

CLASSIFICA

CAMPIONATO REGIONALE MIDDLE Data: domenica 24 novembre 2024

Data creazione: 24/11/2024 21:45:49

Categoria: Arancione

(Lunghezza 2300 m - Dislivello 60 m - Kmsf 2,90)

Pos.	Nome	Società	Tempo
1	Pfister Simon James	POL. BESANESE	00.33.05
54	1 05:38	64 1 02:59	32 1 06:00
35	1 08:09	34 1 02:09	41 1 02:36
33	1 01:29	63 1 01:43	100 1 02:10
CL	1 00:12		
1	00.05.38	1 00.08.37	1 00.14.37
1	00.22.46	1 00.24.55	1 00.27.31
1	00.29.00	1 00.30.43	1 00.32.53
1	00.33.05		

Categoria: ESO CORTO

(Lunghezza 1800 m - Dislivello 60 m - Kmsf 2,40)

Pos.	Nome	Società	Tempo
0	Titoli Mattia	Senza Società	00.24.38
31	1 04:20	53 1 01:42	54 1 02:22
43	1 01:57	45 1 05:36	41 1 04:20
78	1 02:56	100 1 01:11	CL 1 00:14
0	00:24.38		
1	00.04.20	1 00.06.02	1 00.08.24
1	00.10.21	1 00.15.57	1 00.20.17
1	00.23.13	1 00.24.24	0 00.24.38

Categoria: ESO LUNGO

(Lunghezza 2300 m - Dislivello 60 m - Kmsf 2,90)

Pos.	Nome	Società	Tempo
0	Bassetti Giacomo	Senza Società	00.18.46
54	3 03:31	64 3 01:32	32 4 02:34
35	4 02:01	34 3 02:30	41 3 02:05
33	2 01:11	63 2 00:44	100 4 02:24
CL	2 00:14		
3	00.03.31	3 00.05.03	3 00.07.37
3	00.09.38	3 00.12.08	3 00.14.13
2	00.15.24	2 00.16.08	2 00.18.32
0	00.18.46		
0	Brambilla luca	Senza Società	00.42.34
54	10 10:44	64 5 02:52	32 7 03:59
35	8 03:50	34 10 06:58	41 9 04:46
33	9 02:32	63 9 02:07	100 8 04:24
CL	6 00:22		
10	00.10.44	7 00.13.36	6 00.17.35
6	00.21.25	8 00.28.23	8 00.33.09
8	00.35.41	8 00.37.48	8 00.42.12
0	00.42.34		
0	dell'arciprete diana	Senza Società	00.38.17
54	7 05:45	64 9 11:31	32 5 03:34
35	6 02:59	34 4 03:19	41 7 03:28
33	7 01:49	63 7 01:59	100 7 03:31
CL	6 00:22		
7	00.05.45	9 00.17.16	9 00.20.50
9	00.23.49	7 00.27.08	7 00.30.36
7	00.32.25	7 00.34.24	7 00.37.55
0	00.38.17		
0	Moscattelli Filippo	OR. COMO	00.13.11
54	1 02:37	64 1 00:54	32 1 01:37
35	1 01:20	34 1 01:35	41 1 01:38
33	1 00:56	63 1 00:35	100 1 01:46
CL	1 00:13		
1	00.02.37	1 00.03.31	1 00.05.08
1	00.06.28	1 00.08.03	1 00.09.41
1	00.10.37	1 00.11.12	1 00.12.58
0	00.13.11		
0	Palombi Barbara Marcell Visalli	Senza Società	00.48.54
54	8 08:40	64 6 03:45	32 10 07:06
35	7 03:29	34 9 06:57	41 10 05:29
33	10 03:29	63 10 03:08	100 9 06:18
CL	9 00:33		
8	00.08.40	6 00.12.25	8 00.19.31
8	00.23.00	9 00.29.57	9 00.35.26
9	00.38.55	10 00.42.03	10 00.48.21
0	00.48.54		
0	Pirovano Elena	Senza Società	00.36.43
54	9 09:21	64 7 04:18	32 9 05:06
35	5 02:42	34 7 03:45	41 8 03:46
33	8 01:50	63 8 02:03	100 6 03:30
CL	6 00:22		
9	00.09.21	8 00.13.39	7 00.18.45
7	00.21.27	6 00.25.12	6 00.28.58
6	00.30.48	6 00.32.51	6 00.36.21
0	00.36.43		
0	pozzi elia	POL. BESANESE	00.19.24
54	4 03:46	64 4 02:04	32 3 02:22
35	3 01:52	34 2 02:04	41 4 02:17
33	3 01:24	63 6 01:07	100 3 02:13
CL	3 00:15		
4	00.03.46	4 00.05.50	4 00.08.12
4	00.10.04	3 00.12.08	4 00.14.25
4	00.15.49	4 00.16.56	4 00.19.09
0	00.19.24		
0	sanvito anna	Gold Savosa	00.36.15
54	5 04:51	64 8 04:40	32 8 04:17
35	9 04:21	34 6 03:32	41 6 03:14
33	5 01:46	63 5 01:04	100 10 08:09
CL	5 00:21		
5	00.04.51	5 00.09.31	5 00.13.48
5	00.18.09	5 00.21.41	5 00.24.55
5	00.26.41	5 00.27.45	5 00.35.54
0	00.36.15		
0	Servanzi Livia	Senza Società	00.45.47
54	6 05:37	64 10 15:50	32 6 03:57
35	10 05:19	34 8 05:31	41 5 02:52
33	4 01:31	63 4 00:57	100 5 02:30
CL	10 01:43		
6	00.05.37	10 00.21.27	10 00.25.24
10	00.30.43	10 00.36.14	10 00.39.06
10	00.40.37	9 00.41.34	9 00.44.04
0	00.45.47		
0	Terranova Mirko	Senza Società	00.18.54
54	2 03:26	64 2 01:26	32 2 02:05
35	2 01:30	34 5 03:29	41 2 02:01
33	6 01:48	63 3 00:45	100 2 02:08
CL	4 00:16		
2	00.03.26	2 00.04.52	2 00.06.57
2	00.08.27	2 00.11.56	2 00.13.57
3	00.15.45	3 00.16.30	3 00.18.38
0	00.18.54		

Categoria: M 10

(Lunghezza 1800 m - Dislivello 60 m - Kmsf 2,40)

Pos.	Nome	Società	Tempo
1	Brambilla Paolo	POL. BESANESE	00.15.27
31	2 01:53	53 1 00:52	54 2 01:08
43	5 01:42	45 4 03:33	41 5 03:40
78	1 01:30	100 2 00:55	CL 1 00:14
1	00.15.27		
2	00.01.53	1 00.02.45	1 00.03.53
1	00.05.35	1 00.09.08	1 00.12.48
1	00.14.18	1 00.15.13	1 00.15.27

