



ÔXE! BORA CORRER?
PISCINA DA CAMPINA 10.12.2023
ÔXE! BORA CORRER?

Samuel

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Course : 7 KM SOLO MASCULINO 50-59

Distance : 7500m (Climbing 190m)

Time : 1:10:12,304 (9'22"/km)

7/8

O.K.

[Full result on Webres](#)

1. Claudio	0:45:42,507
2. Carlos	0:47:01,203
3. Luiz Carlos	0:47:22,460

1.	72	00:39:31	4500m	8'47"/km	HIDRATAÇÃO
2.	999	00:30:41	01:10:12	2900m	10'35"/km
					CHEGADA

