



## Top 25 - Terra 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>2009</u>	66,50	<u>197,5</u>	<u>203.76</u>
<u>2</u>	Rosana Frederico	ABP	<u>2011</u>	60,50	<u>180,0</u>	<u>199.40</u>
<u>3</u>	Gabriele Graf	Universe Fitness	<u>2010</u>	55,60	<u>150,0</u>	<u>177.48</u>
<u>4</u>	Vanessa Prochnow	Universe Fitness	<u>2011</u>	56,40	<u>145,0</u>	<u>169.66</u>
<u>5</u>	Franciane Weiss	Teles Fitness	<u>2005</u>	58,40	<u>147,5</u>	<u>167.94</u>
<u>6</u>	Aline Barabach	Associação SBS	<u>2011</u>	62,80	<u>155,0</u>	<u>166.86</u>
<u>7</u>	Luana Pereira	Rudi Bambam	<u>2011</u>	69,00	<u>165,0</u>	<u>165.79</u>
<u>8</u>	Lilian Carla Zimmermann	ABP	<u>2011</u>	56,30	<u>140,0</u>	<u>164.04</u>
<u>9</u>	Viviane Wilbert	ABP	<u>2011</u>	51,90	<u>130,0</u>	<u>162.31</u>
<u>10</u>	Márcia Carolina da Silva	Universe Fitness	<u>2011</u>	55,90	<u>137,5</u>	<u>162.02</u>
<u>11</u>	Romeica Wippel	Universe Fitness	<u>2009</u>	69,00	<u>157,5</u>	<u>158.26</u>
<u>12</u>	Solange Schroeder	Acecremer	<u>2004</u>	54,90	<u>130,0</u>	<u>155.35</u>
<u>13</u>	Eliciane Lang	Teles Fitness	<u>2006</u>	71,50	<u>155,0</u>	<u>151.99</u>
<u>14</u>	Katia Carla Sabino	Associação Ilhota	<u>2011</u>	61,90	<u>132,5</u>	<u>144.21</u>
<u>15</u>	Alessandra de Jesus	Associação SBS	<u>2010</u>	59,60	<u>127,5</u>	<u>142.89</u>
<u>16</u>	Carla Daniela Moser	Teles Fitness	<u>2009</u>	67,50	<u>140,0</u>	<u>142.88</u>
<u>17</u>	Melissa Fabrin	Rudi Bambam	<u>2011</u>	73,20	<u>147,5</u>	<u>142.41</u>
<u>18</u>	Eliana Zucki	Associação Ilhota	<u>2011</u>	80,00	<u>152,5</u>	<u>139.54</u>
<u>19</u>	Carol Fagundes	Diego Fernando	<u>2005</u>	47,90	<u>105,0</u>	<u>139.28</u>
<u>20</u>	Lenice Padilha	Personal Gym	<u>2003</u>	51,70	<u>110,0</u>	<u>137.74</u>
<u>21</u>	Juliana Correa Espindola	Iron Up	<u>2009</u>	52,90	<u>110,0</u>	<u>135.32</u>
<u>22</u>	Tamara Camilo dos Santos	Body Master	<u>2011</u>	66,00	<u>130,0</u>	<u>134.86</u>
<u>23</u>	Angela de Araujo	Associação Ilhota	<u>2011</u>	70,50	<u>135,0</u>	<u>133.65</u>
<u>24</u>	Luana Gamba Feigel	Iron Up	<u>2009</u>	59,00	<u>117,5</u>	<u>132.72</u>
<u>25</u>	Daiana Waldrich	Diego Fernando	<u>2005</u>	72,10	<u>135,5</u>	<u>132.13</u>



## Top 25 - Terra 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>2009</u>	70,00	<u>200.0</u>
<u>2</u>	Rosana Frederico	ABP	<u>2011</u>	60,50	<u>180.0</u>
<u>3</u>	Luana Pereira	Rudi Bambam	<u>2011</u>	69,00	<u>165.0</u>
<u>4</u>	Romeica Wippel	Universe Fitness	<u>2009</u>	69,00	<u>157.5</u>
<u>5</u>	Aline Barabach	Associação SBS	<u>2011</u>	62,80	<u>155.0</u>
<u>6</u>	Eliciane Lang	Teles Fitness	<u>2006</u>	71,50	<u>155.0</u>
<u>7</u>	Eliana Zucki	Associação Ilhota	<u>2011</u>	80,00	<u>152.5</u>
<u>8</u>	Gabriele Graf	Universe Fitness	<u>2010</u>	55,60	<u>150.0</u>
<u>9</u>	Franciane Weiss	Teles Fitness	<u>2005</u>	58,40	<u>147.5</u>
<u>10</u>	Melissa Fabrin	Rudi Bambam	<u>2011</u>	73,20	<u>147.5</u>
<u>11</u>	Vanessa Prochnow	Universe Fitness	<u>2011</u>	56,40	<u>145.0</u>
<u>12</u>	Rosana Ramos	ABP	<u>2010</u>	81,60	<u>145.0</u>
<u>13</u>	Lilian Carla Zimmermann	ABP	<u>2011</u>	56,30	<u>140.0</u>
<u>14</u>	Carla Daniela Moser	Teles Fitness	<u>2009</u>	67,50	<u>140.0</u>
<u>15</u>	Márcia Carolina da Silva	Universe Fitness	<u>2011</u>	55,90	<u>137.5</u>
<u>16</u>	Daiana Waldrich	Diego Fernando	<u>2005</u>	72,10	<u>135.5</u>
<u>17</u>	Angela de Araújo	Associação Ilhota	<u>2011</u>	70,50	<u>135.0</u>
<u>18</u>	Bianca Gomes	Z2 Fitness	<u>2011</u>	73,60	<u>135.0</u>
<u>19</u>	Katia Carla Sabino	Associação Ilhota	<u>2011</u>	61,90	<u>132.5</u>
<u>20</u>	Viviane Wilbert	ABP	<u>2011</u>	51,90	<u>130.0</u>
<u>21</u>	Tamara Camilo dos Santos	Body Master	<u>2011</u>	66,00	<u>130.0</u>
<u>22</u>	Solange Schroeder	Acecremer	<u>2004</u>	54,90	<u>130.0</u>
<u>23</u>	Carla Cristiane Ferreti	Duggen Team	<u>2007</u>	70,30	<u>130.0</u>
<u>24</u>	Alessandra de Jesus	Associação SBS	<u>2010</u>	59,60	<u>127.5</u>
<u>25</u>	Neusa de Oliveira	ABP	<u>2011</u>	64,90	<u>125.0</u>