:47.7	8:20:47.7	30:30.2	4:55.2
194	145	73	UNO & DUE ABERTA - OCTETO	Concha Acústica	7:03:49.2	39:49.2	39:49.2	4:14.2
				C.O.	7:39:49.1	1:15:49.1	35:59.9	5:08.6
				Câmara Legislativa	8:23:36.7	1:59:36.7	43:47.6	6:26.4
				Parque Lago Norte	8:52:32.0	2:28:32.0	28:55.3	7:13.8
				Clube do Congresso	9:37:07.0	3:13:07.0	44:35.0	4:35.8
				Deck Norte	10:34:13.5	4:10:13.5	57:06.5	6:47.9
				Piscinão	11:14:51.9	4:50:51.9	40:38.4	4:53.8
				Parque Paranoá	11:57:02.0	5:33:02.0	42:10.1	5:32.9
				Ermida Dom Bosco	12:26:39.9	6:02:39.9	29:37.9	4:56.3
				Ponte JK	13:10:31.4	6:46:31.4	43:51.5	5:50.9
				Igreja	13:49:22.0	7:25:22.0	38:50.6	4:51.3
				Pontão	14:08:27.0	7:44:27.0	19:05.0	6:09.4
				L2 Sul	14:54:02.8	8:30:02.8	45:35.8	5:41.*
				Chegada	15:28:48.4	9:04:48.4	34:45.6	5:36.4
195	233	16	BMNP ECONOMARIOS OCTETO	Concha Acústica	6:59:15.2	35:15.2	35:15.2	3:45.0
				C.O.	7:44:11.9	1:20:11.9	44:56.7	6:25.2
				Câmara Legislativa	8:27:40.8	2:03:40.8	43:28.9	6:23.7
				Parque Lago Norte	8:45:51.0	2:21:51.0	18:10.2	4:32.6
				Clube do Congresso	9:41:46.1	3:17:46.1	55:55.1	5:45.9
				Deck Norte	10:27:30.7	4:03:30.7	45:44.6	5:26.7
				Piscinão	11:21:29.0	4:57:29.0	53:58.3	6:30.2

# 7ª VOLTA DO LAGO CAIXA 2010

## RESULTADOS POR TRECHO

Pos. Geral	Pos. Trecho	Quantidade	Nome do Trecho	Tempo	Tempo	Tempo	Tempo	
			Parque Paranoá	12:08:58.0	5:44:58.0	47:29.0	6:14.9	
			Ermida Dom Bosco	12:41:23.1	6:17:23.1	32:25.1	5:24.2	
			Ponte JK	13:36:32.5	7:12:32.5	55:09.4	7:21.3	
			Igreja	14:18:22.0	7:54:22.0	41:49.5	5:13.7	
			Pontão	14:40:07.0	8:16:07.0	21:45.0	7:00.*	
			L2 Sul	15:43:18.3	9:19:18.3	1:03:11.3	7:53.9	
			Chegada	16:20:41.4	9:56:41.4	37:23.1	6:01.8	
196	215	12	AGUIAS DO CERRADO - SEXTETO ABERTA - SEXTETO	Concha Acústica	7:05:17.5	41:17.5	41:17.5	4:23.6
				C.O.	7:43:09.1	1:19:09.1	37:51.6	5:24.5
				Câmara Legislativa	8:27:07.7	2:03:07.7	43:58.6	6:28.0
				Parque Lago Norte	8:52:55.0	2:28:55.0	25:47.3	6:26.8
				Clube do Congresso	9:41:30.9	3:17:30.9	48:35.9	5:00.6
				Deck Norte	10:28:35.8	4:04:35.8	47:04.9	5:36.3
				Piscinão	11:14:37.1	4:50:37.1	46:01.3	5:32.7
				Parque Paranoá	12:06:18.0	5:42:18.0	51:40.9	6:48.0
				Ermida Dom Bosco	12:38:57.8	6:14:57.8	32:39.8	5:26.6
				Ponte JK	13:43:00.8	7:19:00.8	1:04:03.0	8:32.4
				Igreja	14:23:32.0	7:59:32.0	40:31.2	5:03.9
				Pontão	14:39:52.9	8:15:52.9	16:20.9	5:16.4
				L2 Sul	15:26:53.0	9:02:53.0	47:00.1	5:52.5
				Chegada	16:03:50.0	9:39:50.0	36:57.0	5:57.6
197	67	21	ACUAS RUNNERS CLUB 2 ABERTA - OCTETO	Concha Acústica	7:02:00.5	38:00.5	38:00.5	4:02.6
				C.O.	7:33:00.0	1:09:00.0	30:59.5	4:25.6
				Câmara Legislativa	8:14:06.9	1:50:06.9	41:06.9	6:02.8
				Parque Lago Norte	8:32:30.0	2:08:30.0	18:23.1	4:35.8
				Clube do Congresso	9:15:50.3	2:51:50.3	43:20.3	4:28.1
				Deck Norte	9:58:02.9	3:34:02.9	42:12.6	5:01.5
				Piscinão	10:42:32.6	4:18:32.6	44:29.7	5:21.7
				Parque Paranoá	11:21:33.0	4:57:33.0	39:00.4	5:07.9
				Ermida Dom Bosco	11:49:44.5	5:25:44.5	28:11.5	4:41.9
				Ponte JK	12:31:27.9	6:07:27.9	41:43.4	5:33.8
				Igreja	13:08:15.0	6:44:15.0	36:47.1	4:35.9
				Pontão	13:25:53.0	7:01:53.0	17:38.0	5:41.3
				L2 Sul	14:10:02.6	7:46:02.6	44:09.6	5:31.2
				Chegada	14:42:44.0	8:18:44.0	32:41.4	5:16.4
198	128	4	AGUIAS DO CERRADO - DUPLA ABERTA - DUPLA	Concha Acústica	7:02:46.0	38:46.0	38:46.0	4:07.4
				C.O.	7:34:29.9	1:10:29.9	31:43.9	4:31.*

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				Câmara Legislativa	8:06:45.3	1:42:45.3	32:15.4	4:44.6
				Parque Lago Norte	8:27:21.0	2:03:21.0	20:35.7	5:08.9
				Clube do Congresso	9:20:35.4	2:56:35.4	53:14.4	5:29.3
				Deck Norte	10:01:19.7	3:37:19.7	40:44.3	4:50.*
				Piscinão	10:45:12.9	4:21:12.9	43:53.2	5:17.3
				Parque Paranoá	11:25:30.0	5:01:30.0	40:17.1	5:18.0
				Ermida Dom Bosco	11:56:06.9	5:32:06.9	30:36.9	5:06.2
				Ponte JK	12:43:35.1	6:19:35.1	47:28.2	6:19.8
				Igreja	13:40:08.0	7:16:08.0	56:32.9	7:04.1
				Pontão	13:56:52.0	7:32:52.0	16:44.0	5:23.9
				L2 Sul	14:41:37.5	8:17:37.5	44:45.5	5:35.7
				Chegada	15:20:14.7	8:56:14.7	38:37.2	6:13.7
199	72	23	A CASA DO SINDICO/AGUAS RUNNERS ABERTA - OCTETO	Concha Acústica	6:55:05.1	31:05.1	31:05.1	3:18.4
				C.O.	7:29:04.2	1:05:04.2	33:59.1	4:51.3
				Câmara Legislativa	8:13:33.9	1:49:33.9	44:29.7	6:32.6
				Parque Lago Norte	8:31:30.0	2:07:30.0	17:56.1	4:29.0
				Clube do Congresso	9:21:18.0	2:57:18.0	49:48.0	5:08.0
				Deck Norte	10:03:27.0	3:39:27.0	42:09.0	5:01.1
				Piscinão	10:48:52.2	4:24:52.2	45:25.2	5:28.3
				Parque Paranoá	11:25:37.0	5:01:37.0	36:44.8	4:50.1
				Ermida Dom Bosco	11:50:43.5	5:26:43.5	25:06.5	4:11.1
				Ponte JK	12:30:30.9	6:06:30.9	39:47.4	5:18.3
				Igreja	13:11:15.0	6:47:15.0	40:44.1	5:05.5
				Pontão	13:29:06.8	7:05:06.8	17:51.8	5:45.7
				L2 Sul	14:08:27.3	7:44:27.3	39:20.5	4:55.1
				Chegada	14:45:07.9	8:21:07.9	36:40.6	5:54.9
200	178	101	OS BRUTO ABERTA - OCTETO	Concha Acústica	7:15:37.2	51:37.2	51:37.2	5:29.5
				C.O.	7:51:44.8	1:27:44.8	36:07.6	5:09.7
				Câmara Legislativa	8:29:16.7	2:05:16.7	37:31.9	5:31.2
				Parque Lago Norte	8:47:58.0	2:23:58.0	18:41.3	4:40.3
				Clube do Congresso	9:49:03.0	3:25:03.0	1:01:05.0	6:17.8
				Deck Norte	10:30:10.3	4:06:10.3	41:07.3	4:53.7
				Piscinão	11:14:22.7	4:50:22.7	44:12.4	5:19.6
				Parque Paranoá	11:59:48.0	5:35:48.0	45:25.3	5:58.6
				Ermida Dom Bosco	12:31:21.9	6:07:21.9	31:33.9	5:15.7
				Ponte JK	13:15:28.9	6:51:28.9	44:07.0	5:52.9
				Igreja	14:05:14.0	7:41:14.0	49:45.1	6:13.1
				Pontão	14:25:37.6	8:01:37.6	20:23.6	6:34.7

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

Id	Id	Id	Nome	Trecho	Tempo	Tempo	Tempo	Tempo
				L2 Sul	15:11:45.6	8:47:45.6	46:08.0	5:46.0
				Chegada	15:45:55.6	9:21:55.6	34:10.0	5:30.6
201	224	133	METABOLISMO 2 ABERTA - OCTETO	Concha Acústica	7:04:25.8	40:25.8	40:25.8	4:18.1
				C.O.	7:42:34.2	1:18:34.2	38:08.4	5:26.9
				Câmara Legislativa	8:25:40.1	2:01:40.1	43:05.9	6:20.3
				Parque Lago Norte	8:48:09.0	2:24:09.0	22:28.9	5:37.2
				Clube do Congresso	9:40:19.2	3:16:19.2	52:10.2	5:22.7
				Deck Norte	10:31:43.6	4:07:43.6	51:24.4	6:07.2
				Piscinão	11:29:44.8	5:05:44.8	58:01.2	6:59.4
				Parque Paranoá	12:17:28.0	5:53:28.0	47:43.2	6:16.7
				Ermida Dom Bosco	12:52:50.9	6:28:50.9	35:22.9	5:53.8
				Ponte JK	13:48:16.0	7:24:16.0	55:25.1	7:23.3
				Igreja	14:23:41.0	7:59:41.0	35:25.0	4:25.6
				Pontão	14:44:35.1	8:20:35.1	20:54.1	6:44.5
				L2 Sul	15:27:28.5	9:03:28.5	42:53.4	5:21.7
				Chegada	16:14:58.6	9:50:58.6	47:30.1	7:39.7
202	225	134	METABOLISMO ABERTA - OCTETO	Concha Acústica	7:05:10.8	41:10.8	41:10.8	4:22.9
				C.O.	7:43:01.0	1:19:01.0	37:50.2	5:24.3
				Câmara Legislativa	8:21:59.7	1:57:59.7	38:58.7	5:43.9
				Parque Lago Norte	8:43:53.0	2:19:53.0	21:53.3	5:28.3
				Clube do Congresso	9:37:40.0	3:13:40.0	53:47.0	5:32.7
				Deck Norte	10:29:05.4	4:05:05.4	51:25.4	6:07.3
				Piscinão	11:22:30.8	4:58:30.8	53:25.4	6:26.2
				Parque Paranoá	12:00:40.0	5:36:40.0	38:09.2	5:01.2
				Ermida Dom Bosco	12:36:44.7	6:12:44.7	36:04.7	6:00.8
				Ponte JK	13:24:23.9	7:00:23.9	47:39.2	6:21.2
				Igreja	14:11:28.0	7:47:28.0	47:04.1	5:53.0
				Pontão	14:31:18.1	8:07:18.1	19:50.1	6:23.9
				L2 Sul	15:24:40.8	9:00:40.8	53:22.7	6:40.3
				Chegada	16:14:58.7	9:50:58.7	50:17.9	8:06.8
203	91	34	ROAD RUNNERS 1 ABERTA - OCTETO	Concha Acústica	7:04:01.1	40:01.1	40:01.1	4:15.4
				C.O.	7:48:37.1	1:24:37.1	44:36.0	6:22.3
				Câmara Legislativa	8:18:56.6	1:54:56.6	30:19.5	4:27.6
				Parque Lago Norte	8:48:55.0	2:24:55.0	29:58.4	7:29.6
				Clube do Congresso	9:34:12.0	3:10:12.0	45:17.0	4:40.1
				Deck Norte	10:13:29.9	3:49:29.9	39:17.9	4:40.7
				Piscinão	10:53:27.1	4:29:27.1	39:57.2	4:48.8

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				Parque Paranoá	11:29:14.0	5:05:14.0	35:46.9	4:42.5
				Ermida Dom Bosco	11:59:12.6	5:35:12.6	29:58.6	4:59.8
				Ponte JK	12:46:31.6	6:22:31.6	47:19.0	6:18.5
				Igreja	13:26:31.0	7:02:31.0	39:59.4	4:59.9
				Pontão	13:47:11.8	7:23:11.8	20:40.8	6:40.3
				L2 Sul	14:29:27.4	8:05:27.4	42:15.6	5:16.*
				Chegada	14:58:26.3	8:34:26.3	28:58.9	4:40.5
204	44	5	ESTACAO SAUDE ABERTA - TRINCA	Concha Acústica	6:59:11.0	35:11.0	35:11.0	3:44.6
				C.O.	7:28:24.2	1:04:24.2	29:13.2	4:10.5
				Câmara Legislativa	7:55:53.7	1:31:53.7	27:29.5	4:02.6
				Parque Lago Norte	8:12:58.0	1:48:58.0	17:04.3	4:16.1
				Clube do Congresso	9:02:14.7	2:38:14.7	49:16.7	5:04.8
				Deck Norte	9:38:19.2	3:14:19.2	36:04.5	4:17.7
				Piscinão	10:14:45.8	3:50:45.8	36:26.6	4:23.4
				Parque Paranoá	10:53:08.0	4:29:08.0	38:22.2	5:02.9
				Ermida Dom Bosco	11:25:26.8	5:01:26.8	32:18.8	5:23.1
				Ponte JK	12:14:34.8	5:50:34.8	49:08.0	6:33.1
				Igreja	12:49:29.0	6:25:29.0	34:54.2	4:21.8
				Pontão	13:05:27.6	6:41:27.6	15:58.6	5:09.2
				L2 Sul	13:48:14.7	7:24:14.7	42:47.1	5:20.9
				Chegada	14:20:04.2	7:56:04.2	31:49.5	5:07.*
205	174	98	MTM ASSESSORIA ESPORTIVA - BH ABERTA - OCTETO	Concha Acústica	6:56:08.2	32:08.2	32:08.2	3:25.1
				C.O.	7:37:39.0	1:13:39.0	41:30.8	5:55.8
				Câmara Legislativa	8:22:52.3	1:58:52.3	45:13.3	6:39.0
				Parque Lago Norte	8:48:11.0	2:24:11.0	25:18.7	6:19.7
				Clube do Congresso	9:39:39.9	3:15:39.9	51:28.9	5:18.4
				Deck Norte	10:17:34.4	3:53:34.4	37:54.5	4:30.8
				Piscinão	11:36:17.6	5:12:17.6	1:18:43.2	9:29.1
				Parque Paranoá	11:50:11.0	5:26:11.0	13:53.4	1:49.7
				Ermida Dom Bosco	12:18:27.4	5:54:27.4	28:16.4	4:42.7
				Ponte JK	13:07:53.6	6:43:53.6	49:26.2	6:35.5
				Igreja	13:54:22.0	7:30:22.0	46:28.4	5:48.6
				Pontão	14:12:21.6	7:48:21.6	17:59.6	5:48.3
				L2 Sul	15:08:37.9	8:44:37.9	56:16.3	7:02.0
				Chegada	15:42:53.8	9:18:53.8	34:15.9	5:31.6
206	220	14	EQUIPE ECONOMIARIOS OCTETO	Concha Acústica	7:12:22.7	48:22.7	48:22.7	5:08.8
				C.O.	7:48:17.4	1:24:17.4	35:54.7	5:07.8

