



5ª CORRIDA DE SÃO JOSÉ
VERTENTES - PE 23.4.2023
CORRIDA DE SAO JOSE

Amaro Vieira

Friends Runners

Course : 8 KM SOLO MASCULINO

Distance : 8000m (Climbing 46m)

Time : 0:30:02 (3'45"/km)

17/117

O.K.

[Full result on Webres](#)

1.	Renato José Da Silva	0:25:22
2.	Adriano Cassimiro	0:26:10
3.	Valmir Antônio Barbosa	0:26:30

1.	71	00:03:06		1000m	3'06"/km	INICIO PE-090
2.	72	00:05:40	00:08:46	1470m	3'51"/km	FINAL PE-090
3.	70	00:05:49	00:14:35	1530m	3'48"/km	LARGADA / CHEGADA
4.	71	00:03:31	00:18:06	1000m	3'31"/km	INICIO PE-090
5.	72	00:06:05	00:24:11	1470m	4'08"/km	FINAL PE-090
6.	70	00:05:51	00:30:02	1530m	3'49"/km	LARGADA / CHEGADA

