



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

Salomao Rodrigues

VRTTS RUN.TEAM

Course : 8 KM SOLO MASCULINO

Distance : 8000m (Climbing 46m)

Time : 0:39:30 (4'56"/km)

57/117

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	00:04:33		1000m	4'33"/km	INICIO PE-090
2.	72	00:07:01	00:11:34	1470m	4'46"/km	FINAL PE-090
3.	70	00:07:17	00:18:51	1530m	4'46"/km	LARGADA / CHEGADA
4.	71	00:04:23	00:23:14	1000m	4'23"/km	INICIO PE-090
5.	72	00:08:18	00:31:32	1470m	5'39"/km	FINAL PE-090
6.	70	00:07:58	00:39:30	1530m	5'12"/km	LARGADA / CHEGADA