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				Câmara Legislativa	8:30:50.3	2:06:50.3	42:32.9	6:15.4
				Parque Lago Norte	8:54:48.0	2:30:48.0	23:57.7	5:59.4
				Clube do Congresso	9:54:56.0	3:30:56.0	1:00:08.0	6:11.*
				Deck Norte	10:42:45.7	4:18:45.7	47:49.7	5:41.6
				Piscinão	11:33:38.2	5:09:38.2	50:52.5	6:07.8
				Parque Paranoá	12:17:15.0	5:53:15.0	43:36.8	5:44.3
				Ermida Dom Bosco	12:49:44.5	6:25:44.5	32:29.5	5:24.9
				Ponte JK	13:35:23.2	7:11:23.2	45:38.7	6:05.2
				Igreja	14:28:24.0	8:04:24.0	53:00.8	6:37.6
				Pontão	14:44:13.0	8:20:13.0	15:49.0	5:06.1
				L2 Sul	15:33:12.7	9:09:12.7	48:59.7	6:07.5
				Chegada	16:09:19.8	9:45:19.8	36:07.1	5:49.5
207	113	49	EQUIPE UN ABERTA - OCTETO	Concha Acústica	7:00:49.0	36:49.0	36:49.0	3:55.0
				C.O.	7:43:54.4	1:19:54.4	43:05.4	6:09.3
				Câmara Legislativa	8:16:15.4	1:52:15.4	32:21.0	4:45.4
				Parque Lago Norte	8:39:46.0	2:15:46.0	23:30.6	5:52.7
				Clube do Congresso	9:25:20.9	3:01:20.9	45:34.9	4:41.9
				Deck Norte	10:03:32.6	3:39:32.6	38:11.7	4:32.8
				Piscinão	10:48:43.2	4:24:43.2	45:10.6	5:26.6
				Parque Paranoá	11:30:44.0	5:06:44.0	42:00.8	5:31.7
				Ermida Dom Bosco	11:59:16.0	5:35:16.0	28:32.0	4:45.3
				Ponte JK	12:38:04.9	6:14:04.9	38:48.9	5:10.5
				Igreja	13:31:12.0	7:07:12.0	53:07.1	6:38.4
				Pontão	13:56:54.0	7:32:54.0	25:42.0	8:17.4
				L2 Sul	14:38:25.9	8:14:25.9	41:31.9	5:11.5
				Chegada	15:09:53.0	8:45:53.0	31:27.1	5:04.4
208	157	84	FAST CLOSE ABERTA - OCTETO	Concha Acústica	6:57:16.0	33:16.0	33:16.0	3:32.3
				C.O.	7:38:48.9	1:14:48.9	41:32.9	5:56.1
				Câmara Legislativa	8:21:02.5	1:57:02.5	42:13.6	6:12.6
				Parque Lago Norte	8:47:50.0	2:23:50.0	26:47.5	6:41.9
				Clube do Congresso	9:32:46.9	3:08:46.9	44:56.9	4:38.0
				Deck Norte	10:18:13.0	3:54:13.0	45:26.1	5:24.5
				Piscinão	11:14:19.4	4:50:19.4	56:06.4	6:45.6
				Parque Paranoá	11:53:29.0	5:29:29.0	39:09.6	5:09.2
				Ermida Dom Bosco	12:23:52.5	5:59:52.5	30:23.5	5:03.9
				Ponte JK	13:01:48.2	6:37:48.2	37:55.7	5:03.4
				Igreja	13:49:47.0	7:25:47.0	47:58.8	5:59.9
				Pontão	14:10:47.9	7:46:47.9	21:00.9	6:46.7

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				L2 Sul	14:51:13.4	8:27:13.4	40:25.5	5:03.2
				Chegada	15:36:01.7	9:12:01.7	44:48.3	7:13.6
209	218	129	ASAS DO CERRADO ABERTA - OCTETO	Concha Acústica	7:03:06.8	39:06.8	39:06.8	4:09.7
				C.O.	7:45:41.4	1:21:41.4	42:34.6	6:04.9
				Câmara Legislativa	8:36:35.6	2:12:35.6	50:54.2	7:29.1
				Parque Lago Norte	8:56:59.0	2:32:59.0	20:23.4	5:05.9
				Clube do Congresso	9:50:35.9	3:26:35.9	53:36.9	5:31.6
				Deck Norte	10:41:36.0	4:17:36.0	51:00.1	6:04.3
				Piscinão	11:27:25.7	5:03:25.7	45:49.7	5:31.3
				Parque Paranoá	12:13:10.0	5:49:10.0	45:44.3	6:01.1
				Ermida Dom Bosco	12:44:24.1	6:20:24.1	31:14.1	5:12.4
				Ponte JK	13:33:06.2	7:09:06.2	48:42.1	6:29.6
				Igreja	14:28:07.0	8:04:07.0	55:00.8	6:52.6
				Pontão	14:44:28.4	8:20:28.4	16:21.4	5:16.6
				L2 Sul	15:27:50.7	9:03:50.7	43:22.3	5:25.3
				Chegada	16:06:58.4	9:42:58.4	39:07.7	6:18.7
210	47	9	DATELI ABERTA - OCTETO	Concha Acústica	7:07:52.2	43:52.2	43:52.2	4:40.0
				C.O.	7:33:27.1	1:09:27.1	25:34.9	3:39.3
				Câmara Legislativa	8:19:32.4	1:55:32.4	46:05.3	6:46.7
				Parque Lago Norte	8:40:24.0	2:16:24.0	20:51.6	5:12.9
				Clube do Congresso	9:22:10.1	2:58:10.1	41:46.1	4:18.4
				Deck Norte	10:04:07.4	3:40:07.4	41:57.3	4:59.7
				Piscinão	10:41:54.3	4:17:54.3	37:46.9	4:33.1
				Parque Paranoá	11:18:34.0	4:54:34.0	36:39.7	4:49.4
				Ermida Dom Bosco	11:46:19.4	5:22:19.4	27:45.4	4:37.6
				Ponte JK	12:16:38.2	5:52:38.2	30:18.8	4:02.5
				Igreja	12:53:55.0	6:29:55.0	37:16.8	4:39.6
				Pontão	13:11:19.0	6:47:19.0	17:24.0	5:36.8
				L2 Sul	13:54:11.7	7:30:11.7	42:52.7	5:21.6
				Chegada	14:24:09.4	8:00:09.4	29:57.7	4:49.*
211	76	7	EXERCITE DALMO RIBEIRO ABERTA - QUARTETO MISTO	Concha Acústica	7:34:50.9	32:50.9	32:50.9	3:29.7
				C.O.	8:10:22.5	1:08:22.5	35:31.6	5:04.5
				Câmara Legislativa	8:44:00.3	1:42:00.3	33:37.8	4:56.7
				Parque Lago Norte	9:03:39.0	2:01:39.0	19:38.7	4:54.7
				Clube do Congresso	9:51:41.9	2:49:41.9	48:02.9	4:57.2
				Deck Norte	10:35:23.0	3:33:23.0	43:41.1	5:12.0
				Piscinão	11:11:47.7	4:09:47.7	36:24.7	4:23.2

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				Parque Paranoá	11:50:44.0	4:48:44.0	38:56.3	5:07.4
				Ermida Dom Bosco	12:23:31.7	5:21:31.7	32:47.7	5:27.*
				Ponte JK	13:05:39.9	6:03:39.9	42:08.2	5:37.1
				Igreja	13:48:11.0	6:46:11.0	42:31.1	5:18.9
				Pontão	14:04:18.8	7:02:18.8	16:07.8	5:12.2
				L2 Sul	14:51:30.4	7:49:30.4	47:11.6	5:53.*
				Chegada	15:25:52.7	8:23:52.7	34:22.3	5:32.6
212	111	48	EQUIPE CONCORD I ABERTA - OCTETO	Concha Acústica	6:59:24.9	35:24.9	35:24.9	3:46.1
				C.O.	7:28:22.3	1:04:22.3	28:57.4	4:08.2
				Câmara Legislativa	8:02:17.3	1:38:17.3	33:55.0	4:59.3
				Parque Lago Norte	8:30:18.0	2:06:18.0	28:00.7	7:00.2
				Clube do Congresso	9:18:13.0	2:54:13.0	47:55.0	4:56.4
				Deck Norte	10:00:33.4	3:36:33.4	42:20.4	5:02.4
				Piscinão	10:48:39.9	4:24:39.9	48:06.5	5:47.8
				Parque Paranoá	11:27:33.0	5:03:33.0	38:53.1	5:06.*
				Ermida Dom Bosco	11:59:12.6	5:35:12.6	31:39.6	5:16.6
				Ponte JK	12:42:57.7	6:18:57.7	43:45.1	5:50.0
				Igreja	13:29:16.0	7:05:16.0	46:18.3	5:47.3
				Pontão	13:51:45.0	7:27:45.0	22:29.0	7:15.2
				L2 Sul	14:40:35.5	8:16:35.5	48:50.5	6:06.3
				Chegada	15:08:50.0	8:44:50.0	28:14.5	4:33.3
213	245	20	EXERCITE DALMO RIBEIRO II ECONOMIARIOS OCTETO	Concha Acústica	7:06:28.4	42:28.4	42:28.4	4:31.1
				C.O.	7:43:23.5	1:19:23.5	36:55.1	5:16.4
				Câmara Legislativa	8:28:42.4	2:04:42.4	45:18.9	6:39.8
				Parque Lago Norte	8:59:14.0	2:35:14.0	30:31.6	7:37.9
				Clube do Congresso	9:55:14.4	3:31:14.4	56:00.4	5:46.4
				Deck Norte	10:49:39.9	4:25:39.9	54:25.5	6:28.8
				Piscinão	11:46:42.2	5:22:42.2	57:02.3	6:52.3
				Parque Paranoá	12:28:46.0	6:04:46.0	42:03.8	5:32.1
				Ermida Dom Bosco	13:04:01.2	6:40:01.2	35:15.2	5:52.5
				Ponte JK	13:53:07.4	7:29:07.4	49:06.2	6:32.8
				Igreja	14:48:58.0	8:24:58.0	55:50.6	6:58.8
				Pontão	15:10:53.0	8:46:53.0	21:55.0	7:04.2
				L2 Sul	16:10:37.9	9:46:37.9	59:44.9	7:28.1
				Chegada	17:03:03.3	10:39:03.3	52:25.4	8:27.3
214	184	8	SOB CONTROLE ECONOMIARIOS OCTETO	Concha Acústica	7:00:26.7	36:26.7	36:26.7	3:52.6
				C.O.	7:37:13.0	1:13:13.0	36:46.3	5:15.2

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				Câmara Legislativa	8:23:03.7	1:59:03.7	45:50.7	6:44.5
				Parque Lago Norte	8:49:35.0	2:25:35.0	26:31.3	6:37.8
				Clube do Congresso	9:37:28.0	3:13:28.0	47:53.0	4:56.2
				Deck Norte	10:17:17.1	3:53:17.1	39:49.1	4:44.4
				Piscinão	11:05:40.4	4:41:40.4	48:23.3	5:49.8
				Parque Paranoá	11:57:25.0	5:33:25.0	51:44.6	6:48.5
				Ermida Dom Bosco	12:28:13.7	6:04:13.7	30:48.7	5:08.1
				Ponte JK	13:09:21.9	6:45:21.9	41:08.2	5:29.1
				Igreja	13:47:54.0	7:23:54.0	38:32.1	4:49.0
				Pontão	14:05:50.9	7:41:50.9	17:56.9	5:47.4
				L2 Sul	15:01:28.9	8:37:28.9	55:38.0	6:57.3
				Chegada	15:48:48.6	9:24:48.6	47:19.7	7:38.0
215	185	105	IMAS 2 ABERTA - OCTETO	Concha Acústica	7:01:54.1	37:54.1	37:54.1	4:01.9
				C.O.	7:45:44.0	1:21:44.0	43:49.9	6:15.7
				Câmara Legislativa	8:23:06.3	1:59:06.3	37:22.3	5:29.8
				Parque Lago Norte	8:45:52.0	2:21:52.0	22:45.7	5:41.4
				Clube do Congresso	9:38:50.0	3:14:50.0	52:58.0	5:27.6
				Deck Norte	10:18:54.6	3:54:54.6	40:04.6	4:46.3
				Piscinão	11:06:00.9	4:42:00.9	47:06.3	5:40.5
				Parque Paranoá	11:59:40.0	5:35:40.0	53:39.1	7:03.6
				Ermida Dom Bosco	12:31:08.9	6:07:08.9	31:28.9	5:14.8
				Ponte JK	13:18:23.4	6:54:23.4	47:14.5	6:17.9
				Igreja	14:08:52.0	7:44:52.0	50:28.6	6:18.6
				Pontão	14:24:48.0	8:00:48.0	15:56.0	5:08.4
				L2 Sul	15:12:16.9	8:48:16.9	47:28.9	5:56.1
				Chegada	15:48:56.0	9:24:56.0	36:39.1	5:54.7
216	114	50	FADIGA ABERTA - OCTETO	Concha Acústica	6:57:22.5	33:22.5	33:22.5	3:33.0
				C.O.	7:30:57.9	1:06:57.9	33:35.4	4:47.9
				Câmara Legislativa	8:12:17.6	1:48:17.6	41:19.7	6:04.7
				Parque Lago Norte	8:34:26.0	2:10:26.0	22:08.4	5:32.1
				Clube do Congresso	9:21:30.7	2:57:30.7	47:04.7	4:51.2
				Deck Norte	10:04:31.5	3:40:31.5	43:00.8	5:07.2
				Piscinão	10:47:38.3	4:23:38.3	43:06.8	5:11.7
				Parque Paranoá	11:30:15.0	5:06:15.0	42:36.7	5:36.4
				Ermida Dom Bosco	12:05:27.4	5:41:27.4	35:12.4	5:52.1
				Ponte JK	12:47:29.9	6:23:29.9	42:02.5	5:36.3
				Igreja	13:27:44.0	7:03:44.0	40:14.1	5:01.8
				Pontão	13:47:49.5	7:23:49.5	20:05.5	6:28.9

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				L2 Sul	14:32:30.5	8:08:30.5	44:41.0	5:35.1
				Chegada	15:10:41.7	8:46:41.7	38:11.2	6:09.5
217	161	88	NA PILHA ABERTA - OCTETO	Concha Acústica	6:56:30.5	32:30.5	32:30.5	3:27.5
				C.O.	7:36:17.3	1:12:17.3	39:46.8	5:40.*
				Câmara Legislativa	8:13:22.2	1:49:22.2	37:04.9	5:27.2
				Parque Lago Norte	8:38:22.0	2:14:22.0	24:59.8	6:14.*
				Clube do Congresso	9:30:38.6	3:06:38.6	52:16.6	5:23.4
				Deck Norte	10:17:36.9	3:53:36.9	46:58.3	5:35.5
				Piscinão	11:31:57.2	5:07:57.2	1:14:20.3	8:57.4
				Parque Paranoá	11:54:40.0	5:30:40.0	22:42.8	2:59.3
				Ermida Dom Bosco	12:30:45.4	6:06:45.4	36:05.4	6:00.9
				Ponte JK	13:18:33.4	6:54:33.4	47:48.0	6:22.4
				Igreja	14:14:22.0	7:50:22.0	55:48.6	6:58.6
				Pontão	14:29:58.2	8:05:58.2	15:36.2	5:02.0
				L2 Sul	15:09:33.0	8:45:33.0	39:34.8	4:56.9
				Chegada	15:38:32.1	9:14:32.1	28:59.1	4:40.5
218	84	1	EQUIPE X9_CAIXA ECONOMARIOS QUARTETO MASC.	Concha Acústica	6:58:00.8	34:00.8	34:00.8	3:37.1
				C.O.	7:30:50.0	1:06:50.0	32:49.2	4:41.3
				Câmara Legislativa	8:04:41.2	1:40:41.2	33:51.2	4:58.7
				Parque Lago Norte	8:23:59.0	1:59:59.0	19:17.8	4:49.5
				Clube do Congresso	9:09:47.7	2:45:47.7	45:48.7	4:43.4
				Deck Norte	9:51:00.5	3:27:00.5	41:12.8	4:54.4
				Piscinão	10:33:53.3	4:09:53.3	42:52.8	5:09.*
				Parque Paranoá	11:15:40.0	4:51:40.0	41:46.7	5:29.8
				Ermida Dom Bosco	11:48:45.8	5:24:45.8	33:05.8	5:30.*
				Ponte JK	12:35:28.2	6:11:28.2	46:42.4	6:13.7
				Igreja	13:14:07.0	6:50:07.0	38:38.8	4:49.9
				Pontão	13:30:31.9	7:06:31.9	16:24.9	5:17.7
				L2 Sul	14:12:05.1	7:48:05.1	41:33.2	5:11.7
				Chegada	14:50:28.3	8:26:28.3	38:23.2	6:11.5
219	147	75	DTP RUNNERS ABERTA - OCTETO	Concha Acústica	7:01:07.6	37:07.6	37:07.6	3:56.*
				C.O.	7:37:31.2	1:13:31.2	36:23.6	5:11.9
				Câmara Legislativa	8:20:00.8	1:56:00.8	42:29.6	6:14.9
				Parque Lago Norte	8:42:31.0	2:18:31.0	22:30.2	5:37.6
				Clube do Congresso	9:28:40.9	3:04:40.9	46:09.9	4:45.6
				Deck Norte	10:12:32.7	3:48:32.7	43:51.8	5:13.3
				Piscinão	11:05:19.0	4:41:19.0	52:46.3	6:21.5