...Categoria: M 10

Pos.	Nome	Società	Tempo
2	Ruggiero Enea	NIRVANA VERDE	00.16.24
31	6 02:59	53 1 00:52	54 1 01:00
43	5 01:42	45 2 03:30	41 4 03:37
78	2 01:32	100 3 00:56	CL 6 00:16
6	00.02.59	4 00.03.51	2 00.04.51
4	00.06.33	2 00.10.03	2 00.13.40
2	00.15.12	2 00.16.08	2 00.17.35
3	Guarino Leo	UNIONE LOMBARDA	00.17.35
31	5 02:27	53 8 01:39	54 7 02:12
43	1 01:09	45 1 03:23	41 1 03:17
78	5 02:03	100 6 01:09	CL 6 00:16
5	00.02.27	5 00.04.06	6 00.06.18
5	00.07.27	4 00.10.50	3 00.14.07
3	00.16.10	3 00.17.19	3 00.18.12
4	Dipace Giorgio	NIRVANA VERDE	00.18.26
31	4 02:23	53 6 01:32	54 5 01:32
43	7 02:59	45 5 03:43	41 2 03:21
78	3 01:37	100 5 01:05	CL 1 00:14
4	00.02.23	5 00.03.55	6 00.05.27
6	00.08.26	6 00.12.09	6 00.15.30
5	00.17.07	4 00.18.12	4 00.18.26
5	Cortellazzi Rafael	OLV Zug	00.18.33
31	1 01:48	53 7 01:38	54 4 01:26
43	4 01:21	45 8 04:39	41 6 03:51
78	7 02:20	100 7 01:15	CL 3 00:15
1	00.01.48	2 00.03.26	3 00.04.52
2	00.06.13	5 00.10.52	4 00.14.43
4	00.17.03	5 00.18.18	5 00.18.33
6	Mc Cafferty Rua Dante	NIRVANA VERDE	00.19.29
31	8 06:18	53 3 00:56	54 3 01:09
43	2 01:13	45 2 03:30	41 3 03:32
78	3 01:37	100 4 00:59	CL 3 00:15
8	00.06.18	8 00.07.14	8 00.08.23
7	00.09.36	7 00.13.06	7 00.16.38
7	00.18.15	6 00.19.14	6 00.19.29
7	Visioli Leonardo	ERIDANO ADVENTURE	00.19.31
31	3 02:09	53 5 01:29	54 5 01:32
43	3 01:17	45 6 04:08	41 7 04:17
78	8 02:48	100 8 01:35	CL 6 00:16
3	00.02.09	3 00.03.38	4 00.05.10
3	00.10.35	5 00.14.52	6 00.17.40
7	00.19.15	7 00.19.31	7 00.19.31
8	Cavara Feller Lorenzo	NIRVANA VERDE	00.23.00
31	7 03:13	53 4 01:20	54 8 02:49
43	8 03:23	45 7 04:38	41 8 04:28
78	6 02:04	100 1 00:50	CL 3 00:15
7	00.03.13	7 00.04.33	7 00.07.22
8	00.10.45	8 00.15.23	8 00.19.51
8	00.21.55	8 00.22.45	8 00.23.00

Categoria: M 12

(Lunghezza 2000 m - Dislivello 70 m - Kmsf 2,70)

Pos.	Nome	Società	Tempo
1	Costa Mattia	DALLA CHIESA POL. SESTO C...	00.14.06
45	3 02:05	59 2 01:36	60 1 01:08
62	2 01:33	34 2 01:38	41 2 02:19
63	1 01:21	78 1 01:36	100 1 00:38
3	00.02.05	2 00.03.41	2 00.04.49
2	00.06.22	2 00.08.00	2 00.10.19
2	00.11.40	2 00.13.16	1 00.13.54
1	00.14.06	2 00.14.06	1 00.14.06
2	Pedroncelli Giorgio	OR. COMO	00.14.11
45	1 01:42	59 1 01:21	60 2 01:17
62	1 01:32	34 1 01:23	41 1 02:17
63	2 01:32	78 4 02:08	100 2 00:46
1	00.01.42	1 00.03.03	1 00.04.20
1	00.05.52	1 00.07.15	1 00.09.32
1	00.11.04	1 00.13.12	2 00.13.58
2	00.14.11	2 00.14.11	2 00.14.11
3	Visalli Filippo	POL. PUNTO NORD	00.23.18
45	2 02:00	59 4 02:54	60 5 03:18
62	3 01:45	34 3 01:42	41 5 04:23
63	4 04:14	78 2 01:53	100 3 00:55
2	00.02.00	3 00.04.54	3 00.08.12
3	00.09.57	3 00.11.39	3 00.16.02
3	00.20.16	3 00.22.09	3 00.23.04
3	00.23.18	3 00.23.18	3 00.23.18
4	Melino Alessio	DALLA CHIESA POL. SESTO C...	00.24.24
45	4 04:26	59 3 02:35	60 4 02:39
62	4 02:26	34 4 01:56	41 4 03:43
63	3 03:30	78 3 01:59	100 4 00:56
4	00.04.26	4 00.07.01	4 00.09.40
4	00.12.06	4 00.14.02	4 00.17.45
4	00.21.15	4 00.23.14	4 00.24.10
4	00.24.24	4 00.24.24	4 00.24.24
5	Spagnoli Zeno	NIRVANA VERDE	00.45.36
45	5 09:38	59 5 07:47	60 3 02:08
62	5 03:02	34 5 03:05	41 3 03:29
63	5 04:55	78 5 09:01	100 5 01:53
5	00.09.38	5 00.17.25	5 00.19.33
5	00.22.35	5 00.25.40	5 00.29.09
5	00.34.04	5 00.43.05	5 00.44.58
5	00.45.36	5 00.45.36	5 00.45.36

Categoria: M 13/14

(Lunghezza 2300 m - Dislivello 60 m - Kmsf 2,90)

Pos.	Nome	Società	Tempo
1	Brambilla Carlo	POL. BESANESE	00.14.24
54	1 02:41	64 1 01:10	32 1 01:54
35	1 01:23	34 1 01:58	41 1 01:48
33	1 00:49	63 1 00:33	100 1 01:58
1	00.02.41	1 00.03.51	1 00.05.45
1	00.07.08	1 00.09.06	1 00.10.54
1	00.11.43	1 00.12.16	1 00.14.14
1	00.14.24	1 00.14.24	1 00.14.24
2	Schiavo Alessio	POL. BESANESE	00.17.31
54	2 02:58	64 3 01:34	32 2 02:18
35	3 01:52	34 2 02:08	41 5 02:31
33	2 01:06	63 2 00:40	100 3 02:14
2	00.02.58	2 00.04.32	2 00.06.50
2	00.08.42	2 00.10.50	2 00.13.21
2	00.14.27	2 00.15.07	2 00.17.21
2	00.17.31	2 00.17.31	2 00.17.31

