



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

Luciano Ferreira

Friends Runners

Course : 8 KM SOLO MASCULINO

Distance : 8000m (Climbing 46m)

Time : 0:45:29 (5'41"/km)

79/117

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	00:04:57		1000m	4'57"/km	INICIO PE-090
2.	72	00:08:36	00:13:33	1470m	5'51"/km	FINAL PE-090
3.	70	00:08:47	00:22:20	1530m	5'44"/km	LARGADA / CHEGADA
4.	71	00:05:11	00:27:31	1000m	5'11"/km	INICIO PE-090
5.	72	00:09:08	00:36:39	1470m	6'13"/km	FINAL PE-090
6.	70	00:08:50	00:45:29	1530m	5'46"/km	LARGADA / CHEGADA