# 7ª VOLTA DO LAGO CAIXA 2010

## RESULTADOS POR TRECHO

Id	Pos	Class	Nome	Trecho	Tempo	Tempo	Tempo	Tempo
				Parque Paranoá	11:47:04.0	5:23:04.0	41:45.0	5:29.6
				Ermida Dom Bosco	12:17:41.7	5:53:41.7	30:37.7	5:06.3
				Ponte JK	13:00:52.4	6:36:52.4	43:10.7	5:45.4
				Igreja	13:51:35.0	7:27:35.0	50:42.6	6:20.3
				Pontão	14:07:35.6	7:43:35.6	16:00.6	5:09.9
				L2 Sul	14:53:54.6	8:29:54.6	46:19.0	5:47.4
				Chegada	15:30:26.3	9:06:26.3	36:31.7	5:53.5
220	24	1	CORDF/REVISTA VIGOR ABERTA - SEXTETO	Concha Acústica	6:50:38.0	26:38.0	26:38.0	2:50.0
				C.O.	7:23:26.1	59:26.1	32:48.1	4:41.2
				Câmara Legislativa	7:54:09.8	1:30:09.8	30:43.7	4:31.1
				Parque Lago Norte	8:19:08.0	1:55:08.0	24:58.2	6:14.6
				Clube do Congresso	9:00:30.9	2:36:30.9	41:22.9	4:15.*
				Deck Norte	9:45:16.3	3:21:16.3	44:45.4	5:19.7
				Piscinão	10:25:26.7	4:01:26.7	40:10.4	4:50.4
				Parque Paranoá	11:02:38.0	4:38:38.0	37:11.3	4:53.6
				Ermida Dom Bosco	11:24:47.3	5:00:47.3	22:09.3	3:41.6
				Ponte JK	11:56:33.7	5:32:33.7	31:46.4	4:14.2
				Igreja	12:35:25.0	6:11:25.0	38:51.3	4:51.4
				Pontão	12:48:42.9	6:24:42.9	13:17.9	4:17.4
				L2 Sul	13:20:03.4	6:56:03.4	31:20.5	3:55.1
				Chegada	13:46:27.8	7:22:27.8	26:24.4	4:15.5
221	212	127	STE BRASILIA ABERTA - OCTETO	Concha Acústica	6:57:18.4	33:18.4	33:18.4	3:32.6
				C.O.	7:35:51.3	1:11:51.3	38:32.9	5:30.4
				Câmara Legislativa	8:14:55.7	1:50:55.7	39:04.4	5:44.8
				Parque Lago Norte	8:39:29.0	2:15:29.0	24:33.3	6:08.3
				Clube do Congresso	9:38:00.9	3:14:00.9	58:31.9	6:02.1
				Deck Norte	10:17:03.7	3:53:03.7	39:02.8	4:38.9
				Piscinão	11:19:51.1	4:55:51.1	1:02:47.4	7:33.9
				Parque Paranoá	12:07:21.0	5:43:21.0	47:29.9	6:14.*
				Ermida Dom Bosco	12:42:21.7	6:18:21.7	35:00.7	5:50.1
				Ponte JK	13:33:55.5	7:09:55.5	51:33.8	6:52.5
				Igreja	14:15:17.0	7:51:17.0	41:21.5	5:10.2
				Pontão	14:32:21.1	8:08:21.1	17:04.1	5:30.4
				L2 Sul	15:22:11.4	8:58:11.4	49:50.3	6:13.8
				Chegada	16:02:53.5	9:38:53.5	40:42.1	6:33.9
222	88	32	COME CHAO A ABERTA - OCTETO	Concha Acústica	6:56:34.9	32:34.9	32:34.9	3:27.*
				C.O.	7:42:04.4	1:18:04.4	45:29.5	6:29.9

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

Id	Pos	Equipe	Trecho	Tempo	Tempo	Tempo	Tempo				
			Câmara Legislativa	8:23:06.2	1:59:06.2	41:01.8	6:02.0				
			Parque Lago Norte	8:44:58.0	2:20:58.0	21:51.8	5:27.*				
			Clube do Congresso	9:41:04.3	3:17:04.3	56:06.3	5:47.0				
			Deck Norte	10:22:34.1	3:58:34.1	41:29.8	4:56.4				
			Piscinão	10:56:44.0	4:32:44.0	34:09.9	4:06.*				
			Parque Paranoá	11:35:30.0	5:11:30.0	38:46.0	5:06.1				
			Ermida Dom Bosco	12:07:59.4	5:43:59.4	32:29.4	5:24.9				
			Ponte JK	12:43:30.0	6:19:30.0	35:30.6	4:44.1				
			Igreja	13:16:23.0	6:52:23.0	32:53.0	4:06.6				
			Pontão	13:33:10.2	7:09:10.2	16:47.2	5:24.9				
			L2 Sul	14:15:39.6	7:51:39.6	42:29.4	5:18.7				
			Chegada	14:54:38.9	8:30:38.9	38:59.3	6:17.3				
			223	98	6	CPBV POLICIAL/MILITAR	Concha Acústica	7:05:04.0	41:04.0	41:04.0	4:22.1
							C.O.	7:34:17.3	1:10:17.3	29:13.3	4:10.5
Câmara Legislativa	8:04:28.1	1:40:28.1					30:10.8	4:26.3			
Parque Lago Norte	8:23:50.0	1:59:50.0					19:21.9	4:50.5			
Clube do Congresso	9:23:20.0	2:59:20.0					59:30.0	6:08.0			
Deck Norte	10:02:55.2	3:38:55.2					39:35.2	4:42.8			
Piscinão	10:51:13.7	4:27:13.7					48:18.5	5:49.2			
Parque Paranoá	11:36:44.0	5:12:44.0					45:30.3	5:59.3			
Ermida Dom Bosco	12:05:13.3	5:41:13.3					28:29.3	4:44.9			
Ponte JK	12:41:39.2	6:17:39.2					36:25.9	4:51.5			
Igreja	13:21:43.0	6:57:43.0					40:03.8	5:00.5			
Pontão	13:43:09.0	7:19:09.0					21:26.0	6:54.8			
L2 Sul	14:21:41.3	7:57:41.3					38:32.3	4:49.0			
Chegada	15:01:57.7	8:37:57.7					40:16.4	6:29.7			
224	26	5	COME CHAO F ABERTA - OCTETO	Concha Acústica	6:50:58.7	26:58.7	26:58.7	2:52.2			
				C.O.	7:13:46.6	49:46.6	22:47.9	3:15.4			
				Câmara Legislativa	7:42:03.4	1:18:03.4	28:16.8	4:09.5			
				Parque Lago Norte	8:05:56.0	1:41:56.0	23:52.6	5:58.2			
				Clube do Congresso	8:52:46.0	2:28:46.0	46:50.0	4:49.7			
				Deck Norte	9:32:34.0	3:08:34.0	39:48.0	4:44.3			
				Piscinão	10:12:18.2	3:48:18.2	39:44.2	4:47.3			
				Parque Paranoá	10:47:42.0	4:23:42.0	35:23.8	4:39.4			
				Ermida Dom Bosco	11:10:56.5	4:46:56.5	23:14.5	3:52.4			
				Ponte JK	12:01:46.6	5:37:46.6	50:50.1	6:46.7			
				Igreja	12:32:56.0	6:08:56.0	31:09.4	3:53.7			
				Pontão	12:52:57.0	6:28:57.0	20:01.0	6:27.4			

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				L2 Sul	13:29:54.8	7:05:54.8	36:57.8	4:37.2
				Chegada	13:56:15.4	7:32:15.4	26:20.6	4:14.9
225	94	37	ELEMENTAIS ABERTA - OCTETO	Concha Acústica	6:55:17.0	31:17.0	31:17.0	3:19.7
				C.O.	7:26:10.6	1:02:10.6	30:53.6	4:24.8
				Câmara Legislativa	7:57:44.3	1:33:44.3	31:33.7	4:38.5
				Parque Lago Norte	8:26:23.0	2:02:23.0	28:38.7	7:09.7
				Clube do Congresso	9:20:45.2	2:56:45.2	54:22.2	5:36.3
				Deck Norte	10:03:15.9	3:39:15.9	42:30.7	5:03.7
				Piscinão	10:46:29.5	4:22:29.5	43:13.6	5:12.5
				Parque Paranoá	11:24:16.0	5:00:16.0	37:46.5	4:58.2
				Ermida Dom Bosco	11:59:26.8	5:35:26.8	35:10.8	5:51.8
				Ponte JK	12:35:01.9	6:11:01.9	35:35.1	4:44.7
				Igreja	13:23:25.0	6:59:25.0	48:23.1	6:02.9
				Pontão	13:45:34.2	7:21:34.2	22:09.2	7:08.8
				L2 Sul	14:29:32.2	8:05:32.2	43:58.0	5:29.8
				Chegada	15:00:43.7	8:36:43.7	31:11.5	5:01.9
226	156	83	SEM RUMO ABERTA - OCTETO	Concha Acústica	7:00:02.5	36:02.5	36:02.5	3:50.1
				C.O.	7:32:41.8	1:08:41.8	32:39.3	4:39.9
				Câmara Legislativa	8:05:29.7	1:41:29.7	32:47.9	4:49.4
				Parque Lago Norte	8:29:29.0	2:05:29.0	23:59.3	5:59.8
				Clube do Congresso	9:24:54.9	3:00:54.9	55:25.9	5:42.9
				Deck Norte	10:21:39.4	3:57:39.4	56:44.5	6:45.3
				Piscinão	11:11:06.4	4:47:06.4	49:27.0	5:57.5
				Parque Paranoá	11:50:05.0	5:26:05.0	38:58.6	5:07.7
				Ermida Dom Bosco	12:17:44.3	5:53:44.3	27:39.3	4:36.6
				Ponte JK	13:07:23.8	6:43:23.8	49:39.5	6:37.3
				Igreja	13:45:57.0	7:21:57.0	38:33.2	4:49.2
				Pontão	14:02:19.1	7:38:19.1	16:22.1	5:16.8
				L2 Sul	14:54:37.4	8:30:37.4	52:18.3	6:32.3
				Chegada	15:35:29.1	9:11:29.1	40:51.7	6:35.4
227	236	140	EQUIPEQUI ABERTA - OCTETO	Concha Acústica	7:10:23.6	46:23.6	46:23.6	4:56.1
				C.O.	7:46:29.7	1:22:29.7	36:06.1	5:09.4
				Câmara Legislativa	8:17:14.0	1:53:14.0	30:44.3	4:31.2
				Parque Lago Norte	8:39:50.0	2:15:50.0	22:36.0	5:39.0
				Clube do Congresso	9:33:40.0	3:09:40.0	53:50.0	5:32.*
				Deck Norte	10:23:10.1	3:59:10.1	49:30.1	5:53.6
				Piscinão	11:14:55.1	4:50:55.1	51:45.0	6:14.1

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				Parque Paranoá	12:07:48.0	5:43:48.0	52:52.9	6:57.5
				Ermida Dom Bosco	12:44:35.7	6:20:35.7	36:47.7	6:07.*
				Ponte JK	13:29:31.9	7:05:31.9	44:56.2	5:59.5
				Igreja	14:19:19.0	7:55:19.0	49:47.1	6:13.4
				Pontão	14:37:54.2	8:13:54.2	18:35.2	5:59.7
				L2 Sul	15:30:50.2	9:06:50.2	52:56.0	6:37.0
				Chegada	16:25:35.6	10:01:35.6	54:45.4	8:49.9
228	63	18	SISTEL 2 ABERTA - OCTETO	Concha Acústica	6:57:34.7	33:34.7	33:34.7	3:34.3
				C.O.	7:32:30.6	1:08:30.6	34:55.9	4:59.4
				Câmara Legislativa	8:13:37.9	1:49:37.9	41:07.3	6:02.8
				Parque Lago Norte	8:38:17.0	2:14:17.0	24:39.1	6:09.8
				Clube do Congresso	9:23:12.9	2:59:12.9	44:55.9	4:37.9
				Deck Norte	10:02:37.6	3:38:37.6	39:24.7	4:41.5
				Piscinão	10:50:48.7	4:26:48.7	48:11.1	5:48.3
				Parque Paranoá	11:24:52.0	5:00:52.0	34:03.3	4:28.9
				Ermida Dom Bosco	11:52:08.4	5:28:08.4	27:16.4	4:32.7
				Ponte JK	12:33:41.9	6:09:41.9	41:33.5	5:32.5
				Igreja	13:16:06.0	6:52:06.0	42:24.1	5:18.0
				Pontão	13:33:06.0	7:09:06.0	17:00.0	5:29.0
				L2 Sul	14:08:29.7	7:44:29.7	35:23.7	4:25.5
				Chegada	14:40:32.9	8:16:32.9	32:03.2	5:10.2
229	90	33	SISTEL 1 ABERTA - OCTETO	Concha Acústica	6:56:45.8	32:45.8	32:45.8	3:29.1
				C.O.	7:39:11.2	1:15:11.2	42:25.4	6:03.6
				Câmara Legislativa	8:18:25.5	1:54:25.5	39:14.3	5:46.2
				Parque Lago Norte	8:41:00.0	2:17:00.0	22:34.5	5:38.6
				Clube do Congresso	9:23:06.9	2:59:06.9	42:06.9	4:20.5
				Deck Norte	10:00:33.5	3:36:33.5	37:26.6	4:27.5
				Piscinão	10:44:32.8	4:20:32.8	43:59.3	5:17.*
				Parque Paranoá	11:21:48.0	4:57:48.0	37:15.2	4:54.1
				Ermida Dom Bosco	11:56:08.4	5:32:08.4	34:20.4	5:43.4
				Ponte JK	12:34:38.8	6:10:38.8	38:30.4	5:08.1
				Igreja	13:13:17.0	6:49:17.0	38:38.2	4:49.8
				Pontão	13:30:08.0	7:06:08.0	16:51.0	5:26.1
				L2 Sul	14:16:10.0	7:52:10.0	46:02.0	5:45.3
				Chegada	14:58:06.9	8:34:06.9	41:56.9	6:45.*
230	238	18	PANGARE ECONOMIARIOS OCTETO	Concha Acústica	6:57:24.4	33:24.4	33:24.4	3:33.2
				C.O.	7:41:35.8	1:17:35.8	44:11.4	6:18.8

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				Câmara Legislativa	8:16:41.6	1:52:41.6	35:05.8	5:09.7
				Parque Lago Norte	8:59:08.0	2:35:08.0	42:26.4	10:36.6
				Clube do Congresso	9:56:55.7	3:32:55.7	57:47.7	5:57.5
				Deck Norte	10:42:07.9	4:18:07.9	45:12.2	5:22.9
				Piscinão	11:39:20.8	5:15:20.8	57:12.9	6:53.6
				Parque Paranoá	12:30:08.0	6:06:08.0	50:47.2	6:40.9
				Ermida Dom Bosco	13:13:21.9	6:49:21.9	43:13.9	7:12.3
				Ponte JK	14:07:07.5	7:43:07.5	53:45.6	7:10.1
				Igreja	14:44:42.0	8:20:42.0	37:34.5	4:41.8
				Pontão	15:07:23.4	8:43:23.4	22:41.4	7:19.2
				L2 Sul	15:50:26.6	9:26:26.6	43:03.2	5:22.9
				Chegada	16:28:24.6	10:04:24.6	37:58.0	6:07.4
231	95	7	OZOREIAS ABERTA - SEXTETO	Concha Acústica	7:07:47.0	43:47.0	43:47.0	4:39.5
				C.O.	7:49:50.3	1:25:50.3	42:03.3	6:00.5
				Câmara Legislativa	8:21:08.4	1:57:08.4	31:18.1	4:36.2
				Parque Lago Norte	8:40:58.0	2:16:58.0	19:49.6	4:57.4
				Clube do Congresso	9:29:44.8	3:05:44.8	48:46.8	5:01.7
				Deck Norte	10:14:40.8	3:50:40.8	44:56.0	5:20.*
				Piscinão	10:56:56.7	4:32:56.7	42:15.9	5:05.5
				Parque Paranoá	11:38:50.0	5:14:50.0	41:53.3	5:30.7
				Ermida Dom Bosco	12:09:43.8	5:45:43.8	30:53.8	5:08.*
				Ponte JK	12:46:33.9	6:22:33.9	36:50.1	4:54.7
				Igreja	13:29:15.0	7:05:15.0	42:41.1	5:20.1
				Pontão	13:43:56.8	7:19:56.8	14:41.8	4:44.5
				L2 Sul	14:29:46.5	8:05:46.5	45:49.7	5:43.7
				Chegada	15:00:55.0	8:36:55.0	31:08.5	5:01.4
232	239	19	PANGARE 2 ECONOMIARIOS OCTETO	Concha Acústica	7:03:54.1	39:54.1	39:54.1	4:14.7
				C.O.	7:49:33.9	1:25:33.9	45:39.8	6:31.4
				Câmara Legislativa	8:33:14.2	2:09:14.2	43:40.3	6:25.3
				Parque Lago Norte	9:04:04.0	2:40:04.0	30:49.8	7:42.5
				Clube do Congresso	9:59:04.9	3:35:04.9	55:00.9	5:40.3
				Deck Norte	10:44:03.6	4:20:03.6	44:58.7	5:21.3
				Piscinão	11:28:06.7	5:04:06.7	44:03.1	5:18.4
				Parque Paranoá	12:22:20.0	5:58:20.0	54:13.3	7:08.1
				Ermida Dom Bosco	13:03:30.0	6:39:30.0	41:10.0	6:51.7
				Ponte JK	13:58:29.7	7:34:29.7	54:59.7	7:19.*
				Igreja	14:39:54.0	8:15:54.0	41:24.3	5:10.5
				Pontão	15:03:18.1	8:39:18.1	23:24.1	7:32.9