...Categoria: M 17/18

Pos.	Nome		Società		Tempo																									
2	Sala Giovanni		NIRVANA VERDE		00.53.39																									
47	2	03:37	50	1	03:48	82	3	04:33	70	3	04:48	71	2	01:42	39	2	02:11	36	1	02:15	55	2	11:05	65	2	01:22	64	2	04:29	
	2	00.03.37	2	1	00.07.25	2	00.11.58	3	00.16.46	2	00.18.28	2	00.20.39	2	00.22.54	2	00.33.59	2	00.35.21	2	00.39.50									
52	3	01:26	42	1	02:40	35	2	02:21	44	2	02:15	46	3	02:27	78	2	01:42	100	3	00:49	CL	1	00:09							
	2	00.41.16	2	00.43.56	2	00.46.17	2	00.48.32	2	00.50.59	2	00.52.41	2	00.53.30	2	00.53.39														
3	Maggioni Pietro		POL. BESANESE		00.55.21																									
47	1	03:10	50	2	03:56	82	2	04:30	70	1	01:09	71	3	07:45	39	1	02:05	36	2	02:17	55	3	11:06	65	3	01:35	64	1	04:24	
	1	00.03.10	1	00.07.06	1	00.11.36	1	00.12.45	3	00.20.30	3	00.22.35	3	00.24.52	3	00.35.58	3	00.37.33	3	00.41.57										
52	2	01:21	42	2	02:43	35	3	02:27	44	1	02:02	46	2	02:25	78	1	01:37	100	1	00:37	CL	2	00:12							
	3	00.43.18	3	00.46.01	3	00.48.28	3	00.50.30	3	00.52.55	3	00.54.32	3	00.55.09	3	00.55.21														

Categoria: M 35

(Lunghezza 4400 m - Dislivello 140 m - Kmsf 5,80)

Pos.	Nome		Società		Tempo																									
1	Khudiakov Aleksandr		POL. PUNTO NORD		00.35.15																									
47	2	03:22	50	4	04:22	82	1	02:33	70	1	00:58	71	1	01:00	39	2	01:43	36	2	02:17	55	4	02:12	65	5	01:23	64	1	02:35	
	2	00.03.22	3	00.07.44	1	00.10.17	1	00.11.15	1	00.12.15	1	00.13.58	1	00.16.15	1	00.18.27	1	00.19.50	1	00.22.25										
52	5	02:21	42	2	03:01	35	3	01:13	44	2	02:01	46	1	01:46	78	3	01:37	100	2	00:40	CL	2	00:11							
	1	00.24.46	1	00.27.47	1	00.29.00	1	00.31.01	1	00.32.47	1	00.34.24	1	00.35.04	1	00.35.15														
2	Freddi Giorgio		NIRVANA VERDE		00.39.18																									
47	6	04:01	50	1	03:20	82	5	03:30	70	2	01:05	71	4	01:07	39	8	03:06	36	7	02:48	55	4	02:12	65	1	00:58	64	2	02:50	
	6	00.04.01	2	00.07.21	2	00.10.51	2	00.11.56	2	00.13.03	3	00.16.09	3	00.18.57	3	00.21.09	3	00.22.07	3	00.24.57										
52	6	03:06	42	3	03:27	35	5	01:24	44	1	01:58	46	5	02:20	78	1	01:22	100	1	00:34	CL	1	00:10							
	3	00.28.03	3	00.31.30	3	00.32.54	2	00.34.52	3	00.37.12	2	00.38.34	2	00.39.08	2	00.39.18														
3	Cortellazzi Edoardo		AGOROSSO S.ALESSANDRO OR.		00.40.27																									
47	8	06:06	50	7	05:06	82	2	02:58	70	4	01:10	71	3	01:04	39	3	02:02	36	4	02:29	55	1	01:13	65	6	01:27	64	3	03:04	
	8	00.06.06	8	00.11.12	7	00.14.10	7	00.15.20	7	00.16.24	7	00.18.26	7	00.20.55	7	00.22.08	5	00.23.35	4	00.26.39										
52	3	02:02	42	1	02:39	35	2	01:12	44	5	02:27	46	3	02:12	78	7	02:16	100	5	00:49	CL	2	00:11							
	4	00.28.41	2	00.31.20	2	00.32.32	3	00.34.59	2	00.37.11	3	00.39.27	3	00.40.16	3	00.40.27														
4	Migliore Andrea		POL. BESANESE		00.43.37																									
47	1	03:06	50	6	04:55	82	3	03:15	70	6	01:15	71	5	01:11	39	4	02:14	36	3	02:25	55	2	01:34	65	2	01:06	64	4	03:20	
	1	00.03.06	4	00.08.01	3	00.11.16	3	00.12.31	3	00.13.42	2	00.15.56	2	00.18.21	2	00.19.55	2	00.21.01	2	00.24.21										
52	2	01:51	42	7	09:07	35	1	01:10	44	3	02:12	46	2	02:11	78	4	01:44	100	4	00:48	CL	5	00:13							
	2	00.26.12	6	00.35.19	5	00.36.29	5	00.38.41	4	00.40.52	4	00.42.36	4	00.43.24	4	00.43.37														
5	Schembari Giovanni		OTP-GEA OR. A.P.S.		00.43.55																									
47	4	03:45	50	3	04:19	82	3	03:15	70	5	01:13	71	8	02:33	39	7	02:37	36	6	02:38	55	3	01:43	65	3	01:16	64	5	03:50	
	4	00.03.45	5	00.08.04	4	00.11.19	4	00.12.32	4	00.15.05	4	00.17.42	4	00.20.20	4	00.22.03	4	00.23.19	5	00.27.09										
52	4	02:14	42	5	03:45	35	7	01:29	44	7	03:41	46	6	02:34	78	5	01:58	100	7	00:53	CL	4	00:12							
	5	00.29.23	4	00.33.08	4	00.34.37	4	00.38.18	4	00.40.52	4	00.42.50	5	00.43.43	5	00.43.55														
6	Merlini Mauro		POL. BESANESE		00.46.36																									
47	5	03:50	50	5	04:38	82	7	04:23	70	8	01:48	71	6	01:31	39	5	02:21	36	8	03:05	55	6	03:11	65	4	01:22	64	6	03:51	
	5	00.03.50	6	00.08.28	6	00.12.51	6	00.14.39	6	00.16.10	8	00.18.31	8	00.21.36	7	00.24.47	7	00.26.09	6	00.30.00										
52	1	01:43	42	4	03:28	35	6	01:25	44	6	03:07	46	7	03:35	78	6	02:13	100	5	00:49	CL	7	00:16							
	6	00.31.43	5	00.35.11	6	00.36.36	6	00.39.43	6	00.43.18	6	00.45.31	6	00.46.20	6	00.46.36														
7	Lazzari Matteo		UNIONE LOMBARDA		00.51.56																									
47	7	05:38	50	8	05:12	82	6	03:31	70	3	01:06	71	2	01:02	39	1	01:41	36	1	02:15	55	7	03:36	65	7	01:37	64	7	10:28	
	7	00.05.38	7	00.10.50	8	00.14.21	8	00.15.27	8	00.16.29	8	00.18.10	6	00.20.25	6	00.24.01	6	00.25.38	7	00.36.06										
52	7	03:12	42	6	04:13	35	4	01:23	44	4	02:16	46	4	02:16	78	2	01:36	100	2	00:40	CL	6	00:14							
	7	00.39.18	7	00.43.31	7	00.44.54	7	00.47.10	7	00.49.26	7	00.51.02	7	00.51.42	7	00.51.56														
-	Gianotti Andrea		NIRVANA VERDE		Punz. Mancante																									
47	3	03:34	50	2	03:44	82	8	04:52	70	7	01:32	71	7	01:42	39	6	02:26	36	5	02:33	65	-	01:52	64	-	04:05	52	-	02:34	
	3	00.03.34	1	00.07.18	5	00.12.10	5	00.13.42	5	00.15.24	5	00.17.50	5	00.20.23	-	00.22.15	-	00.26.20	-	00.28.54										
42	-	03:13	35	-	01:58	44	-	02:45	46	-	03:03	78	-	01:55	100	-	00:50	PM	-	00:13										
	-	00.32.07	-	00.34.05	-	00.36.50	-	00.39.53	-	00.41.48	-	00.42.38	8	00.42.51																

