



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

Guilherme Rodrigues

Thunders Runners

Course : 8 KM SOLO MASCULINO

Distance : 8000m (Climbing 46m)

Time : 0:42:42 (5'20"/km)

74/117

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	00:04:29		1000m	4'29"/km	INICIO PE-090
2.	72	00:07:33	00:12:02	1470m	5'08"/km	FINAL PE-090
3.	70	00:07:44	00:19:46	1530m	5'03"/km	LARGADA / CHEGADA
4.	71	00:05:06	00:24:52	1000m	5'06"/km	INICIO PE-090
5.	72	00:08:53	00:33:45	1470m	6'03"/km	FINAL PE-090
6.	70	00:08:57	00:42:42	1530m	5'51"/km	LARGADA / CHEGADA