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				L2 Sul	15:50:02.9	9:26:02.9	46:44.8	5:50.6
				Chegada	16:32:53.9	10:08:53.9	42:51.0	6:54.7
233	144	72	PCL- RUNNING 2 ABERTA - OCTETO	Concha Acústica	7:12:12.7	48:12.7	48:12.7	5:07.7
				C.O.	7:41:55.1	1:17:55.1	29:42.4	4:14.6
				Câmara Legislativa	8:23:58.0	1:59:58.0	42:02.9	6:11.0
				Parque Lago Norte	8:46:31.0	2:22:31.0	22:33.0	5:38.3
				Clube do Congresso	9:43:10.0	3:19:10.0	56:39.0	5:50.4
				Deck Norte	10:32:26.6	4:08:26.6	49:16.6	5:51.*
				Piscinão	11:14:22.7	4:50:22.7	41:56.1	5:03.1
				Parque Paranoá	11:57:27.0	5:33:27.0	43:04.3	5:40.0
				Ermida Dom Bosco	00.0			
				Ponte JK	13:18:32.1	6:54:32.1	13:18:32.1	1:46:28.3
				Igreja	13:55:09.0	7:31:09.0	36:36.9	4:34.6
				Pontão	14:13:43.7	7:49:43.7	18:34.7	5:59.6
				L2 Sul	14:53:07.1	8:29:07.1	39:23.4	4:55.4
				Chegada	15:28:43.8	9:04:43.8	35:36.7	5:44.6
234	164	91	REVESTRES ABERTA - OCTETO	Concha Acústica	7:04:07.5	40:07.5	40:07.5	4:16.1
				C.O.	7:50:08.8	1:26:08.8	46:01.3	6:34.5
				Câmara Legislativa	8:33:12.5	2:09:12.5	43:03.7	6:19.*
				Parque Lago Norte	9:00:56.0	2:36:56.0	27:43.5	6:55.9
				Clube do Congresso	9:45:28.3	3:21:28.3	44:32.3	4:35.5
				Deck Norte	10:31:01.4	4:07:01.4	45:33.1	5:25.4
				Piscinão	11:20:40.1	4:56:40.1	49:38.7	5:58.9
				Parque Paranoá	11:58:32.0	5:34:32.0	37:51.9	4:58.9
				Ermida Dom Bosco	12:28:09.7	6:04:09.7	29:37.7	4:56.3
				Ponte JK	13:13:52.9	6:49:52.9	45:43.2	6:05.8
				Igreja	14:01:56.0	7:37:56.0	48:03.1	6:00.4
				Pontão	14:19:45.1	7:55:45.1	17:49.1	5:44.9
				L2 Sul	14:59:26.0	8:35:26.0	39:40.9	4:57.6
				Chegada	15:39:30.0	9:15:30.0	40:04.0	6:27.7
235	186	106	BORAKORRER ABERTA - OCTETO	Concha Acústica	7:00:07.3	36:07.3	36:07.3	3:50.6
				C.O.	7:41:18.3	1:17:18.3	41:11.0	5:53.0
				Câmara Legislativa	8:19:14.7	1:55:14.7	37:56.4	5:34.8
				Parque Lago Norte	8:49:06.0	2:25:06.0	29:51.3	7:27.8
				Clube do Congresso	9:43:21.7	3:19:21.7	54:15.7	5:35.6
				Deck Norte	10:25:18.8	4:01:18.8	41:57.1	4:59.7
				Piscinão	11:10:36.8	4:46:36.8	45:18.0	5:27.5

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

Id	Classe	Pos	Nome	Trecho	Tempo	Tempo	Tempo	Tempo
				Parque Paranoá	11:56:52.0	5:32:52.0	46:15.2	6:05.2
				Ermida Dom Bosco	12:29:47.2	6:05:47.2	32:55.2	5:29.2
				Ponte JK	13:17:15.6	6:53:15.6	47:28.4	6:19.8
				Igreja	13:59:42.0	7:35:42.0	42:26.4	5:18.3
				Pontão	14:17:27.0	7:53:27.0	17:45.0	5:43.5
				L2 Sul	15:09:03.1	8:45:03.1	51:36.1	6:27.0
				Chegada	15:48:58.1	9:24:58.1	39:55.0	6:26.3
236	141	70	PCL RUNNING 1 ABERTA - OCTETO	Concha Acústica	7:00:21.4	36:21.4	36:21.4	3:52.1
				C.O.	7:42:23.4	1:18:23.4	42:02.0	6:00.3
				Câmara Legislativa	8:19:11.2	1:55:11.2	36:47.8	5:24.7
				Parque Lago Norte	8:47:38.0	2:23:38.0	28:26.8	7:06.7
				Clube do Congresso	9:34:20.6	3:10:20.6	46:42.6	4:48.9
				Deck Norte	10:35:30.1	4:11:30.1	1:01:09.5	7:16.8
				Piscinão	11:14:25.9	4:50:25.9	38:55.8	4:41.4
				Parque Paranoá	12:01:30.0	5:37:30.0	47:04.1	6:11.6
				Ermida Dom Bosco	12:31:59.0	6:07:59.0	30:29.0	5:04.8
				Ponte JK	13:12:36.0	6:48:36.0	40:37.0	5:24.9
				Igreja	13:52:47.0	7:28:47.0	40:11.0	5:01.4
				Pontão	14:09:22.3	7:45:22.3	16:35.3	5:21.1
				L2 Sul	14:52:21.2	8:28:21.2	42:58.9	5:22.4
				Chegada	15:27:23.8	9:03:23.8	35:02.6	5:39.1
237	151	9	COMANDO DA 11ª REGIAO MILITAR POLICIAL/MILITAR	Concha Acústica	6:57:37.0	33:37.0	33:37.0	3:34.6
				C.O.	7:36:57.3	1:12:57.3	39:20.3	5:37.2
				Câmara Legislativa	8:18:30.9	1:54:30.9	41:33.6	6:06.7
				Parque Lago Norte	8:36:06.0	2:12:06.0	17:35.1	4:23.8
				Clube do Congresso	9:30:13.0	3:06:13.0	54:07.0	5:34.7
				Deck Norte	10:12:14.7	3:48:14.7	42:01.7	5:00.2
				Piscinão	11:12:07.9	4:48:07.9	59:53.2	7:12.9
				Parque Paranoá	11:57:00.0	5:33:00.0	44:52.1	5:54.2
				Ermida Dom Bosco	12:25:02.7	6:01:02.7	28:02.7	4:40.5
				Ponte JK	13:10:36.9	6:46:36.9	45:34.2	6:04.6
				Igreja	13:49:57.0	7:25:57.0	39:20.1	4:55.0
				Pontão	14:09:39.1	7:45:39.1	19:42.1	6:21.3
				L2 Sul	14:53:28.2	8:29:28.2	43:49.1	5:28.6
				Chegada	15:31:52.1	9:07:52.1	38:23.9	6:11.6
238	155	82	IMAS 1 ABERTA - OCTETO	Concha Acústica	6:59:42.3	35:42.3	35:42.3	3:47.9
				C.O.	7:49:18.3	1:25:18.3	49:36.0	7:05.1

# 7ª VOLTA DO LAGO CAIXA 2010

## RESULTADOS POR TRECHO

				Câmara Legislativa	8:23:09.5	1:59:09.5	33:51.2	4:58.7
				Parque Lago Norte	8:45:26.0	2:21:26.0	22:16.5	5:34.1
				Clube do Congresso	9:34:21.9	3:10:21.9	48:55.9	5:02.7
				Deck Norte	10:14:12.8	3:50:12.8	39:50.9	4:44.6
				Piscinão	11:11:50.9	4:47:50.9	57:38.1	6:56.6
				Parque Paranoá	11:57:34.0	5:33:34.0	45:43.1	6:00.9
				Ermida Dom Bosco	12:27:22.5	6:03:22.5	29:48.5	4:58.1
				Ponte JK	13:11:09.8	6:47:09.8	43:47.3	5:50.3
				Igreja	14:02:01.0	7:38:01.0	50:51.2	6:21.4
				Pontão	14:22:30.5	7:58:30.5	20:29.5	6:36.6
				L2 Sul	15:02:58.4	8:38:58.4	40:27.9	5:03.5
				Chegada	15:35:09.5	9:11:09.5	32:11.1	5:11.5
239	222	132	A!BODYTECH ABERTA - OCTETO	Concha Acústica	7:01:17.3	37:17.3	37:17.3	3:58.0
				C.O.	7:44:20.8	1:20:20.8	43:03.5	6:09.1
				Câmara Legislativa	8:26:55.0	2:02:55.0	42:34.2	6:15.6
				Parque Lago Norte	8:47:20.0	2:23:20.0	20:25.0	5:06.3
				Clube do Congresso	9:50:27.2	3:26:27.2	1:03:07.2	6:30.4
				Deck Norte	10:40:24.1	4:16:24.1	49:56.9	5:56.8
				Piscinão	11:28:47.8	5:04:47.8	48:23.7	5:49.8
				Parque Paranoá	12:22:38.0	5:58:38.0	53:50.2	7:05.0
				Ermida Dom Bosco	12:54:46.2	6:30:46.2	32:08.2	5:21.4
				Ponte JK	13:44:58.4	7:20:58.4	50:12.2	6:41.6
				Igreja	14:30:15.0	8:06:15.0	45:16.6	5:39.6
				Pontão	14:47:04.1	8:23:04.1	16:49.1	5:25.5
				L2 Sul	15:32:55.4	9:08:55.4	45:51.3	5:43.9
				Chegada	16:11:38.2	9:47:38.2	38:42.8	6:14.6
240	50	11	NADARTE ABERTA - OCTETO	Concha Acústica	7:02:29.6	38:29.6	38:29.6	4:05.7
				C.O.	7:34:12.8	1:10:12.8	31:43.2	4:31.9
				Câmara Legislativa	8:01:10.3	1:37:10.3	26:57.5	3:57.9
				Parque Lago Norte	8:21:09.0	1:57:09.0	19:58.7	4:59.7
				Clube do Congresso	9:14:39.9	2:50:39.9	53:30.9	5:31.0
				Deck Norte	9:59:59.6	3:35:59.6	45:19.7	5:23.8
				Piscinão	10:39:04.1	4:15:04.1	39:04.5	4:42.5
				Parque Paranoá	11:24:50.0	5:00:50.0	45:45.9	6:01.3
				Ermida Dom Bosco	11:48:44.3	5:24:44.3	23:54.3	3:59.1
				Ponte JK	12:31:47.8	6:07:47.8	43:03.5	5:44.5
				Igreja	13:08:20.0	6:44:20.0	36:32.2	4:34.0
				Pontão	13:24:07.6	7:00:07.6	15:47.6	5:05.7

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				L2 Sul	14:04:24.0	7:40:24.0	40:16.4	5:02.1
				Chegada	14:29:58.6	8:05:58.6	25:34.6	4:07.5
241	142	5	EQUIPE X4_CAIXA ECONOMARIOS OCTETO	Concha Acústica	6:59:48.7	35:48.7	35:48.7	3:48.6
				C.O.	7:42:13.4	1:18:13.4	42:24.7	6:03.5
				Câmara Legislativa	8:22:02.7	1:58:02.7	39:49.3	5:51.4
				Parque Lago Norte	8:41:38.0	2:17:38.0	19:35.3	4:53.8
				Clube do Congresso	9:26:58.1	3:02:58.1	45:20.1	4:40.4
				Deck Norte	10:11:33.9	3:47:33.9	44:35.8	5:18.5
				Piscinão	10:59:52.4	4:35:52.4	48:18.5	5:49.2
				Parque Paranoá	11:53:10.0	5:29:10.0	53:17.6	7:00.7
				Ermida Dom Bosco	12:22:22.4	5:58:22.4	29:12.4	4:52.1
				Ponte JK	13:05:23.5	6:41:23.5	43:01.1	5:44.1
				Igreja	13:45:10.0	7:21:10.0	39:46.5	4:58.3
				Pontão	14:04:29.9	7:40:29.9	19:19.9	6:14.2
				L2 Sul	14:54:17.1	8:30:17.1	49:47.2	6:13.4
				Chegada	15:27:26.1	9:03:26.1	33:09.0	5:20.8
242	207	11	CORRA ATLETA, CORRA MAIS! ECONOMARIOS OCTETO	Concha Acústica	7:03:00.9	39:00.9	39:00.9	4:09.0
				C.O.	7:37:27.5	1:13:27.5	34:26.6	4:55.2
				Câmara Legislativa	8:12:35.6	1:48:35.6	35:08.1	5:10.0
				Parque Lago Norte	8:35:59.0	2:11:59.0	23:23.4	5:50.9
				Clube do Congresso	9:30:57.0	3:06:57.0	54:58.0	5:40.0
				Deck Norte	10:20:51.2	3:56:51.2	49:54.2	5:56.5
				Piscinão	11:18:02.9	4:54:02.9	57:11.7	6:53.5
				Parque Paranoá	11:58:08.0	5:34:08.0	40:05.1	5:16.5
				Ermida Dom Bosco	12:43:08.0	6:19:08.0	45:00.0	7:30.0
				Ponte JK	13:23:18.0	6:59:18.0	40:10.0	5:21.3
				Igreja	14:12:23.0	7:48:23.0	49:05.0	6:08.1
				Pontão	14:26:36.8	8:02:36.8	14:13.8	4:35.4
				L2 Sul	15:19:02.8	8:55:02.8	52:26.0	6:33.3
				Chegada	15:59:20.7	9:35:20.7	40:17.9	6:29.*
243	166	6	CORRA ATLETA, CORRA! ECONOMARIOS OCTETO	Concha Acústica	7:03:46.2	39:46.2	39:46.2	4:13.9
				C.O.	7:40:12.5	1:16:12.5	36:26.3	5:12.3
				Câmara Legislativa	8:17:02.9	1:53:02.9	36:50.4	5:25.1
				Parque Lago Norte	8:44:00.0	2:20:00.0	26:57.1	6:44.3
				Clube do Congresso	9:37:48.0	3:13:48.0	53:48.0	5:32.8
				Deck Norte	10:30:28.2	4:06:28.2	52:40.2	6:16.2
				Piscinão	11:33:28.9	5:09:28.9	1:03:00.7	7:35.5

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				Parque Paranoá	11:58:45.0	5:34:45.0	25:16.1	3:19.5
				Ermida Dom Bosco	12:28:39.3	6:04:39.3	29:54.3	4:59.1
				Ponte JK	13:16:59.9	6:52:59.9	48:20.6	6:26.7
				Igreja	13:59:02.0	7:35:02.0	42:02.1	5:15.3
				Pontão	14:16:39.9	7:52:39.9	17:37.9	5:41.3
				L2 Sul	15:03:28.4	8:39:28.4	46:48.5	5:51.1
				Chegada	15:40:03.8	9:16:03.8	36:35.4	5:54.1
244	100	41	KM CORRIDA ABERTA - OCTETO	Concha Acústica	6:59:23.4	35:23.4	35:23.4	3:45.9
				C.O.	7:35:36.0	1:11:36.0	36:12.6	5:10.4
				Câmara Legislativa	8:13:53.2	1:49:53.2	38:17.2	5:37.8
				Parque Lago Norte	8:34:33.0	2:10:33.0	20:39.8	5:09.*
				Clube do Congresso	9:19:18.2	2:55:18.2	44:45.2	4:36.8
				Deck Norte	9:57:19.9	3:33:19.9	38:01.7	4:31.6
				Piscinão	10:42:30.5	4:18:30.5	45:10.6	5:26.6
				Parque Paranoá	11:26:37.0	5:02:37.0	44:06.5	5:48.2
				Ermida Dom Bosco	11:54:20.3	5:30:20.3	27:43.3	4:37.2
				Ponte JK	12:37:20.7	6:13:20.7	43:00.4	5:44.1
				Igreja	13:21:38.0	6:57:38.0	44:17.3	5:32.2
				Pontão	13:36:20.8	7:12:20.8	14:42.8	4:44.8
				L2 Sul	14:21:06.5	7:57:06.5	44:45.7	5:35.7
				Chegada	15:02:05.7	8:38:05.7	40:59.2	6:36.6
245	148	76	EUNACORRIDA ABERTA - OCTETO	Concha Acústica	7:08:14.5	44:14.5	44:14.5	4:42.4
				C.O.	7:40:58.7	1:16:58.7	32:44.2	4:40.6
				Câmara Legislativa	8:19:58.8	1:55:58.8	39:00.1	5:44.1
				Parque Lago Norte	8:38:58.0	2:14:58.0	18:59.2	4:44.8
				Clube do Congresso	9:25:08.7	3:01:08.7	46:10.7	4:45.6
				Deck Norte	10:12:59.5	3:48:59.5	47:50.8	5:41.8
				Piscinão	11:04:22.0	4:40:22.0	51:22.5	6:11.4
				Parque Paranoá	11:48:57.0	5:24:57.0	44:35.0	5:51.*
				Ermida Dom Bosco	12:20:22.7	5:56:22.7	31:25.7	5:14.3
				Ponte JK	13:01:24.5	6:37:24.5	41:01.8	5:28.2
				Igreja	13:44:16.0	7:20:16.0	42:51.5	5:21.4
				Pontão	14:01:02.5	7:37:02.5	16:46.5	5:24.7
				L2 Sul	14:47:40.2	8:23:40.2	46:37.7	5:49.7
				Chegada	15:30:29.7	9:06:29.7	42:49.5	6:54.4
246	17	3	CLUBE TORNADO ABERTA - OCTETO	Concha Acústica	6:55:23.3	31:23.3	31:23.3	3:20.4
				C.O.	7:24:08.0	1:00:08.0	28:44.7	4:06.4