Categoria: M 45

(Lunghezza 4400 m - Dislivello 140 m - Kmsf 5,80)

Pos.	Nome		Società		Tempo																									
1	Wüstenhagen Rolf		OLG St.Gallen/Appenzell		00.31.04																									
47	1	02:32	50	1	02:51	82	2	02:09	70	2	00:59	71	4	01:13	39	7	02:08	36	2	02:12	55	5	01:24	65	2	01:13	64	1	02:51	
1	00.02.32	1	00.05.23	1	00.07.32	1	00.08.31	1	00.09.44	1	00.11.52	1	00.14.04	1	00.15.28	1	00.16.41	1	00.19.32											
52	2	01:13	42	1	02:29	35	3	01:08	44	2	02:07	46	2	01:56	78	7	01:47	100	5	00:41	CL	1	00:11							
1	00.20.45	1	00.23.14	1	00.24.22	1	00.26.29	1	00.28.25	1	00.30.12	1	00.30.53	1	00.31.04															
2	Colombo Marco		NIRVANA VERDE		00.34.27																									
47	2	02:33	50	2	03:02	82	3	02:14	70	11	01:14	71	13	02:35	39	1	01:51	36	5	02:17	55	1	01:09	65	5	01:17	64	11	04:29	
2	00.02.33	2	00.05.35	2	00.07.49	2	00.09.03	3	00.11.38	3	00.13.29	3	00.15.46	3	00.16.55	3	00.18.12	4	00.22.41											
52	1	01:12	42	3	02:42	35	2	01:03	44	4	02:17	46	1	01:54	78	4	01:46	100	2	00:40	CL	4	00:12							
3	00.23.53	2	00.26.35	2	00.27.38	2	00.29.55	2	00.31.49	2	00.33.35	2	00.34.15	2	00.34.27															
3	Grilli Alberto		POL. PUNTO NORD		00.35.47																									
47	7	03:32	50	4	03:17	82	6	03:15	70	3	01:01	71	6	01:23	39	1	01:51	36	1	01:59	55	7	01:35	65	1	01:02	64	3	03:14	
7	00.03.32	6	00.06.49	5	00.10.04	5	00.11.05	5	00.12.28	4	00.14.19	4	00.16.18	4	00.17.53	4	00.18.55	3	00.22.09											
52	11	02:32	42	7	03:21	35	4	01:10	44	3	02:10	46	5	02:03	78	1	01:32	100	1	00:39	CL	1	00:11							
4	00.24.41	4	00.28.02	4	00.29.12	4	00.31.22	3	00.33.25	3	00.34.57	3	00.35.36	3	00.35.47															
4	Cavara Andrea		NIRVANA VERDE		00.37.31																									
47	3	02:44	50	6	03:37	82	1	02:07	70	3	01:01	71	2	01:09	39	3	01:58	36	7	02:23	55	4	01:23	65	10	01:27	64	2	02:52	
3	00.02.44	4	00.06.21	3	00.08.28	3	00.09.29	2	00.10.38	2	00.12.36	2	00.14.59	2	00.16.22	2	00.17.49	2	00.20.41											
52	3	01:18	42	9	04:37	35	13	02:06	44	1	02:05	46	13	03:59	78	4	01:46	100	8	00:46	CL	7	00:13							
2	00.21.59	3	00.26.36	3	00.28.42	3	00.30.47	4	00.34.46	4	00.36.32	4	00.37.18	4	00.37.31															
5	Vicariotto PIERDOMENICO		A.P.D. ARCES ASSOCIAZIONE ...		00.39.23																									
47	8	03:42	50	9	04:05	82	10	04:00	70	13	02:09	71	7	01:34	39	7	02:08	36	8	02:30	55	8	01:37	65	12	01:28	64	6	03:31	
8	00.03.42	9	00.07.47	8	00.11.47	9	00.13.56	9	00.15.30	8	00.17.38	8	00.20.08	8	00.21.45	8	00.23.13	8	00.26.44											
52	7	01:34	42	2	02:30	35	9	01:34	44	7	02:32	46	2	01:56	78	2	01:38	100	6	00:42	CL	7	00:13							
6	00.28.18	5	00.30.48	5	00.32.22	5	00.34.54	5	00.36.50	5	00.38.28	5	00.39.10	5	00.39.23															
6	Cattaneo Fabio		POL. PUNTO NORD		00.41.23																									
47	4	02:53	50	3	03:11	82	13	08:30	70	1	00:53	71	9	01:42	39	4	02:02	36	4	02:15	55	9	02:03	65	4	01:16	64	8	03:48	
4	00.02.53	3	00.06.04	11	00.14.34	11	00.15.27	11	00.17.09	11	00.19.11	10	00.21.26	11	00.23.29	10	00.24.45	10	00.28.33											
52	9	01:35	42	4	02:49	35	5	01:11	44	6	02:29	46	8	02:09	78	4	01:46	100	2	00:40	CL	1	00:11							
9	00.30.08	8	00.32.57	6	00.34.08	6	00.36.37	7	00.38.46	6	00.40.32	6	00.41.12	6	00.41.23															
7	Visioli Andrea		ERIDANO ADVENTURE		00.41.30																									
47	6	03:14	50	4	03:17	82	9	03:53	70	5	01:02	71	8	01:38	39	5	02:04	36	6	02:22	55	11	02:20	65	8	01:25	64	7	03:37	
6	00.03.14	5	00.06.31	6	00.10.24	6	00.11.26	6	00.13.04	5	00.15.08	5	00.17.30	5	00.19.50	5	00.21.15	5	00.24.52											
52	12	03:45	42	8	04:02	35	10	01:36	44	7	02:32	46	4	01:57	78	9	01:54	100	2	00:40	CL	4	00:12							
7	00.28.37	7	00.32.39	7	00.34.15	7	00.36.47	6	00.38.44	7	00.40.38	7	00.41.18	7	00.41.30															
8	Barengi Beniamino		SCOM Mendrisio		00.42.04																									
47	12	04:51	50	11	06:22	82	4	02:32	70	12	01:21	71	5	01:19	39	6	02:07	36	10	02:56	55	3	01:19	65	7	01:19	64	5	03:29	
12	00.04.51	12	00.11.13	10	00.13.45	10	00.15.06	10	00.16.25	10	00.18.32	11	00.21.28	9	00.22.47	9	00.24.06	9	00.27.35											
52	10	01:57	42	5	02:55	35	12	02:03	44	5	02:24	46	6	02:05	78	10	01:59	100	11	00:52	CL	11	00:14							
8	00.29.32	6	00.32.27	8	00.34.30	8	00.36.54	8	00.38.59	8	00.40.58	8	00.41.50	8	00.42.04															
9	Cavara Massimiliano		OR. CLUB APPENNINO		00.43.31																									
47	5	03:09	50	8	04:04	82	5	02:48	70	5	01:02	71	1	01:07	39	13	03:10	36	9	02:34	55	12	02:21	65	5	01:17	64	12	04:50	
5	00.03.09	7	00.07.13	4	00.10.01	4	00.11.03	4	00.12.10	6	00.15.20	6	00.17.54	6	00.20.15	6	00.21.32	7	00.26.22											
52	4	01:23	42	11	06:30	35	7	01:23	44	10	02:55	46	7	02:06	78	8	01:53	100	8	00:46	CL	7	00:13							
5	00.27.45	9	00.34.15	9	00.35.38	9	00.38.33	9	00.40.39	9	00.42.32	9	00.43.18	9	00.43.31															
10	Dipace Alessandro		NIRVANA VERDE		00.46.33																									
47	11	04:24	50	10	04:08	82	8	03:47	70	8	01:06	71	10	02:00	39	11	02:49	36	12	03:06	55	10	02:06	65	13	01:33	64	9	04:01	
11	00.04.24	10	00.08.32	9	00.12.19	8	00.13.25	8	00.15.25	9	00.18.14	9	00.21.20	10	00.23.26	11	00.24.59	11	00.29.00											
52	7	01:34	42	10	05:30	35	8	01:33	44	12	03:09	46	10	02:31	78	11	02:06	100	12	00:54	CL	12	00:16							
10	00.30.34	10	00.36.04	10	00.37.37	10	00.40.46	10	00.43.17	10	00.45.23	10	00.46.17	10	00.46.33															
11	Spagnoli Davide		NIRVANA VERDE		00.49.29																									
47	10	04:01	50	13	06:57	82	11	04:26	70	10	01:11	71	11	02:04	39	7	02:08	36	11	02:57	55	13	04:04	65	10	01:27	64	10	04:25	
10	00.04.01	11	00.10.58	12	00.15.24	12	00.16.35	12	00.18.39	12	00.20.47	12	00.23.44	12	00.27.48	12	00.29.15	12	00.33.40											
52	5	01:26	42	6	03:04	35	11	01:41	44	11	03:06	46	11	03:18	78	13	02:14	100	10	00:47	CL	7	00:13							
12	00.35.06	11	00.38.10	12	00.39.51	11	00.42.57	11</																						

