



## Top 25 - Supino Wilks

Prof.: Diego Fernando

<u>Atleta</u>	<u>Equipe</u>	<u>Ano</u>	<u>Peso</u>	<u>Total</u>	<u>Wilk's</u>	
<u>1</u>	Ana Rosa Castellain	Universe Fitness	<u>2011</u>	68,30	<b>160,0</b>	<u>161,94</u>
<u>2</u>	Rosana Frederico	ABP	<u>2011</u>	60,50	<b>107,5</b>	<u>119,09</u>
<u>3</u>	Luana Pereira	Rudi Bambam	<u>2011</u>	69,00	<b>100,0</b>	<u>100,48</u>
<u>4</u>	Milena Negri	Leonardo Negri Team	<u>2011</u>	72,10	<b>92,5</b>	<u>90,20</u>
<u>5</u>	Vanessa Prochnow	Universe Fitness	<u>2011</u>	54,50	<b>70,0</b>	<u>84,13</u>
<u>6</u>	Viviane Wilbert	ABP	<u>2010</u>	50,80	<b>65,0</b>	<u>82,50</u>
<u>7</u>	Romeica Wippel	Universe Fitness	<u>2009</u>	68,10	<b>80,0</b>	<u>81,14</u>
<u>8</u>	Carol Fagundes	Diego Fernando	<u>2005</u>	47,90	<b>60,5</b>	<u>80,25</u>
<u>9</u>	Crislei Sansao	Longa Vida	<u>2004</u>	67,20	<b>72,5</b>	<u>74,23</u>
<u>10</u>	Aline Barabach	Associação SBS	<u>2010</u>	64,20	<b>70,0</b>	<u>74,12</u>
<u>11</u>	Daiana Waldrich	Diego Fernando	<u>2005</u>	75,20	<b>77,5</b>	<u>73,56</u>
<u>12</u>	Marta Bodnar	Budokan	<u>2011</u>	93,20	<b>85,0</b>	<u>72,45</u>
<u>13</u>	Franciane Weiss	Teles Fitness	<u>2008</u>	58,80	<b>62,5</b>	<u>70,78</u>
<u>14</u>	Katia Carla Sabino	Associação Ilhota	<u>2011</u>	61,90	<b>65,0</b>	<u>70,75</u>
<u>15</u>	Márcia Carolina da Silva	Universe Fitness	<u>2011</u>	55,90	<b>60,0</b>	<u>70,70</u>
<u>16</u>	Andressa S de Sales	Associação SBS	<u>2011</u>	76,10	<b>75,0</b>	<u>70,66</u>
<u>17</u>	Eliciane Lang	Teles Fitness	<u>2006</u>	72,20	<b>70,0</b>	<u>68,19</u>
<u>18</u>	Lilian Carla Zimmermann	ABP	<u>2011</u>	56,50	<b>55,0</b>	<u>64,26</u>
<u>19</u>	Rosana Ramos	ABP	<u>2011</u>	85,90	<b>72,5</b>	<u>63,95</u>
<u>20</u>	Joelma Neres	Os Bárbaros	<u>2009</u>	50,50	<b>50,0</b>	<u>63,75</u>
<u>21</u>	Daiana Pilati	Iron Up	<u>2009</u>	54,00	<b>52,5</b>	<u>63,56</u>
<u>22</u>	Gabriele Graf	Universe Fitness	<u>2010</u>	57,80	<b>55,0</b>	<u>63,13</u>
<u>23</u>	Melissa Fabrin	Rudi Bambam	<u>2011</u>	73,20	<b>65,0</b>	<u>62,76</u>
<u>24</u>	Bianca Gomes	Z2 Fitness	<u>2011</u>	73,60	<b>65,0</b>	<u>62,54</u>
<u>25</u>	Julia Pereira Hames	Athetic Center	<u>2004</u>	69,50	<b>60,0</b>	<u>59,99</u>



## Top 25 - Supino Maior

Prof.: Diego Fernando

<u>Atleta</u>	<u>Equipe</u>	<u>Ano</u>	<u>Peso</u>	<u>Total</u>	
<u>1</u>	Ana Rosa Castellain	Universe Fitness	<u>2011</u>	68,30	<b>160,0</b>
<u>2</u>	Rosana Frederico	ABP	<u>2011</u>	60,50	<b>107,5</b>
<u>3</u>	Luana Pereira	Rudi Bambam	<u>2011</u>	69,00	<b>100,0</b>
<u>4</u>	Milena Negri	Leonardo Negri Team	<u>2011</u>	72,10	<b>92,5</b>
<u>5</u>	Marta Bodnar	Budokan	<u>2011</u>	93,20	<b>85,0</b>
<u>6</u>	Romeica Wippel	Universe Fitness	<u>2009</u>	68,10	<b>80,0</b>
<u>7</u>	Daiana Waldrich	Diego Fernando	<u>2005</u>	75,20	<b>77,5</b>
<u>8</u>	Andressa S de Sales	Associação SBS	<u>2011</u>	76,10	<b>75,0</b>
<u>9</u>	Crislei Sansao	Longa Vida	<u>2004</u>	67,20	<b>72,5</b>
<u>10</u>	Rosana Ramos	ABP	<u>2011</u>	85,90	<b>72,5</b>
<u>11</u>	Vanessa Prochnow	Universe Fitness	<u>2011</u>	54,50	<b>70,0</b>
<u>12</u>	Aline Barabach	Associação SBS	<u>2010</u>	64,20	<b>70,0</b>
<u>13</u>	Eliciane Lang	Teles Fitness	<u>2006</u>	72,20	<b>70,0</b>
<u>14</u>	Viviane Wilbert	ABP	<u>2011</u>	50,80	<b>65,0</b>
<u>15</u>	Katia Carla Sabino	Associação Ilhota	<u>2011</u>	61,90	<b>65,0</b>
<u>16</u>	Melissa Fabrin	Rudi Bambam	<u>2011</u>	73,20	<b>65,0</b>
<u>17</u>	Bianca Gomes	Z2 Fitness	<u>2011</u>	73,60	<b>65,0</b>
<u>18</u>	Eliana Zucki	Associação Ilhota	<u>2011</u>	80,00	<b>65,0</b>
<u>19</u>	Franciane Weiss	Teles Fitness	<u>2008</u>	58,80	<b>62,5</b>
<u>20</u>	Carol Fagundes	Diego Fernando	<u>2005</u>	47,90	<b>60,5</b>
<u>21</u>	Márcia Carolina da Silva	Universe Fitness	<u>2011</u>	55,90	<b>60,0</b>
<u>22</u>	Julia Pereira Hames	Athetic Center	<u>2004</u>	69,50	<b>60,0</b>
<u>23</u>	Carla Cristina Ferreti	Duggen Team	<u>2007</u>	70,80	<b>60,0</b>
<u>24</u>	Gabriele Graf	Universe Fitness	<u>2010</u>	57,80	<b>55,0</b>
<u>25</u>	Carla Daniela Moser	Teles Fitness	<u>2009</u>	66,30	<b>55,0</b>