# 7ª VOLTA DO LAGO CAIXA 2010

## RESULTADOS POR TRECHO

Posição	Tempo	Equipe	Trecho	Tempo	Tempo	Tempo	Tempo	
			Câmara Legislativa	7:51:31.1	1:27:31.1	27:23.1	4:01.6	
			Parque Lago Norte	8:11:42.0	1:47:42.0	20:10.9	5:02.7	
			Clube do Congresso	8:44:48.0	2:20:48.0	33:06.0	3:24.7	
			Deck Norte	9:32:34.0	3:08:34.0	47:46.0	5:41.2	
			Piscinão	10:12:55.2	3:48:55.2	40:21.2	4:51.7	
			Parque Paranoá	10:47:33.0	4:23:33.0	34:37.8	4:33.4	
			Ermida Dom Bosco	11:08:20.4	4:44:20.4	20:47.4	3:27.9	
			Ponte JK	11:40:31.3	5:16:31.3	32:10.9	4:17.5	
			Igreja	12:13:49.0	5:49:49.0	33:17.7	4:09.7	
			Pontão	12:26:21.9	6:02:21.9	12:32.9	4:02.9	
			L2 Sul	13:03:55.0	6:39:55.0	37:33.1	4:41.6	
			Chegada	13:27:55.0	7:03:55.0	24:00.0	3:52.3	
247	25	3	BSB TRI TOP SPORTS ABERTA - TRINCA	Concha Acústica	6:53:26.1	29:26.1	29:26.1	3:07.9
				C.O.	7:21:16.5	57:16.5	27:50.4	3:58.6
				Câmara Legislativa	7:49:49.6	1:25:49.6	28:33.1	4:11.9
				Parque Lago Norte	8:07:09.0	1:43:09.0	17:19.4	4:19.9
				Clube do Congresso	8:47:40.1	2:23:40.1	40:31.1	4:10.6
				Deck Norte	9:20:50.0	2:56:50.0	33:09.9	3:56.9
				Piscinão	10:12:13.9	3:48:13.9	51:23.9	6:11.6
				Parque Paranoá	10:44:45.0	4:20:45.0	32:31.1	4:16.7
				Ermida Dom Bosco	11:11:32.9	4:47:32.9	26:47.9	4:27.*
				Ponte JK	11:47:26.1	5:23:26.1	35:53.2	4:47.1
				Igreja	12:21:50.0	5:57:50.0	34:23.9	4:17.*
				Pontão	12:38:28.0	6:14:28.0	16:38.0	5:21.9
				L2 Sul	13:08:42.6	6:44:42.6	30:14.6	3:46.8
				Chegada	13:39:03.9	7:15:03.9	30:21.3	4:53.8
248	149	77	PORTO ENGENHARIA ABERTA - OCTETO	Concha Acústica	6:59:10.7	35:10.7	35:10.7	3:44.5
				C.O.	7:38:07.3	1:14:07.3	38:56.6	5:33.8
				Câmara Legislativa	8:12:24.8	1:48:24.8	34:17.5	5:02.6
				Parque Lago Norte	8:41:37.0	2:17:37.0	29:12.2	7:18.1
				Clube do Congresso	9:35:20.4	3:11:20.4	53:43.4	5:32.3
				Deck Norte	10:18:20.9	3:54:20.9	43:00.5	5:07.2
				Piscinão	10:58:17.1	4:34:17.1	39:56.2	4:48.7
				Parque Paranoá	11:48:02.0	5:24:02.0	49:44.9	6:32.8
				Ermida Dom Bosco	12:23:05.0	5:59:05.0	35:03.0	5:50.5
				Ponte JK	13:02:55.4	6:38:55.4	39:50.4	5:18.7
				Igreja	13:47:31.0	7:23:31.0	44:35.6	5:34.5
				Pontão	14:05:34.6	7:41:34.6	18:03.6	5:49.5

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				L2 Sul	14:55:07.5	8:31:07.5	49:32.9	6:11.6
				Chegada	15:30:45.4	9:06:45.4	35:37.9	5:44.8
249	175	10	COMANDO OPERACIONAL POLICIAL/MILITAR	Concha Acústica	7:19:56.3	55:56.3	55:56.3	5:57.1
				C.O.	7:55:06.7	1:31:06.7	35:10.4	5:01.5
				Câmara Legislativa	8:37:58.9	2:13:58.9	42:52.2	6:18.3
				Parque Lago Norte	8:58:46.0	2:34:46.0	20:47.1	5:11.8
				Clube do Congresso	9:51:34.1	3:27:34.1	52:48.1	5:26.6
				Deck Norte	10:33:14.5	4:09:14.5	41:40.4	4:57.7
				Piscinão	11:25:22.8	5:01:22.8	52:08.3	6:16.9
				Parque Paranoá	12:04:25.0	5:40:25.0	39:02.2	5:08.2
				Ermida Dom Bosco	12:36:01.4	6:12:01.4	31:36.4	5:16.1
				Ponte JK	13:32:20.1	7:08:20.1	56:18.7	7:30.5
				Igreja	14:10:40.0	7:46:40.0	38:19.9	4:47.5
				Pontão	14:28:20.5	8:04:20.5	17:40.5	5:42.1
				L2 Sul	15:10:41.0	8:46:41.0	42:20.5	5:17.6
				Chegada	15:44:02.0	9:20:02.0	33:21.0	5:22.7
250	182	104	DO LIFE II ABERTA - OCTETO	Concha Acústica	7:04:44.8	40:44.8	40:44.8	4:20.1
				C.O.	7:45:46.6	1:21:46.6	41:01.8	5:51.7
				Câmara Legislativa	8:27:17.9	2:03:17.9	41:31.3	6:06.4
				Parque Lago Norte	8:59:51.0	2:35:51.0	32:33.1	8:08.3
				Clube do Congresso	9:45:14.5	3:21:14.5	45:23.5	4:40.8
				Deck Norte	10:28:52.7	4:04:52.7	43:38.2	5:11.7
				Piscinão	11:11:10.6	4:47:10.6	42:17.9	5:05.8
				Parque Paranoá	11:51:45.0	5:27:45.0	40:34.4	5:20.3
				Ermida Dom Bosco	12:25:01.1	6:01:01.1	33:16.1	5:32.7
				Ponte JK	13:12:27.2	6:48:27.2	47:26.1	6:19.5
				Igreja	13:58:23.0	7:34:23.0	45:55.8	5:44.5
				Pontão	14:23:22.5	7:59:22.5	24:59.5	8:03.7
				L2 Sul	15:13:36.3	8:49:36.3	50:13.8	6:16.7
				Chegada	15:47:52.5	9:23:52.5	34:16.2	5:31.6
251	81	29	NEXT RUN / CLUBECOAT / CHIQUITA BACANA ABERTA - OCTETO	Concha Acústica	6:53:10.2	29:10.2	29:10.2	3:06.2
				C.O.	7:26:31.7	1:02:31.7	33:21.5	4:45.9
				Câmara Legislativa	8:02:08.2	1:38:08.2	35:36.5	5:14.2
				Parque Lago Norte	8:27:04.0	2:03:04.0	24:55.8	6:13.*
				Clube do Congresso	9:12:34.4	2:48:34.4	45:30.4	4:41.5
				Deck Norte	10:01:14.0	3:37:14.0	48:39.6	5:47.6
				Piscinão	10:53:05.2	4:29:05.2	51:51.2	6:14.8

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				Parque Paranoá	11:24:05.0	5:00:05.0	30:59.8	4:04.7
				Ermida Dom Bosco	11:55:07.5	5:31:07.5	31:02.5	5:10.4
				Ponte JK	12:35:04.2	6:11:04.2	39:56.7	5:19.6
				Igreja	13:06:55.0	6:42:55.0	31:50.8	3:58.9
				Pontão	13:24:32.8	7:00:32.8	17:37.8	5:41.2
				L2 Sul	14:10:28.6	7:46:28.6	45:55.8	5:44.5
				Chegada	14:49:53.3	8:25:53.3	39:24.7	6:21.4
252	75	26	NEXT RUN / CLUBECOAT / COZINHA CAIPIRA ABERTA - OCTETO	Concha Acústica	6:54:00.0	30:00.0	30:00.0	3:11.5
				C.O.	7:29:57.3	1:05:57.3	35:57.3	5:08.2
				Câmara Legislativa	8:01:23.0	1:37:23.0	31:25.7	4:37.3
				Parque Lago Norte	8:18:30.0	1:54:30.0	17:07.0	4:16.8
				Clube do Congresso	9:15:28.0	2:51:28.0	56:58.0	5:52.4
				Deck Norte	10:02:41.6	3:38:41.6	47:13.6	5:37.3
				Piscinão	11:01:20.4	4:37:20.4	58:38.8	7:03.*
				Parque Paranoá	11:33:28.0	5:09:28.0	32:07.6	4:13.6
				Ermida Dom Bosco	11:58:39.6	5:34:39.6	25:11.6	4:11.9
				Ponte JK	12:50:46.0	6:26:46.0	52:06.4	6:56.9
				Igreja	13:28:06.0	7:04:06.0	37:20.0	4:40.0
				Pontão	13:44:28.1	7:20:28.1	16:22.1	5:16.8
				L2 Sul	14:20:49.7	7:56:49.7	36:21.6	4:32.7
				Chegada	14:47:35.3	8:23:35.3	26:45.6	4:18.*
253	165	92	NEXT RUN / CLUBECOAT / FIT 4 ABERTA - OCTETO	Concha Acústica	7:07:54.0	43:54.0	43:54.0	4:40.2
				C.O.	7:41:02.0	1:17:02.0	33:08.0	4:44.0
				Câmara Legislativa	8:23:00.2	1:59:00.2	41:58.2	6:10.3
				Parque Lago Norte	8:45:38.0	2:21:38.0	22:37.8	5:39.5
				Clube do Congresso	9:39:21.3	3:15:21.3	53:43.3	5:32.3
				Deck Norte	10:33:53.5	4:09:53.5	54:32.2	6:29.5
				Piscinão	11:33:10.3	5:09:10.3	59:16.8	7:08.5
				Parque Paranoá	12:04:12.0	5:40:12.0	31:01.7	4:04.*
				Ermida Dom Bosco	12:35:40.5	6:11:40.5	31:28.5	5:14.8
				Ponte JK	13:28:12.2	7:04:12.2	52:31.7	7:00.2
				Igreja	14:08:50.0	7:44:50.0	40:37.8	5:04.7
				Pontão	14:24:00.3	8:00:00.3	15:10.3	4:53.6
				L2 Sul	15:02:48.4	8:38:48.4	38:48.1	4:51.0
				Chegada	15:39:45.2	9:15:45.2	36:56.8	5:57.5
254	96	38	NEXT RUN / CLUBECOAT / KEEP HEALTHY ABERTA - OCTETO	Concha Acústica	7:08:12.3	44:12.3	44:12.3	4:42.2
				C.O.	7:47:22.1	1:23:22.1	39:09.8	5:35.7

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				Câmara Legislativa	8:17:28.8	1:53:28.8	30:06.7	4:25.7
				Parque Lago Norte	8:49:29.0	2:25:29.0	32:00.2	8:00.1
				Clube do Congresso	9:40:39.0	3:16:39.0	51:10.0	5:16.5
				Deck Norte	10:30:41.6	4:06:41.6	50:02.6	5:57.5
				Piscinão	11:30:24.6	5:06:24.6	59:43.0	7:11.7
				Parque Paranoá	11:58:00.0	5:34:00.0	27:35.4	3:37.8
				Ermida Dom Bosco	12:24:48.9	6:00:48.9	26:48.9	4:28.2
				Ponte JK	12:54:08.3	6:30:08.3	29:19.4	3:54.6
				Igreja	13:38:23.0	7:14:23.0	44:14.7	5:31.8
				Pontão	13:53:18.9	7:29:18.9	14:55.9	4:49.0
				L2 Sul	14:36:53.1	8:12:53.1	43:34.2	5:26.8
				Chegada	15:01:01.7	8:37:01.7	24:08.6	3:53.6
255	54	14	NEXT RUN / CLUBECOAT / NUTRINA ABERTA - OCTETO	Concha Acústica	6:49:51.3	25:51.3	25:51.3	2:45.0
				C.O.	7:45:01.0	1:21:01.0	55:09.7	7:52.8
				Câmara Legislativa	8:25:24.4	2:01:24.4	40:23.4	5:56.4
				Parque Lago Norte	8:47:06.0	2:23:06.0	21:41.6	5:25.4
				Clube do Congresso	9:36:41.0	3:12:41.0	49:35.0	5:06.7
				Deck Norte	10:22:52.1	3:58:52.1	46:11.1	5:29.9
				Piscinão	10:52:40.2	4:28:40.2	29:48.1	3:35.4
				Parque Paranoá	00.0			
				Ermida Dom Bosco	11:56:45.5	5:32:45.5	11:56:45.5	1:59:27.6
				Ponte JK	12:26:37.3	6:02:37.3	29:51.8	3:58.9
				Igreja	13:16:49.0	6:52:49.0	50:11.7	6:16.5
				Pontão	13:32:35.9	7:08:35.9	15:46.9	5:05.5
				L2 Sul	14:07:11.7	7:43:11.7	34:35.8	4:19.5
				Chegada	14:34:15.5	8:10:15.5	27:03.8	4:21.9
256	31	6	LUDI CLUB / NEXT RUN ABERTA - OCTETO	Concha Acústica	6:50:39.8	26:39.8	26:39.8	2:50.2
				C.O.	7:23:01.6	59:01.6	32:21.8	4:37.4
				Câmara Legislativa	7:47:26.8	1:23:26.8	24:25.2	3:35.5
				Parque Lago Norte	8:09:56.0	1:45:56.0	22:29.2	5:37.3
				Clube do Congresso	8:56:33.6	2:32:33.6	46:37.6	4:48.4
				Deck Norte	9:40:44.9	3:16:44.9	44:11.3	5:15.6
				Piscinão	10:12:18.1	3:48:18.1	31:33.2	3:48.1
				Parque Paranoá	10:56:35.0	4:32:35.0	44:16.9	5:49.6
				Ermida Dom Bosco	11:29:54.6	5:05:54.6	33:19.6	5:33.3
				Ponte JK	12:17:53.2	5:53:53.2	47:58.6	6:23.8
				Igreja	12:45:00.0	6:21:00.0	27:06.8	3:23.4
				Pontão	12:59:12.0	6:35:12.0	14:12.0	4:34.8