..Categoria: M 45

Pos.	Nome	Società	Tempo
13	Zanetello Roberto	NIRVANA VERDE	01.07.04
47	13 18:13	50 12 06:47	82 12 08:04
70	7 01:04	71 3 01:10	39 12 02:53
36	13 03:11	55 6 01:25	65 9 01:26
64	13 05:06	13 00.18.13	43 00.25.00
13	00.18.13	13 00.33.04	13 00.34.08
13	00.35.18	13 00.38.11	13 00.41.22
13	00.42.47	13 00.44.13	13 00.49.19
52	6 01:29	42 12 06:35	35 6 01:20
44	9 02:46	46 9 02:18	78 11 02:06
100	13 00:55	CL 12 00:16	
13	00.50.48	13 00.57.23	13 00.58.43
13	01.01.29	13 01.03.47	13 01.05.53
13	01.06.48	13 01.07.04	

Categoria: M 55

(Lunghezza 3700 m - Dislivello 100 m - Kmsf 4,70)

Pos.	Nome	Società	Tempo
1	Maddalena Stefano	O-92 Piano di Magadino	00.25.20
80	1 02:25	47 2 01:10	36 1 02:24
55	1 01:08	65 1 00:53	48 1 01:45
74	3 01:19	39 1 01:38	52 1 02:48
76	1 00:48	1 00.02.25	1 00.03.35
1	00.05.59	1 00.07.07	1 00.08.00
1	00.09.45	1 00.11.04	1 00.12.42
1	00.15.30	1 00.16.18	
35	1 01:41	58 2 00:54	44 2 02:03
46	1 01:49	46 1 01:49	78 1 01:42
100	1 00:41	CL 2 00:12	
1	00.17.59	1 00.18.53	1 00.20.56
1	00.22.45	1 00.24.27	1 00.25.08
1	00.25.20	1 00.25.20	
2	Brambilla Stefano	POL. BESANESE	00.31.24
80	2 02:51	47 1 01:09	36 10 05:24
55	2 01:20	65 3 01:18	48 2 02:03
74	1 01:08	39 2 01:41	52 7 03:31
76	2 01:02	2 00.02.51	2 00.04.00
2	00.09.24	2 00.10.44	2 00.12.02
2	00.14.05	2 00.15.13	2 00.16.54
2	00.20.25	2 00.21.27	
35	3 02:05	58 4 01:10	44 3 02:05
46	3 01:59	78 4 01:45	100 2 00:42
CL	1 00:11		
2	00.23.32	2 00.24.42	2 00.26.47
2	00.28.46	2 00.30.31	2 00.31.13
2	00.31.24		
3	Bozzola Angelo	POL. PUNTO NORD	00.35.29
80	4 03:23	47 9 02:04	36 3 04:09
55	5 01:43	65 4 01:19	48 3 02:17
74	5 01:24	39 5 02:05	52 2 03:08
76	13 02:45	4 00.03.23	5 00.05.27
3	00.09.36	3 00.11.19	3 00.12.38
3	00.14.55	3 00.16.19	3 00.18.24
3	00.21.32	4 00.24.17	
35	2 02:04	58 10 01:29	44 4 02:16
46	9 02:46	78 1 01:42	100 3 00:43
CL	2 00:12		
3	00.26.21	3 00.27.50	3 00.30.06
3	00.32.52	3 00.34.34	3 00.35.17
3	00.35.29		
4	Pessina Eugenio	POL. PUNTO NORD	00.36.03
80	3 03:14	47 16 03:16	36 8 05:03
55	8 01:51	65 6 01:22	48 5 02:30
74	2 01:16	39 3 01:56	52 4 03:29
76	3 01:03	3 00.03.14	8 00.06.30
7 00.11.33	6 00.13.24	6 00.14.46	6 00.17.16
6 00.18.32	6 00.20.28	6 00.23.57	5 00.25.00
35	5 02:08	58 12 01:40	44 5 02:30
46	2 01:58	78 5 01:47	100 5 00:45
CL	11 00:15		
4	00.27.08	4 00.28.48	4 00.31.18
4	00.33.16	4 00.35.03	4 00.35.48
4	00.36.03		
5	Di Stefano Gianluca	POL. BESANESE	00.37.29
80	6 03:47	47 3 01:22	36 6 04:30
55	7 01:48	65 6 01:22	48 4 02:22
74	6 01:25	39 9 02:30	52 4 03:29
76	3 01:03	6 00.03.47	3 00.05.09
4 00.11.27	4 00.12.49	4 00.15.11	4 00.16.36
4 00.19.06	4 00.22.35	3 00.23.38	
35	15 05:01	58 1 00:52	44 8 02:44
46	5 02:05	78 7 02:02	100 10 00:53
CL	8 00:14		
6	00.28.39	5 00.29.31	5 00.32.15
5	00.34.20	5 00.36.22	5 00.37.15
5	00.37.29		
6	Manzoni Alessandro	POL. BESANESE	00.38.06
80	8 04:03	47 8 02:02	36 4 04:23
55	10 02:00	65 2 01:10	48 6 02:36
74	4 01:20	39 4 02:03	52 10 03:58
76	14 02:48	8 00.04.03	6 00.06.05
5 00.10.28	5 00.12.28	5 00.13.38	5 00.16.14
5 00.17.34	5 00.19.37	5 00.23.35	6 00.26.23
35	4 02:06	58 6 01:17	44 6 02:34
46	10 02:48	78 6 01:54	100 8 00:51
CL	4 00:13		
5	00.28.29	6 00.29.46	6 00.32.20
6	00.35.08	6 00.37.02	6 00.37.53
6	00.38.06		