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				L2 Sul	13:40:38.2	7:16:38.2	41:26.2	5:10.8
				Chegada	14:04:32.4	7:40:32.4	23:54.2	3:51.3
257	143	71	TO CHEGANDO / NEXT RUN ABERTA - OCTETO	Concha Acústica	7:03:13.9	39:13.9	39:13.9	4:10.4
				C.O.	7:37:49.1	1:13:49.1	34:35.2	4:56.5
				Câmara Legislativa	8:24:24.5	2:00:24.5	46:35.4	6:51.1
				Parque Lago Norte	8:42:59.0	2:18:59.0	18:34.5	4:38.6
				Clube do Congresso	9:31:44.9	3:07:44.9	48:45.9	5:01.6
				Deck Norte	10:24:58.1	4:00:58.1	53:13.2	6:20.1
				Piscinão	11:11:32.8	4:47:32.8	46:34.7	5:36.7
				Parque Paranoá	11:52:38.0	5:28:38.0	41:05.2	5:24.4
				Ermida Dom Bosco	12:27:51.4	6:03:51.4	35:13.4	5:52.2
				Ponte JK	13:18:30.6	6:54:30.6	50:39.2	6:45.2
				Igreja	13:59:43.0	7:35:43.0	41:12.4	5:09.1
				Pontão	14:14:14.8	7:50:14.8	14:31.8	4:41.2
				L2 Sul	14:51:39.0	8:27:39.0	37:24.2	4:40.5
Chegada	15:28:28.1	9:04:28.1	36:49.1	5:56.3				
258	105	45	AMIGOS DO PR ABERTA - OCTETO	Concha Acústica	7:09:54.3	45:54.3	45:54.3	4:53.0
				C.O.	7:42:29.4	1:18:29.4	32:35.1	4:39.3
				Câmara Legislativa	8:11:38.4	1:47:38.4	29:09.0	4:17.2
				Parque Lago Norte	8:31:54.0	2:07:54.0	20:15.6	5:03.9
				Clube do Congresso	9:10:29.1	2:46:29.1	38:35.1	3:58.7
				Deck Norte	9:55:17.1	3:31:17.1	44:48.0	5:20.0
				Piscinão	10:50:30.8	4:26:30.8	55:13.7	6:39.2
				Parque Paranoá	11:33:06.0	5:09:06.0	42:35.2	5:36.2
				Ermida Dom Bosco	11:59:22.7	5:35:22.7	26:16.7	4:22.8
				Ponte JK	12:40:26.5	6:16:26.5	41:03.8	5:28.5
				Igreja	13:14:22.0	6:50:22.0	33:55.5	4:14.4
				Pontão	13:33:41.9	7:09:41.9	19:19.9	6:14.2
				L2 Sul	14:21:43.7	7:57:43.7	48:01.8	6:00.2
Chegada	15:06:02.4	8:42:02.4	44:18.7	7:08.8				
259	230	138	DO LIFE I ABERTA - OCTETO	Concha Acústica	7:09:26.0	45:26.0	45:26.0	4:50.0
				C.O.	7:56:17.7	1:32:17.7	46:51.7	6:41.7
				Câmara Legislativa	8:36:43.9	2:12:43.9	40:26.2	5:56.8
				Parque Lago Norte	9:05:42.0	2:41:42.0	28:58.1	7:14.5
				Clube do Congresso	9:55:31.9	3:31:31.9	49:49.9	5:08.2
				Deck Norte	10:49:13.1	4:25:13.1	53:41.2	6:23.5
				Piscinão	11:43:06.5	5:19:06.5	53:53.4	6:29.6

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

Posição	Equipe	Atleta	Nome do Trecho	Tempo	Tempo	Tempo	Tempo	
			Parque Paranoá	12:20:48.0	5:56:48.0	37:41.5	4:57.6	
			Ermida Dom Bosco	12:53:07.6	6:29:07.6	32:19.6	5:23.3	
			Ponte JK	13:45:52.9	7:21:52.9	52:45.3	7:02.0	
			Igreja	14:26:47.0	8:02:47.0	40:54.1	5:06.8	
			Pontão	14:46:45.4	8:22:45.4	19:58.4	6:26.6	
			L2 Sul	15:33:19.1	9:09:19.1	46:33.7	5:49.2	
			Chegada	16:18:16.6	9:54:16.6	44:57.5	7:15.1	
260	64	19	COME CHAO C ABERTA - OCTETO	Concha Acústica	6:55:38.0	31:38.0	31:38.0	3:21.9
				C.O.	7:35:24.5	1:11:24.5	39:46.5	5:40.9
				Câmara Legislativa	8:09:51.8	1:45:51.8	34:27.3	5:04.0
				Parque Lago Norte	8:28:54.0	2:04:54.0	19:02.2	4:45.6
				Clube do Congresso	9:16:46.2	2:52:46.2	47:52.2	4:56.1
				Deck Norte	9:51:51.9	3:27:51.9	35:05.7	4:10.7
				Piscinão	10:34:25.9	4:10:25.9	42:34.0	5:07.7
				Parque Paranoá	11:16:44.0	4:52:44.0	42:18.1	5:33.*
				Ermida Dom Bosco	11:52:02.8	5:28:02.8	35:18.8	5:53.1
				Ponte JK	12:34:31.3	6:10:31.3	42:28.5	5:39.8
				Igreja	13:14:16.0	6:50:16.0	39:44.7	4:58.1
				Pontão	13:31:35.7	7:07:35.7	17:19.7	5:35.4
				L2 Sul	14:07:26.1	7:43:26.1	35:50.4	4:28.8
				Chegada	14:41:39.4	8:17:39.4	34:13.3	5:31.2
261	110	47	TIME ASSESSORIA ESPORTIVA ABERTA - OCTETO	Concha Acústica	7:00:29.8	36:29.8	36:29.8	3:52.*
				C.O.	7:33:55.4	1:09:55.4	33:25.6	4:46.5
				Câmara Legislativa	8:12:32.1	1:48:32.1	38:36.7	5:40.7
				Parque Lago Norte	8:33:51.0	2:09:51.0	21:18.9	5:19.7
				Clube do Congresso	9:21:58.7	2:57:58.7	48:07.7	4:57.7
				Deck Norte	10:14:46.5	3:50:46.5	52:47.8	6:17.1
				Piscinão	11:02:19.7	4:38:19.7	47:33.2	5:43.8
				Parque Paranoá	11:40:40.0	5:16:40.0	38:20.3	5:02.7
				Ermida Dom Bosco	12:06:59.3	5:42:59.3	26:19.3	4:23.2
				Ponte JK	12:58:40.0	6:34:40.0	51:40.7	6:53.4
				Igreja	13:41:09.0	7:17:09.0	42:29.0	5:18.6
				Pontão	13:57:00.2	7:33:00.2	15:51.2	5:06.8
				L2 Sul	14:34:29.5	8:10:29.5	37:29.3	4:41.2
				Chegada	15:07:39.9	8:43:39.9	33:10.4	5:21.0
262	124	8	ASTROS POLICIAL/MILITAR	Concha Acústica	7:01:12.8	37:12.8	37:12.8	3:57.5
				C.O.	7:33:47.9	1:09:47.9	32:35.1	4:39.3

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				Câmara Legislativa	8:19:56.3	1:55:56.3	46:08.4	6:47.1
				Parque Lago Norte	8:42:15.0	2:18:15.0	22:18.7	5:34.7
				Clube do Congresso	9:28:59.3	3:04:59.3	46:44.3	4:49.1
				Deck Norte	10:14:55.9	3:50:55.9	45:56.6	5:28.2
				Piscinão	11:03:09.4	4:39:09.4	48:13.5	5:48.6
				Parque Paranoá	11:39:28.0	5:15:28.0	36:18.6	4:46.7
				Ermida Dom Bosco	12:09:54.6	5:45:54.6	30:26.6	5:04.4
				Ponte JK	12:56:17.8	6:32:17.8	46:23.2	6:11.1
				Igreja	13:46:43.0	7:22:43.0	50:25.2	6:18.2
				Pontão	14:06:29.0	7:42:29.0	19:46.0	6:22.6
				L2 Sul	14:51:26.3	8:27:26.3	44:57.3	5:37.2
				Chegada	15:17:07.0	8:53:07.0	25:40.7	4:08.5
263	197	117	JESUS ME CHICOTEIE ABERTA - OCTETO	Concha Acústica	7:02:29.6	38:29.6	38:29.6	4:05.7
				C.O.	7:38:29.6	1:14:29.6	36:00.0	5:08.6
				Câmara Legislativa	8:20:37.2	1:56:37.2	42:07.6	6:11.7
				Parque Lago Norte	8:45:50.0	2:21:50.0	25:12.8	6:18.2
				Clube do Congresso	9:37:15.7	3:13:15.7	51:25.7	5:18.1
				Deck Norte	10:23:38.6	3:59:38.6	46:22.9	5:31.3
				Piscinão	11:20:09.2	4:56:09.2	56:30.6	6:48.5
				Parque Paranoá	12:05:42.0	5:41:42.0	45:32.8	5:59.6
				Ermida Dom Bosco	12:39:06.3	6:15:06.3	33:24.3	5:34.1
				Ponte JK	13:24:47.9	7:00:47.9	45:41.6	6:05.5
				Igreja	14:14:13.0	7:50:13.0	49:25.1	6:10.6
				Pontão	14:31:34.5	8:07:34.5	17:21.5	5:35.*
				L2 Sul	15:15:32.5	8:51:32.5	43:58.0	5:29.8
				Chegada	15:54:20.2	9:30:20.2	38:47.7	6:15.4
264	162	89	IPLN ABERTA - OCTETO	Concha Acústica	7:03:13.9	39:13.9	39:13.9	4:10.4
				C.O.	7:37:35.0	1:13:35.0	34:21.1	4:54.4
				Câmara Legislativa	8:29:33.8	2:05:33.8	51:58.8	7:38.6
				Parque Lago Norte	8:46:01.0	2:22:01.0	16:27.2	4:06.8
				Clube do Congresso	9:34:29.3	3:10:29.3	48:28.3	4:59.8
				Deck Norte	10:17:25.9	3:53:25.9	42:56.6	5:06.7
				Piscinão	11:32:12.1	5:08:12.1	1:14:46.2	9:00.5
				Parque Paranoá	11:52:37.0	5:28:37.0	20:24.9	2:41.2
				Ermida Dom Bosco	12:37:39.6	6:13:39.6	45:02.6	7:30.4
				Ponte JK	13:15:46.5	6:51:46.5	38:06.9	5:04.9
				Igreja	13:58:24.0	7:34:24.0	42:37.5	5:19.7
				Pontão	14:12:22.0	7:48:22.0	13:58.0	4:30.3

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				L2 Sul	15:02:33.9	8:38:33.9	50:11.9	6:16.5
				Chegada	15:38:47.1	9:14:47.1	36:13.2	5:50.5
265	242	143	TRANSPIRACAO ABERTA - OCTETO	Concha Acústica	7:16:47.9	52:47.9	52:47.9	5:37.0
				C.O.	8:01:47.4	1:37:47.4	44:59.5	6:25.6
				Câmara Legislativa	8:45:37.0	2:21:37.0	43:49.6	6:26.7
				Parque Lago Norte	9:07:52.0	2:43:52.0	22:15.0	5:33.8
				Clube do Congresso	9:54:44.7	3:30:44.7	46:52.7	4:49.*
				Deck Norte	10:43:26.1	4:19:26.1	48:41.4	5:47.8
				Piscinão	11:43:00.9	5:19:00.9	59:34.8	7:10.7
				Parque Paranoá	12:37:45.0	6:13:45.0	54:44.1	7:12.1
				Ermida Dom Bosco	13:11:42.0	6:47:42.0	33:57.0	5:39.5
				Ponte JK	13:55:30.9	7:31:30.9	43:48.9	5:50.5
				Igreja	14:53:27.0	8:29:27.0	57:56.1	7:14.5
				Pontão	15:11:13.8	8:47:13.8	17:46.8	5:44.1
				L2 Sul	15:56:45.3	9:32:45.3	45:31.5	5:41.4
				Chegada	16:43:41.5	10:19:41.5	46:56.2	7:34.2
266	119	8	TOICAS ABERTA - SEXTETO	Concha Acústica	7:09:54.3	45:54.3	45:54.3	4:53.0
				C.O.	7:40:42.6	1:16:42.6	30:48.3	4:24.0
				Câmara Legislativa	8:15:26.5	1:51:26.5	34:43.9	5:06.5
				Parque Lago Norte	8:34:29.0	2:10:29.0	19:02.5	4:45.6
				Clube do Congresso	9:24:47.9	3:00:47.9	50:18.9	5:11.2
				Deck Norte	10:23:02.7	3:59:02.7	58:14.8	6:56.0
				Piscinão	11:03:55.8	4:39:55.8	40:53.1	4:55.6
				Parque Paranoá	11:46:05.0	5:22:05.0	42:09.2	5:32.8
				Ermida Dom Bosco	12:15:56.7	5:51:56.7	29:51.7	4:58.6
				Ponte JK	12:56:13.9	6:32:13.9	40:17.2	5:22.3
				Igreja	13:38:30.0	7:14:30.0	42:16.1	5:17.0
				Pontão	13:53:39.5	7:29:39.5	15:09.5	4:53.4
				L2 Sul	14:39:01.9	8:15:01.9	45:22.4	5:40.3
				Chegada	15:13:30.0	8:49:30.0	34:28.1	5:33.6
267	206	123	CORREDORES AMIGOS ABERTA - OCTETO	Concha Acústica	7:05:55.0	41:55.0	41:55.0	4:27.6
				C.O.	7:41:42.0	1:17:42.0	35:47.0	5:06.7
				Câmara Legislativa	8:14:57.0	1:50:57.0	33:15.0	4:53.4
				Parque Lago Norte	8:37:28.0	2:13:28.0	22:31.0	5:37.8
				Clube do Congresso	00.0			
				Deck Norte				
				Piscinão	11:05:43.0	4:41:43.0	11:05:43.0	1:20:12.4

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				Parque Paranoá	11:45:27.0	5:21:27.0	39:44.0	5:13.7
				Ermida Dom Bosco	12:17:26.5	5:53:26.5	31:59.5	5:19.9
				Ponte JK	13:14:26.7	6:50:26.7	57:00.2	7:36.0
				Igreja	14:04:06.0	7:40:06.0	49:39.3	6:12.4
				Pontão	14:19:08.6	7:55:08.6	15:02.6	4:51.2
				L2 Sul	15:11:06.4	8:47:06.4	51:57.8	6:29.7
				Chegada	15:59:11.1	9:35:11.1	48:04.7	7:45.3
268	199	10	APICE FREECORNER NIKE ABERTA - SEXTETO	Concha Acústica	7:03:47.7	39:47.7	39:47.7	4:14.0
				C.O.	7:33:57.2	1:09:57.2	30:09.5	4:18.5
				Câmara Legislativa	8:17:01.3	1:53:01.3	43:04.1	6:20.0
				Parque Lago Norte	8:37:35.0	2:13:35.0	20:33.7	5:08.4
				Clube do Congresso	9:38:48.0	3:14:48.0	1:01:13.0	6:18.7
				Deck Norte	10:23:34.5	3:59:34.5	44:46.5	5:19.8
				Piscinão	11:09:49.7	4:45:49.7	46:15.2	5:34.4
				Parque Paranoá	11:56:55.0	5:32:55.0	47:05.3	6:11.8
				Ermida Dom Bosco	12:25:55.3	6:01:55.3	29:00.3	4:50.1
				Ponte JK	13:16:50.7	6:52:50.7	50:55.4	6:47.4
				Igreja	14:02:50.0	7:38:50.0	45:59.3	5:44.9
				Pontão	14:16:30.3	7:52:30.3	13:40.3	4:24.6
				L2 Sul	15:12:08.9	8:48:08.9	55:38.6	6:57.3
				Chegada	15:54:40.6	9:30:40.6	42:31.7	6:51.6
269	213	11	APICE FREECORNER NIKE - ILHA ABERTA - SEXTETO	Concha Acústica	7:05:47.2	41:47.2	41:47.2	4:26.7
				C.O.	7:43:58.9	1:19:58.9	38:11.7	5:27.4
				Câmara Legislativa	8:29:23.5	2:05:23.5	45:24.6	6:40.7
				Parque Lago Norte	8:55:22.0	2:31:22.0	25:58.5	6:29.6
				Clube do Congresso	9:41:14.0	3:17:14.0	45:52.0	4:43.7
				Deck Norte	10:22:52.2	3:58:52.2	41:38.2	4:57.4
				Piscinão	11:12:19.0	4:48:19.0	49:26.8	5:57.4
				Parque Paranoá	11:59:50.0	5:35:50.0	47:31.0	6:15.1
				Ermida Dom Bosco	12:27:49.9	6:03:49.9	27:59.9	4:39.*
				Ponte JK	13:24:19.6	7:00:19.6	56:29.7	7:31.*
				Igreja	14:08:53.0	7:44:53.0	44:33.4	5:34.2
				Pontão	14:28:19.2	8:04:19.2	19:26.2	6:16.2
				L2 Sul	15:30:04.2	9:06:04.2	1:01:45.0	7:43.1
				Chegada	16:03:11.5	9:39:11.5	33:07.3	5:20.5
270	82	30	SPORT POINT ABERTA - OCTETO	Concha Acústica	7:01:31.1	37:31.1	37:31.1	3:59.5
				C.O.	7:40:33.8	1:16:33.8	39:02.7	5:34.7