7	Gatti Giorgio Ernesto	POL. PUNTO NORD	00.38.44
80	15 06:21	47 6 01:43	36 5 04:29
55	3 01:26	65 9 01:23	48 12 03:02
74	11 01:42	39 11 02:33	52 3 03:22
76	6 01:07	15 00.06.21	13 00.08.04
11 00.12.33	9 00.13.59	8 00.15.22	9 00.18.24
9 00.20.06	9 00.22.39	8 00.26.01	8 00.27.08
35	8 02:28	58 3 01:05	44 7 02:35
46	6 02:21	78 7 02:02	100 9 00:52
CL	4 00:13		
7	00.29.36	7 00.30.41	7 00.33.16
7	00.35.37	7 00.37.39	7 00.38.31
7	00.38.44		
8	Bocchiola Paolo	POL. PUNTO NORD	00.40.10
80	10 05:21	47 4 01:38	36 7 04:54
55	9 01:54	65 5 01:20	48 11 03:01
74	9 01:34	39 6 02:17	52 9 03:50
76	7 01:16	10 00.05.21	10 00.06.59
9 00.11.53	8 00.13.47	7 00.15.07	7 00.18.08
7 00.19.42	7 00.21.59	7 00.25.49	7 00.27.05
35	9 02:35	58 9 01:26	44 10 02:49
46	8 02:44	78 11 02:18	100 12 00:59
CL	8 00:14		
8	00.29.40	8 00.31.06	8 00.33.55
8	00.36.39	8 00.38.57	8 00.39.56
8	00.40.10		
9	Serra Sandro	UNIONE LOMBARDA	00.41.53
80	7 03:56	47 11 02:18	36 11 05:34
55	6 01:45	65 13 02:02	48 8 02:40
74	10 01:37	39 11 02:33	52 8 03:45
76	11 02:19	7 00.03.56	7 00.06.14
8 00.11.48	7 00.13.33	7 00.15.35	8 00.18.15
8 00.19.52	8 00.22.25	9 00.26.10	9 00.28.29
35	10 02:38	58 11 01:34	44 11 03:07
46	7 02:41	78 9 02:11	100 11 00:57
CL	12 00:16		
9	00.31.07	10 00.32.41	9 00.35.48
9	00.38.29	9 00.40.40	9 00.41.37
9	00.41.53		
10	Dallera Stefano	POL. PUNTO NORD	00.42.00
80	9 04:21	47 12 02:19	36 12 05:36
55	11 02:03	65 14 02:06	48 9 02:45
74	7 01:28	39 8 02:23	52 4 03:29
76	10 02:18	9 00.04.21	9 00.06.40
10 00.12.16	10 00.14.19	10 00.16.25	10 00.19.10
10 00.20.38	10 00.23.01	10 00.26.30	10 00.28.48
35	7 02:27	58 8 01:23	44 12 03:11
46	12 02:58	78 9 02:11	100 6 00:49
CL	4 00:13		
10	00.31.15	9 00.32.38	10 00.35.49
10	00.38.47	10 00.40.58	10 00.41.47
10	00.42.00		

...Categoria: M 65

Pos.	Nome		Società		Tempo																								
6	Bona Mario Fiorenzo		POL. BESANESE		00.58.25																								
57	5	06:16	37	6	15:32	56	6	04:02	51	4	03:51	55	5	01:36	48	4	04:19	39	2	03:33	38	4	01:39	56	4	02:17	52	6	02:45
	5	00.06.16	6	6	00.21.48	6	6	00.25.50	6	6	00.29.41	6	6	00.31.17	6	6	00.35.36	6	6	00.39.09	6	6	00.40.48	6	6	00.43.05	6	6	00.45.50
	35	4	03:47	33	4	04:21	100	4	04:12	CL	2	00:15																	
	6	00.49.37	6	6	00.53.58	6	6	00.58.10	6	6	00.58.25																		

Categoria: M 70

(Lunghezza 3000 m - Dislivello 100 m - Kmsf 4,00)

Pos.	Nome		Società		Tempo																								
1	Arosio Roberto		POL. PUNTO NORD		00.47.53																								
80	2	08:57	47	2	02:50	36	1	05:17	55	1	02:32	38	2	04:21	52	1	03:22	76	2	02:38	58	1	07:53	44	1	03:08	46	2	03:30
	2	00.08.57	2	2	00.11.47	2	2	00.17.04	1	1	00.19.36	1	1	00.23.57	1	1	00.27.19	1	1	00.29.57	1	1	00.37.50	1	1	00.40.58	1	1	00.44.28
	78	1	02:12	100	1	00:56	CL	1	00:17																				
	1	00.46.40	1	1	00.47.36	1	1	00.47.53																					
2	Nessi Carlo		VARESE OR.		00.50.52																								
80	1	06:57	47	1	01:50	36	2	05:30	55	2	06:39	38	1	04:13	52	2	05:06	76	1	02:34	58	2	07:56	44	2	03:10	46	1	03:28
	1	00.06.57	1	1	00.08.47	1	1	00.14.17	2	2	00.20.56	2	2	00.25.09	2	2	00.30.15	2	2	00.32.49	2	2	00.40.45	2	2	00.43.55	2	2	00.47.23
	78	2	02:15	100	2	00:57	CL	1	00:17																				
	2	00.49.38	2	2	00.50.35	2	2	00.50.52																					