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				Câmara Legislativa	8:14:21.4	1:50:21.4	33:47.6	4:58.2
				Parque Lago Norte	8:40:04.0	2:16:04.0	25:42.6	6:25.7
				Clube do Congresso	9:32:58.3	3:08:58.3	52:54.3	5:27.2
				Deck Norte	10:08:36.0	3:44:36.0	35:37.7	4:14.5
				Piscinão	10:53:44.9	4:29:44.9	45:08.9	5:26.4
				Parque Paranoá	11:32:42.0	5:08:42.0	38:57.1	5:07.5
				Ermida Dom Bosco	11:56:36.3	5:32:36.3	23:54.3	3:59.1
				Ponte JK	12:37:17.6	6:13:17.6	40:41.3	5:25.5
				Igreja	13:24:52.0	7:00:52.0	47:34.4	5:56.8
				Pontão	13:43:58.5	7:19:58.5	19:06.5	6:09.8
				L2 Sul	14:22:17.0	7:58:17.0	38:18.5	4:47.3
				Chegada	14:50:04.0	8:26:04.0	27:47.0	4:28.9
271	240	13	APICE 1 ABERTA - SEXTETO	Concha Acústica	7:05:52.7	41:52.7	41:52.7	4:27.3
				C.O.	7:47:12.4	1:23:12.4	41:19.7	5:54.2
				Câmara Legislativa	8:26:51.1	2:02:51.1	39:38.7	5:49.8
				Parque Lago Norte	8:54:08.0	2:30:08.0	27:16.9	6:49.2
				Clube do Congresso	10:00:23.6	3:36:23.6	1:06:15.6	6:49.9
				Deck Norte	10:53:07.2	4:29:07.2	52:43.6	6:16.6
				Piscinão	11:48:20.5	5:24:20.5	55:13.3	6:39.2
				Parque Paranoá	12:40:11.0	6:16:11.0	51:50.5	6:49.3
				Ermida Dom Bosco	13:06:58.5	6:42:58.5	26:47.5	4:27.9
				Ponte JK	14:14:17.5	7:50:17.5	1:07:19.0	8:58.5
				Igreja	14:51:32.0	8:27:32.0	37:14.5	4:39.3
				Pontão	15:09:45.5	8:45:45.5	18:13.5	5:52.7
				L2 Sul	15:50:36.1	9:26:36.1	40:50.6	5:06.3
				Chegada	16:34:18.0	10:10:18.0	43:41.9	7:02.9
272	167	93	TRAVADOS VIII ABERTA - OCTETO	Concha Acústica	7:06:49.6	42:49.6	42:49.6	4:33.4
				C.O.	7:46:02.2	1:22:02.2	39:12.6	5:36.1
				Câmara Legislativa	8:29:36.9	2:05:36.9	43:34.7	6:24.5
				Parque Lago Norte	8:51:03.0	2:27:03.0	21:26.1	5:21.5
				Clube do Congresso	9:41:40.3	3:17:40.3	50:37.3	5:13.1
				Deck Norte	10:22:36.6	3:58:36.6	40:56.3	4:52.4
				Piscinão	11:34:00.4	5:10:00.4	1:11:23.8	8:36.1
				Parque Paranoá	11:56:48.0	5:32:48.0	22:47.6	2:59.9
				Ermida Dom Bosco	12:33:06.7	6:09:06.7	36:18.7	6:03.1
				Ponte JK	13:21:41.9	6:57:41.9	48:35.2	6:28.7
				Igreja	14:11:02.0	7:47:02.0	49:20.1	6:10.0
				Pontão	14:27:08.2	8:03:08.2	16:06.2	5:11.7

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				L2 Sul	15:07:48.3	8:43:48.3	40:40.1	5:05.0
				Chegada	15:40:35.3	9:16:35.3	32:47.0	5:17.3
273	170	7	TA@LENTOS 2 ECONOMIARIOS OCTETO	Concha Acústica	7:01:47.5	37:47.5	37:47.5	4:01.2
				C.O.	7:33:50.9	1:09:50.9	32:03.4	4:34.8
				Câmara Legislativa	8:13:37.8	1:49:37.8	39:46.9	5:51.0
				Parque Lago Norte	8:32:43.0	2:08:43.0	19:05.2	4:46.3
				Clube do Congresso	9:25:42.9	3:01:42.9	52:59.9	5:27.8
				Deck Norte	10:14:33.6	3:50:33.6	48:50.7	5:48.9
				Piscinão	11:34:31.8	5:10:31.8	1:19:58.2	9:38.1
				Parque Paranoá	11:49:11.0	5:25:11.0	14:39.2	1:55.7
				Ermida Dom Bosco	12:24:00.7	6:00:00.7	34:49.7	5:48.3
				Ponte JK	13:16:41.6	6:52:41.6	52:40.9	7:01.5
				Igreja	14:08:11.0	7:44:11.0	51:29.4	6:26.2
				Pontão	14:24:04.5	8:00:04.5	15:53.5	5:07.6
				L2 Sul	15:04:12.2	8:40:12.2	40:07.7	5:00.*
				Chegada	15:41:07.9	9:17:07.9	36:55.7	5:57.4
274	176	99	RESISTENCIA ABERTA - OCTETO	Concha Acústica	6:59:56.9	35:56.9	35:56.9	3:49.5
				C.O.	7:40:17.0	1:16:17.0	40:20.1	5:45.7
				Câmara Legislativa	8:21:47.1	1:57:47.1	41:30.1	6:06.2
				Parque Lago Norte	8:47:25.0	2:23:25.0	25:37.9	6:24.5
				Clube do Congresso	9:45:00.6	3:21:00.6	57:35.6	5:56.2
				Deck Norte	10:36:55.8	4:12:55.8	51:55.2	6:10.9
				Piscinão	11:31:08.9	5:07:08.9	54:13.1	6:31.9
				Parque Paranoá	12:13:34.0	5:49:34.0	42:25.1	5:34.9
				Ermida Dom Bosco	12:43:40.8	6:19:40.8	30:06.8	5:01.1
				Ponte JK	13:29:26.5	7:05:26.5	45:45.7	6:06.1
				Igreja	14:09:20.0	7:45:20.0	39:53.5	4:59.2
				Pontão	14:24:47.3	8:00:47.3	15:27.3	4:59.1
				L2 Sul	15:09:38.9	8:45:38.9	44:51.6	5:36.5
				Chegada	15:44:17.7	9:20:17.7	34:38.8	5:35.3
275	139	17	VAMMO ABERTA - QUARTETO MASCULINO	Concha Acústica	7:01:19.2	37:19.2	37:19.2	3:58.2
				C.O.	7:35:56.8	1:11:56.8	34:37.6	4:56.8
				Câmara Legislativa	8:11:28.1	1:47:28.1	35:31.3	5:13.4
				Parque Lago Norte	8:32:51.0	2:08:51.0	21:22.9	5:20.7
				Clube do Congresso	9:23:59.0	2:59:59.0	51:08.0	5:16.3
				Deck Norte	10:11:50.5	3:47:50.5	47:51.5	5:41.8
				Piscinão	10:59:41.3	4:35:41.3	47:50.8	5:45.9

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

Id	Pos	Class	Trecho	Tempo	Tempo	Tempo	Tempo	
			Parque Paranoá	11:39:45.0	5:15:45.0	40:03.7	5:16.3	
			Ermida Dom Bosco	12:16:43.5	5:52:43.5	36:58.5	6:09.8	
			Ponte JK	13:03:26.7	6:39:26.7	46:43.2	6:13.8	
			Igreja	13:47:19.0	7:23:19.0	43:52.3	5:29.0	
			Pontão	14:04:02.9	7:40:02.9	16:43.9	5:23.8	
			L2 Sul	14:51:46.2	8:27:46.2	47:43.3	5:57.9	
			Chegada	15:27:16.7	9:03:16.7	35:30.5	5:43.6	
276	49	10	TRANSALOUCA ABERTA - OCTETO	Concha Acústica	6:55:54.1	31:54.1	31:54.1	3:23.6
				C.O.	7:30:56.0	1:06:56.0	35:01.9	5:00.3
				Câmara Legislativa	8:01:30.8	1:37:30.8	30:34.8	4:29.8
				Parque Lago Norte	8:20:42.0	1:56:42.0	19:11.2	4:47.8
				Clube do Congresso	8:59:08.0	2:35:08.0	38:26.0	3:57.7
				Deck Norte	9:47:03.3	3:23:03.3	47:55.3	5:42.3
				Piscinão	10:29:28.5	4:05:28.5	42:25.2	5:06.7
				Parque Paranoá	11:10:51.0	4:46:51.0	41:22.5	5:26.6
				Ermida Dom Bosco	11:40:12.3	5:16:12.3	29:21.3	4:53.6
				Ponte JK	12:12:52.3	5:48:52.3	32:40.0	4:21.3
				Igreja	12:58:49.0	6:34:49.0	45:56.7	5:44.6
				Pontão	13:12:32.4	6:48:32.4	13:43.4	4:25.6
				L2 Sul	13:50:54.7	7:26:54.7	38:22.3	4:47.8
				Chegada	14:28:19.8	8:04:19.8	37:25.1	6:02.1
277	172	2	TA@LENTOS 1 ECONOMIARIOS SEXTETO	Concha Acústica	7:05:08.6	41:08.6	41:08.6	4:22.6
				C.O.	7:41:26.9	1:17:26.9	36:18.3	5:11.2
				Câmara Legislativa	8:18:55.0	1:54:55.0	37:28.1	5:30.6
				Parque Lago Norte	8:42:08.0	2:18:08.0	23:13.0	5:48.3
				Clube do Congresso	9:30:37.0	3:06:37.0	48:29.0	4:59.9
				Deck Norte	10:15:51.5	3:51:51.5	45:14.5	5:23.2
				Piscinão	11:03:49.4	4:39:49.4	47:57.9	5:46.7
				Parque Paranoá	11:49:12.0	5:25:12.0	45:22.6	5:58.2
				Ermida Dom Bosco	12:23:06.5	5:59:06.5	33:54.5	5:39.1
				Ponte JK	13:07:44.3	6:43:44.3	44:37.8	5:57.0
				Igreja	13:57:43.0	7:33:43.0	49:58.7	6:14.8
				Pontão	14:14:40.1	7:50:40.1	16:57.1	5:28.1
				L2 Sul	15:02:50.8	8:38:50.8	48:10.7	6:01.3
				Chegada	15:41:20.0	9:17:20.0	38:29.2	6:12.5
278	168	94	VEGGAS ABERTA - OCTETO	Concha Acústica	6:59:58.4	35:58.4	35:58.4	3:49.6
				C.O.	7:39:27.2	1:15:27.2	39:28.8	5:38.4

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				Câmara Legislativa	8:19:34.7	1:55:34.7	40:07.5	5:54.0
				Parque Lago Norte	8:39:45.0	2:15:45.0	20:10.3	5:02.6
				Clube do Congresso	9:26:48.3	3:02:48.3	47:03.3	4:51.1
				Deck Norte	10:13:42.6	3:49:42.6	46:54.3	5:35.0
				Piscinão	11:34:21.3	5:10:21.3	1:20:38.7	9:42.*
				Parque Paranoá	11:41:29.0	5:17:29.0	7:07.7	56.3
				Ermida Dom Bosco	12:13:19.7	5:49:19.7	31:50.7	5:18.5
				Ponte JK	13:02:44.5	6:38:44.5	49:24.8	6:35.3
				Igreja	13:42:37.0	7:18:37.0	39:52.5	4:59.1
				Pontão	14:01:10.0	7:37:10.0	18:33.0	5:59.0
				L2 Sul	15:00:36.3	8:36:36.3	59:26.3	7:25.8
				Chegada	15:40:57.5	9:16:57.5	40:21.2	6:30.5
279	92	35	PEGA & VAZA 8 ABERTA - OCTETO	Concha Acústica	7:04:27.3	40:27.3	40:27.3	4:18.2
				C.O.	7:40:32.2	1:16:32.2	36:04.9	5:09.3
				Câmara Legislativa	8:14:04.5	1:50:04.5	33:32.3	4:55.9
				Parque Lago Norte	8:32:36.0	2:08:36.0	18:31.5	4:37.9
				Clube do Congresso	9:28:47.0	3:04:47.0	56:11.0	5:47.5
				Deck Norte	10:12:01.9	3:48:01.9	43:14.9	5:08.9
				Piscinão	10:58:45.2	4:34:45.2	46:43.3	5:37.7
				Parque Paranoá	11:36:00.0	5:12:00.0	37:14.8	4:54.1
				Ermida Dom Bosco	12:04:59.9	5:40:59.9	28:59.9	4:49.*
				Ponte JK	12:47:47.3	6:23:47.3	42:47.4	5:42.3
				Igreja	13:29:44.0	7:05:44.0	41:56.7	5:14.6
				Pontão	13:45:46.9	7:21:46.9	16:02.9	5:10.6
				L2 Sul	14:25:36.9	8:01:36.9	39:50.0	4:58.8
				Chegada	14:58:51.4	8:34:51.4	33:14.5	5:21.7
281	52	12	SEMPRE ATRAS DOS NOSSOS LIMITES ABERTA - OCTETO	Concha Acústica	7:03:10.5	39:10.5	39:10.5	4:10.1
				C.O.	7:34:41.4	1:10:41.4	31:30.9	4:30.1
				Câmara Legislativa	8:17:28.7	1:53:28.7	42:47.3	6:17.5
				Parque Lago Norte	8:41:05.0	2:17:05.0	23:36.3	5:54.1
				Clube do Congresso	9:23:58.5	2:59:58.5	42:53.5	4:25.3
				Deck Norte	9:56:04.9	3:32:04.9	32:06.4	3:49.3
				Piscinão	10:43:57.8	4:19:57.8	47:52.9	5:46.1
				Parque Paranoá	11:19:24.0	4:55:24.0	35:26.2	4:39.8
				Ermida Dom Bosco	11:48:17.6	5:24:17.6	28:53.6	4:48.9
				Ponte JK	12:32:58.2	6:08:58.2	44:40.6	5:57.4
				Igreja	13:12:48.0	6:48:48.0	39:49.8	4:58.7
				Pontão	13:28:59.7	7:04:59.7	16:11.7	5:13.5

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				L2 Sul	14:02:09.9	7:38:09.9	33:10.2	4:08.8
				Chegada	14:32:18.0	8:08:18.0	30:08.1	4:51.6
282	226	135	PENA ABERTA - OCTETO	Concha Acústica	7:04:21.7	40:21.7	40:21.7	4:17.6
				C.O.	7:45:51.8	1:21:51.8	41:30.1	5:55.7
				Câmara Legislativa	8:26:56.8	2:02:56.8	41:05.0	6:02.5
				Parque Lago Norte	8:49:54.0	2:25:54.0	22:57.2	5:44.3
				Clube do Congresso	9:50:59.1	3:26:59.1	1:01:05.1	6:17.8
				Deck Norte	10:51:39.1	4:27:39.1	1:00:40.0	7:13.3
				Piscinão	11:36:15.1	5:12:15.1	44:36.0	5:22.4
				Parque Paranoá	12:18:02.0	5:54:02.0	41:46.9	5:29.9
				Ermida Dom Bosco	12:53:46.5	6:29:46.5	35:44.5	5:57.4
				Ponte JK	13:49:56.1	7:25:56.1	56:09.6	7:29.3
				Igreja	14:35:05.0	8:11:05.0	45:08.9	5:38.6
				Pontão	14:53:11.4	8:29:11.4	18:06.4	5:50.5
				L2 Sul	15:36:00.7	9:12:00.7	42:49.3	5:21.2
			Chegada	16:15:26.7	9:51:26.7	39:26.0	6:21.6	
283	89	3	EQUIPE X1_CAIXA ECONOMIARIOS OCTETO	Concha Acústica	7:04:14.6	40:14.6	40:14.6	4:16.9
				C.O.	7:47:06.9	1:23:06.9	42:52.3	6:07.5
				Câmara Legislativa	8:24:44.3	2:00:44.3	37:37.4	5:31.*
				Parque Lago Norte	8:43:28.0	2:19:28.0	18:43.7	4:40.9
				Clube do Congresso	9:29:07.7	3:05:07.7	45:39.7	4:42.4
				Deck Norte	10:09:18.3	3:45:18.3	40:10.6	4:46.*
				Piscinão	10:54:05.6	4:30:05.6	44:47.3	5:23.8
				Parque Paranoá	11:32:18.0	5:08:18.0	38:12.4	5:01.6
				Ermida Dom Bosco	12:03:14.7	5:39:14.7	30:56.7	5:09.5
				Ponte JK	12:44:33.2	6:20:33.2	41:18.5	5:30.5
				Igreja	13:27:15.0	7:03:15.0	42:41.8	5:20.2
				Pontão	13:42:59.2	7:18:59.2	15:44.2	5:04.6
				L2 Sul	14:21:32.2	7:57:32.2	38:33.0	4:49.1
			Chegada	14:56:27.6	8:32:27.6	34:55.4	5:37.*	
284	188	108	AMIGOS DO CARNOT ABERTA - OCTETO	Concha Acústica	7:02:24.0	38:24.0	38:24.0	4:05.1
				C.O.	7:34:31.4	1:10:31.4	32:07.4	4:35.3
				Câmara Legislativa	8:11:13.9	1:47:13.9	36:42.5	5:23.9
				Parque Lago Norte	8:34:15.0	2:10:15.0	23:01.1	5:45.3
				Clube do Congresso	9:21:51.7	2:57:51.7	47:36.7	4:54.5
				Deck Norte	10:15:37.9	3:51:37.9	53:46.2	6:24.1
				Piscinão	11:10:04.5	4:46:04.5	54:26.6	6:33.6