Categoria: M ELITE

(Lunghezza 5200 m - Dislivello 200 m - Kmsf 7,20)

Pos.	Nome		Società		Tempo																									
1	Di Stefano Marco Anselmo		POL. BESANESE		00.31.51																									
42	1	01:34	35	1	00:50	73	1	01:31	37	1	01:36	49	1	01:58	51	4	01:35	55	2	00:29	38	1	01:26	74	3	02:01	70	1	00:43	
	1	00.01.34	1	1	00.02.24	1	1	00.03.55	1	1	00.05.31	1	1	00.07.29	1	1	00.09.04	1	1	00.09.33	1	1	00.10.59	1	1	00.13.00	1	1	00.13.43	
	40	1	01:00	48	3	00:45	39	1	01:15	75	1	01:34	56	12	01:35	76	1	01:40	57	1	00:50	77	1	00:57	58	1	01:17	67	1	01:23
	1	00.14.43	1	1	00.15.28	1	1	00.16.43	1	1	00.18.17	1	1	00.19.52	1	1	00.21.32	1	1	00.22.22	1	1	00.23.19	1	1	00.24.36	1	1	00.25.59	
	72	1	01:39	33	1	01:34	100	6	02:26	CL	12	00:13																		
	1	00.27.38	1	1	00.29.12	1	1	00.31.38	1	1	00.31.51																			
2	Giuliani Luigi		POL. BESANESE		00.37.02																									
42	11	02:48	35	16	01:36	73	3	01:41	37	3	02:07	49	13	02:37	51	4	01:35	55	2	00:29	38	5	01:48	74	8	02:18	70	5	00:50	
	11	00.02.48	12	12	00.04.24	10	10	00.06.05	5	5	00.08.12	6	6	00.10.49	5	5	00.12.24	5	5	00.12.53	5	5	00.14.41	4	4	00.16.59	4	4	00.17.49	
	40	3	01:03	48	2	00:44	39	2	01:19	75	2	01:36	56	2	01:18	76	6	02:00	57	3	00:58	77	5	01:09	58	8	01:36	67	4	01:30
	4	00.18.52	4	4	00.19.36	3	3	00.20.55	3	3	00.22.31	2	2	00.23.49	2	2	00.25.49	2	2	00.26.47	2	2	00.27.56	3	3	00.29.32	2	2	00.31.02	
	72	3	01:48	33	3	01:41	100	1	02:20	CL	4	00:11																		
	2	00.32.50	2	2	00.34.31	2	2	00.36.51	2	2	00.37.02																			
3	Rumor Alvise		OR. G. GALILEI		00.38.11																									
42	2	01:43	35	2	00:51	73	6	01:47	37	10	03:45	49	5	02:17	51	3	01:34	55	8	00:36	38	2	01:33	74	6	02:07	70	2	00:47	
	2	00.01.43	2	2	00.02.34	2	2	00.04.21	4	4	00.08.06	4	4	00.10.23	4	4	00.11.57	4	4	00.12.33	2	2	00.14.06	2	2	00.16.13	2	2	00.17.00	
	40	7	01:18	48	4	00:46	39	11	01:40	75	5	01:42	56	10	01:32	76	7	02:05	57	2	00:51	77	3	01:04	58	4	01:28	67	7	01:38
	2	00.18.18	2	2	00.19.04	2	2	00.20.44	2	2	00.22.26	3	3	00.23.58	4	4	00.26.03	4	4	00.26.54	3	3	00.27.58	2	2	00.29.26	3	3	00.31.04	
	72	13	02:45	33	1	01:34	100	9	02:35	CL	12	00:13																		
	4	00.33.49	3	3	00.35.23	3	3	00.37.58	3	3	00.38.11																			
4	Faini Luca		OR. COMO		00.38.18																									
42	7	02:21	35	10	01:04	73	4	01:45	37	8	03:27	49	2	02:04	51	9	01:51	55	6	00:35	38	9	01:56	74	5	02:04	70	2	00:47	
	7	00.02.21	8	8	00.03.25	6	6	00.05.10	7	7	00.08.37	5	5	00.10.41	6	6	00.12.32	6	6	00.13.07	6	6	00.15.03	7	7	00.17.07	5	5	00.17.54	
	40	6	01:16	48	4	00:46	39	5	01:27	75	6	01:45	56	4	01:20	76	4	01:54	57	8	01:03	77	9	01:24	58	6	01:31	67	5	01:33
	6	00.19.10	6	6	00.19.56	5	5	00.21.23	5	5	00.23.08	5	5	00.24.28	5	5	00.26.22	5	5	00.27.25	5	5	00.28.49	5	5	00.30.20	5	5	00.31.53	
	72	4	01:54	33	10	01:57	100	4	02:25	CL	1	00:09																		
	3	00.33.47	4	4	00.35.44	4	4	00.38.09	4	4	00.38.18																			
5	Magenes Francesco		POL. BESANESE		00.39.03																									
42	4	01:56	35	5	00:59	73	2	01:40	37	6	02:53	49	10	02:29	51	10	01:59	55	4	00:31	38	4	01:41	74	7	02:13	70	9	00:56	
	4	00.01.56	4	4	00.02.55	3	3	00.04.35	3	3	00.07.28	3	3	00.09.57	3	3	00.11.56	2	2	00.12.27	3	3	00.14.08	3	3	00.16.21	3	3	00.17.17	
	40	9	01:30	48	6	00:48	39	7	01:28	75	3	01:38	56	3	01:19	76	4	01:54	57	3	00:58	77	6	01:13	58	9	01:39	67	12	01:49
	3	00.18.47	3	3	00.19.35	4	4	00.21.03	4	4	00.22.41	4	4	00.24.00	3	3	00.25.54	3	3	00.26.52	4	4	00.28.05	4	4	00.29.44	4	4	00.31.33	
	72	15	03:00	33	7	01:51	100	8	02:27	CL	9	00:12																		
	5	00.34.33	5	5	00.36.24	5	5	00.38.51	5	5	00.39.03																			