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				Parque Paranoá	12:01:58.0	5:37:58.0	51:53.5	6:49.7
				Ermida Dom Bosco	12:33:10.4	6:09:10.4	31:12.4	5:12.1
				Ponte JK	13:10:49.5	6:46:49.5	37:39.1	5:01.2
				Igreja	13:55:53.0	7:31:53.0	45:03.5	5:37.9
				Pontão	14:15:09.8	7:51:09.8	19:16.8	6:13.2
				L2 Sul	14:57:06.8	8:33:06.8	41:57.0	5:14.6
				Chegada	15:49:31.8	9:25:31.8	52:25.0	8:27.3
285	122	55	OS CATHARINOS ABERTA - OCTETO	Concha Acústica	7:03:29.2	39:29.2	39:29.2	4:12.0
				C.O.	7:44:44.2	1:20:44.2	41:15.0	5:53.6
				Câmara Legislativa	8:18:48.7	1:54:48.7	34:04.5	5:00.7
				Parque Lago Norte	8:40:50.0	2:16:50.0	22:01.3	5:30.3
				Clube do Congresso	9:30:17.3	3:06:17.3	49:27.3	5:05.9
				Deck Norte	10:15:40.3	3:51:40.3	45:23.0	5:24.2
				Piscinão	10:58:04.5	4:34:04.5	42:24.2	5:06.5
				Parque Paranoá	11:35:07.0	5:11:07.0	37:02.5	4:52.4
				Ermida Dom Bosco	12:11:53.6	5:47:53.6	36:46.6	6:07.8
				Ponte JK	12:55:08.4	6:31:08.4	43:14.8	5:45.*
				Igreja	13:36:30.0	7:12:30.0	41:21.6	5:10.2
				Pontão	13:53:01.9	7:29:01.9	16:31.9	5:19.*
				L2 Sul	14:34:49.8	8:10:49.8	41:47.9	5:13.5
				Chegada	15:15:10.3	8:51:10.3	40:20.5	6:30.4
286	181	103	DESCONTROLIDADOS ABERTA - OCTETO	Concha Acústica	7:13:09.7	49:09.7	49:09.7	5:13.8
				C.O.	7:48:26.4	1:24:26.4	35:16.7	5:02.4
				Câmara Legislativa	8:21:48.8	1:57:48.8	33:22.4	4:54.5
				Parque Lago Norte	8:41:39.0	2:17:39.0	19:50.2	4:57.6
				Clube do Congresso	9:32:21.6	3:08:21.6	50:42.6	5:13.7
				Deck Norte	10:12:47.9	3:48:47.9	40:26.3	4:48.8
				Piscinão	11:03:32.7	4:39:32.7	50:44.8	6:06.8
				Parque Paranoá	11:49:25.0	5:25:25.0	45:52.3	6:02.1
				Ermida Dom Bosco	12:21:24.9	5:57:24.9	31:59.9	5:19.*
				Ponte JK	13:07:40.8	6:43:40.8	46:15.9	6:10.1
				Igreja	13:53:05.0	7:29:05.0	45:24.2	5:40.5
				Pontão	14:11:09.6	7:47:09.6	18:04.6	5:49.9
				L2 Sul	15:01:05.7	8:37:05.7	49:56.1	6:14.5
				Chegada	15:47:09.5	9:23:09.5	46:03.8	7:25.8
287	237	141	COME CHAO B ABERTA - OCTETO	Concha Acústica	7:01:54.1	37:54.1	37:54.1	4:01.9
				C.O.	7:48:05.1	1:24:05.1	46:11.0	6:35.9

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				Câmara Legislativa	8:24:27.9	2:00:27.9	36:22.8	5:21.0
				Parque Lago Norte	8:45:55.0	2:21:55.0	21:27.1	5:21.8
				Clube do Congresso	9:44:04.1	3:20:04.1	58:09.1	5:59.7
				Deck Norte	10:34:49.8	4:10:49.8	50:45.7	6:02.6
				Piscinão	11:25:46.4	5:01:46.4	50:56.6	6:08.3
				Parque Paranoá	12:12:12.0	5:48:12.0	46:25.6	6:06.5
				Ermida Dom Bosco	12:45:37.7	6:21:37.7	33:25.7	5:34.3
				Ponte JK	13:35:59.7	7:11:59.7	50:22.0	6:42.9
				Igreja	14:23:22.0	7:59:22.0	47:22.3	5:55.3
				Pontão	14:47:37.1	8:23:37.1	24:15.1	7:49.4
				L2 Sul	15:41:55.5	9:17:55.5	54:18.4	6:47.3
				Chegada	16:26:21.8	10:02:21.8	44:26.3	7:10.0
288	115	51	ZEROMEIAUM.COM ABERTA - OCTETO	Concha Acústica	7:10:02.4	46:02.4	46:02.4	4:53.9
				C.O.	7:46:36.0	1:22:36.0	36:33.6	5:13.4
				Câmara Legislativa	8:23:18.5	1:59:18.5	36:42.5	5:23.9
				Parque Lago Norte	8:49:47.0	2:25:47.0	26:28.5	6:37.1
				Clube do Congresso	9:30:33.0	3:06:33.0	40:46.0	4:12.2
				Deck Norte	10:21:26.1	3:57:26.1	50:53.1	6:03.5
				Piscinão	10:59:00.4	4:35:00.4	37:34.3	4:31.6
				Parque Paranoá	11:35:04.0	5:11:04.0	36:03.6	4:44.7
				Ermida Dom Bosco	12:01:53.9	5:37:53.9	26:49.9	4:28.3
				Ponte JK	12:44:37.2	6:20:37.2	42:43.3	5:41.8
				Igreja	13:20:36.0	6:56:36.0	35:58.8	4:29.9
				Pontão	13:39:48.6	7:15:48.6	19:12.6	6:11.8
				L2 Sul	14:36:38.9	8:12:38.9	56:50.3	7:06.3
				Chegada	15:11:27.9	8:47:27.9	34:49.0	5:36.9
289	163	90	VOCA PEOPLE ABERTA - OCTETO	Concha Acústica	7:01:09.1	37:09.1	37:09.1	3:57.1
				C.O.	7:37:18.2	1:13:18.2	36:09.1	5:09.9
				Câmara Legislativa	8:16:11.0	1:52:11.0	38:52.8	5:43.1
				Parque Lago Norte	8:36:54.0	2:12:54.0	20:43.0	5:10.8
				Clube do Congresso	9:35:16.6	3:11:16.6	58:22.6	6:01.1
				Deck Norte	10:15:04.8	3:51:04.8	39:48.2	4:44.3
				Piscinão	11:32:15.5	5:08:15.5	1:17:10.7	9:17.9
				Parque Paranoá	11:56:57.0	5:32:57.0	24:41.5	3:14.9
				Ermida Dom Bosco	12:27:42.9	6:03:42.9	30:45.9	5:07.7
				Ponte JK	13:17:50.8	6:53:50.8	50:07.9	6:41.1
				Igreja	14:05:59.0	7:41:59.0	48:08.2	6:01.0
				Pontão	14:18:39.2	7:54:39.2	12:40.2	4:05.2

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

				L2 Sul	15:02:37.9	8:38:37.9	43:58.7	5:29.8
				Chegada	15:38:50.4	9:14:50.4	36:12.5	5:50.4
290	158	85	DROMO ABERTA - OCTETO	Concha Acústica	7:09:14.9	45:14.9	45:14.9	4:48.8
				C.O.	7:45:07.6	1:21:07.6	35:52.7	5:07.5
				Câmara Legislativa	8:22:55.1	1:58:55.1	37:47.5	5:33.5
				Parque Lago Norte	8:47:26.0	2:23:26.0	24:30.9	6:07.7
				Clube do Congresso	9:33:25.7	3:09:25.7	45:59.7	4:44.5
				Deck Norte	10:11:21.9	3:47:21.9	37:56.2	4:30.*
				Piscinão	10:57:01.0	4:33:01.0	45:39.1	5:30.0
				Parque Paranoá	11:48:59.0	5:24:59.0	51:58.0	6:50.3
				Ermida Dom Bosco	12:20:34.5	5:56:34.5	31:35.5	5:15.9
				Ponte JK	13:06:41.1	6:42:41.1	46:06.6	6:08.9
				Igreja	13:49:32.0	7:25:32.0	42:50.9	5:21.4
				Pontão	14:07:35.5	7:43:35.5	18:03.5	5:49.5
				L2 Sul	14:59:54.8	8:35:54.8	52:19.3	6:32.4
				Chegada	15:36:25.0	9:12:25.0	36:30.2	5:53.3
291	117	52	SERIEMA ABERTA - OCTETO	Concha Acústica	7:02:22.1	38:22.1	38:22.1	4:04.9
				C.O.	7:35:30.8	1:11:30.8	33:08.7	4:44.1
				Câmara Legislativa	8:12:40.7	1:48:40.7	37:09.9	5:27.9
				Parque Lago Norte	8:34:06.0	2:10:06.0	21:25.3	5:21.3
				Clube do Congresso	9:29:39.1	3:05:39.1	55:33.1	5:43.6
				Deck Norte	10:12:20.3	3:48:20.3	42:41.2	5:04.9
				Piscinão	10:53:12.4	4:29:12.4	40:52.1	4:55.4
				Parque Paranoá	11:34:01.0	5:10:01.0	40:48.6	5:22.2
				Ermida Dom Bosco	12:11:50.6	5:47:50.6	37:49.6	6:18.3
				Ponte JK	12:59:29.5	6:35:29.5	47:38.9	6:21.2
				Igreja	13:43:57.0	7:19:57.0	44:27.5	5:33.4
				Pontão	13:59:01.1	7:35:01.1	15:04.1	4:51.6
				L2 Sul	14:42:12.6	8:18:12.6	43:11.5	5:23.9
				Chegada	15:12:00.6	8:48:00.6	29:48.0	4:48.4
501	183	2	ADAUTO BELLI ULTRAMARATONA 100 KM MASC.	Chegada	15:07:43.0			
502	227	3	AZUL QUIMICA PROD QUIMICOS RIBEIRAO PRET ULTRAMARATONA 100 KM MASC.	Chegada	15:35:59.4			
503	41	1	BENDITO SUCO - JUVAM PALMEIRA	Chegada	13:33:10.0			

# 7ª VOLTA DO LAGO CAIXA 2010

## RESULTADOS POR TRECHO

ULTRAMARATONA 100 KM MASC.

505	250	10	FORCA AEREA RIO - MARCOS ANTÔNIO ALVES ULTRAMARATONA 100 KM MASC.	Chegada	16:54:33.5			
506	247	7	HP SPORTS - MULLER ULTRAMARATONA 100 KM MASC.	Chegada	16:30:23.3			
507	248	8	INSTITUTO DE CARDIOLOGIA JOAO GABBARDO ULTRAMARATONA 100 KM MASC.	Chegada	16:44:04.5			
508	244	5	MANOEL MENDES ULTRAMARATONA 100 KM MASC.	Chegada	16:12:10.9			
509	231	4	MAURICIO JOSE DAMETTO ULTRAMARATONA 100 KM MASC.	Chegada	15:37:23.0			
510	246	6	MUTLEY - AMILTON DE OLIVEIRA MENEZES ULTRAMARATONA 100 KM MASC.	Chegada	16:27:20.8			
513	249	9	PRO RUNNER/MUTTLEY - JOSE ALCANTARA ULTRAMARATONA 100 KM MASC.	Chegada	16:45:08.9			
601	8	6	DEMACOL HOMECENTER ULTRAMARATONA BSB 50 KM MASC.	Parque Paranoá	11:00:25.0	58:25.0	11:00:25.0	1:26:53.8
				Ermida Dom Bosco	11:34:30.1	1:32:30.1	34:05.1	5:40.9
				Ponte JK	12:24:16.0	2:22:16.0	49:45.9	6:38.1
				Igreja	13:22:59.0	3:20:59.0	58:43.0	7:20.4
				Pontão	13:49:23.9	3:47:23.9	26:24.9	8:31.3
				L2 Sul	15:16:24.3	5:14:24.3	1:27:00.4	10:52.6
				Chegada	16:16:35.9	6:14:35.9	1:00:11.6	9:42.5
602	3	3	FAROM - FABIO RODRIGO MACHADO ULTRAMARATONA BSB 50 KM MASC.	Parque Paranoá	11:00:30.0	58:30.0	11:00:30.0	1:26:54.5
				Ermida Dom Bosco	11:32:46.3	1:30:46.3	32:16.3	5:22.7
				Ponte JK	12:17:09.7	2:15:09.7	44:23.4	5:55.1
				Igreja	13:05:31.0	3:03:31.0	48:21.3	6:02.7
				Pontão	13:26:33.5	3:24:33.5	21:02.5	6:47.3
				L2 Sul	14:20:47.2	4:18:47.2	54:13.7	6:46.7
				Chegada	15:06:06.9	5:04:06.9	45:19.7	7:18.7
604	1	1	GRAN CURSOS / FREE CORNER / BSB 50 ANOS	Parque Paranoá	10:43:00.0	41:00.0	10:43:00.0	1:24:36.3

## 7ª VOLTA DO LAGO CAIXA 2010

### RESULTADOS POR TRECHO

ULTRAMARATONA BSB 50 KM MASC.				Ermida Dom Bosco	11:06:21.1	1:04:21.1	23:21.1	3:53.5
				Ponte JK	11:40:36.8	1:38:36.8	34:15.7	4:34.1
				Igreja	12:09:00.0	2:07:00.0	28:23.2	3:32.9
				Pontão	12:20:25.0	2:18:25.0	11:25.0	3:40.*
				L2 Sul	12:53:11.2	2:51:11.2	32:46.2	4:05.8
				Chegada	13:30:43.0	3:28:43.0	37:31.8	6:03.2
605	4	4	JOSE CARLOS SOUSA - GAMA/DF ULTRAMARATONA BSB 50 KM MASC.	Parque Paranoá	10:57:48.0	55:48.0	10:57:48.0	1:26:33.2
				Ermida Dom Bosco	11:32:47.8	1:30:47.8	34:59.8	5:49.*
				Ponte JK	12:26:13.8	2:24:13.8	53:26.0	7:07.5
				Igreja	13:37:03.0	3:35:03.0	1:10:49.2	8:51.2
				Pontão	13:57:59.0	3:55:59.0	20:56.0	6:45.2
				L2 Sul	14:54:00.3	4:52:00.3	56:01.3	7:00.2
				Chegada	15:36:54.7	5:34:54.7	42:54.4	6:55.2
607	9	1	MUTLEY- ALIANE DE OLIVEIRA MENEZES ULTRAMARATONA BSB 50 ANOS FEM.	Parque Paranoá	11:06:53.0	1:04:53.0	11:06:53.0	1:27:44.9
				Ermida Dom Bosco	11:47:52.7	1:45:52.7	40:59.7	6:49.*
				Ponte JK	12:47:36.0	2:45:36.0	59:43.3	7:57.8
				Igreja	14:01:14.0	3:59:14.0	1:13:38.0	9:12.3
				Pontão	14:26:14.3	4:24:14.3	25:00.3	8:03.*
				L2 Sul	15:35:48.9	5:33:48.9	1:09:34.6	8:41.8
				Chegada	16:28:56.2	6:26:56.2	53:07.3	8:34.1
610	7	5	TOP SPORTS CAIXA ULTRAMARATONA BSB 50 KM MASC.	Parque Paranoá	10:58:05.0	56:05.0	10:58:05.0	1:26:35.4
				Ermida Dom Bosco	11:29:45.6	1:27:45.6	31:40.6	5:16.8
				Ponte JK	12:16:17.2	2:14:17.2	46:31.6	6:12.2
				Igreja	13:11:44.0	3:09:44.0	55:26.8	6:55.9
				Pontão	13:33:31.3	3:31:31.3	21:47.3	7:01.7
				L2 Sul	15:02:12.6	5:00:12.6	1:28:41.3	11:05.2
				Chegada	15:56:35.5	5:54:35.5	54:22.9	8:46.3
611	2	2	EPIFANIO MACIEL DE ANDRADE - ULTRANDE ULTRAMARATONA BSB 50 KM MASC.	Parque Paranoá	10:52:13.0	50:13.0	10:52:13.0	1:25:49.1
				Ermida Dom Bosco	11:19:36.3	1:17:36.3	27:23.3	4:33.9
				Ponte JK	11:56:16.8	1:54:16.8	36:40.5	4:53.4
				Igreja	12:32:24.0	2:30:24.0	36:07.2	4:30.9
				Pontão	12:46:32.0	2:44:32.0	14:08.0	4:33.5
				L2 Sul	13:28:00.4	3:26:00.4	41:28.4	5:11.1
				Chegada	14:05:44.2	4:03:44.2	37:43.8	6:05.1