...Categoria: M ELITE

Pos.	Nome		Società		Tempo																								
6	Ruggiero Mario		NIRVANA VERDE		00.39.32																								
42	3	01:52	35	5	00:59	73	12	02:03	37	12	04:11	49	2	02:04	51	7	01:43	55	5	00:33	38	5	01:48	74	1	01:52	70	6	00:53
3	00:01.52	3	00:02.51	4	00:04.54	8	00:09.05	8	00:11.09	7	00:12.52	7	00:13.25	7	00:15.13	6	00:17.05	6	00:17.58										
40	12	01:50	48	9	00:52	39	4	01:24	75	4	01:39	56	15	02:07	76	3	01:49	57	10	01:11	77	8	01:22	58	3	01:23	67	6	01:36
7	00:19.48	7	00:20.40	6	00:22.04	6	00:23.43	6	00:25.50	6	00:27.39	6	00:28.50	6	00:30.12	6	00:31.35	6	00:33.11										
72	2	01:43	33	13	02:08	100	1	02:20	CL	2	00:10																		
6	00:34.54	6	00:37.02	6	00:39.22	6	00:39.32	6	00:39.32																				
7	Kosky Jack		POL. BESANESE		00.40.50																								
42	13	03:34	35	13	01:09	73	9	02:01	37	9	03:44	49	4	02:07	51	1	01:30	55	1	00:26	38	3	01:39	74	2	01:57	70	15	01:47
13	00:03.34	13	00:04.43	12	00:06.44	12	00:10.28	10	00:12.35	10	00:14.05	10	00:14.31	9	00:16.10	9	00:18.07	9	00:19.54										
40	5	01:15	48	1	00:43	39	3	01:23	75	16	03:11	56	1	01:13	76	2	01:46	57	3	00:58	77	2	01:01	58	2	01:20	67	2	01:24
10	00:21.09	9	00:21.52	9	00:23.15	10	00:26.26	10	00:27.39	8	00:29.25	8	00:30.23	7	00:31.24	7	00:32.44	7	00:34.08										
72	8	02:11	33	12	01:58	100	3	02:22	CL	4	00:11																		
7	00:36.19	7	00:38.17	7	00:40.39	7	00:40.50	7	00:40.50																				
8	Bocchetti Tommaso		OR. COMO		00.43.42																								
42	5	02:04	35	7	01:00	73	13	02:21	37	2	01:55	49	5	02:17	51	14	02:10	55	14	00:42	38	13	02:06	74	10	02:28	70	11	00:59
5	00:02.04	5	00:03.04	8	00:05.25	2	00:07.20	2	00:09.37	2	00:11.47	3	00:12.29	4	00:14.35	5	00:17.03	7	00:18.02										
40	1	01:00	48	8	00:51	39	15	02:58	75	13	02:03	56	12	01:35	76	10	02:24	57	14	01:23	77	10	01:34	58	7	01:35	67	15	02:17
5	00:19.02	5	00:19.53	7	00:22.51	7	00:24.54	7	00:26.29	7	00:28.53	7	00:30.16	8	00:31.50	8	00:33.25	8	00:35.42										
72	14	02:51	33	9	01:56	100	15	02:59	CL	15	00:14																		
8	00:38.33	8	00:40.29	8	00:43.28	8	00:43.42	8	00:43.42																				
9	Gottardi Stefano		NIRVANA VERDE		00.43.47																								
42	11	02:48	35	12	01:08	73	10	02:02	37	5	02:30	49	8	02:28	51	10	01:59	55	9	00:38	38	8	01:54	74	11	02:29	70	12	01:03
11	00:02.48	10	00:03.56	9	00:05.58	6	00:08.28	8	00:10.56	8	00:12.55	8	00:13.33	8	00:15.27	8	00:17.56	8	00:18.59										
40	11	01:44	48	11	00:57	39	9	01:34	75	10	01:54	56	10	01:32	76	12	03:30	57	10	01:11	77	7	01:19	58	11	01:40	67	13	01:50
8	00:20.43	8	00:21.40	8	00:23.14	8	00:25.08	8	00:26.40	10	00:30.10	9	00:31.21	9	00:32.40	9	00:34.20	9	00:36.10										
72	12	02:39	33	6	01:50	100	13	02:55	CL	12	00:13																		
9	00:38.49	9	00:40.39	9	00:43.34	9	00:43.47	9	00:43.47																				
10	Redaelli Tommaso		POL. BESANESE		00.44.06																								
42	8	02:22	35	4	00:57	73	10	02:02	37	11	04:01	49	7	02:26	51	6	01:41	55	13	00:41	38	11	02:00	74	14	02:56	70	8	00:54
8	00:02.22	7	00:03.19	7	00:05.21	9	00:09.22	9	00:11.48	9	00:13.29	9	00:14.10	9	00:16.10	10	00:19.06	10	00:20.00										
40	4	01:06	48	10	00:53	39	10	01:36	75	12	01:56	56	6	01:22	76	11	03:15	57	12	01:14	77	10	01:34	58	15	02:34	67	11	01:46
9	00:21.06	10	00:21.59	10	00:23.35	9	00:25.31	9	00:26.53	9	00:30.08	10	00:31.22	10	00:32.56	10	00:35.30	10	00:37.16										
72	9	02:12	33	4	01:47	100	11	02:39	CL	9	00:12																		
10	00:39.28	10	00:41.15	10	00:43.54	10	00:44.06	10	00:44.06																				
11	Franco Antonio		DALLA CHIESA POL. SESTO C...		00.45.25																								
42	6	02:06	35	8	01:01	73	7	01:48	37	15	05:29	49	12	02:32	51	8	01:50	55	14	00:42	38	11	02:00	74	13	02:41	70	10	00:58
6	00:02.06	6	00:03.07	5	00:04.55	11	00:10.24	11	00:12.56	11	00:14.46	11	00:15.28	11	00:17.28	11	00:20.09	11	00:21.07										
40	15	02:11	48	15	00:59	39	13	01:54	75	8	01:51	56	9	01:28	76	8	02:19	57	13	01:17	77	4	01:08	58	9	01:39	67	14	02:01
12	00:23.18	12	00:24.17	13	00:26.11	13	00:28.02	13	00:29.30	11	00:31.49	11	00:33.06	11	00:34.14	11	00:35.53	11	00:37.54										
72	11	02:38	33	4	01:47	100	13	02:55	CL	4	00:11																		
11	00:40.32	11	00:42.19	11	00:45.14	11	00:45.25	11	00:45.25																				
12	Sala Alessandro		POL. BESANESE		00.47.03																								
42	9	02:26	35	14	01:14	73	17	04:21	37	13	04:35	49	8	02:28	51	2	01:31	55	9	00:38	38	7	01:53	74	4	02:02	70	4	00:48
9	00:02.26	9	00:03.40	15	00:08.01	15	00:12.36	14	00:15.04	13	00:16.35	13	00:17.13	13	00:19.06	13	00:21.08	12	00:21.56										
40	12	01:50	48	7	00:50	39	5	01:27	75	7	01:48	56	8	01:26	76	15	04:21	57	9	01:09	77	14	02:20	58	5	01:30	67	3	01:26
13	00:23.46	13	00:24.36	12	00:26.03	12	00:27.51	12	00:29.17	12	00:33.38	12	00:34.47	13	00:37.07	12	00:38.37	12	00:40.03										
72	7	02:00	33	14	02:11	100	10	02:38	CL	4	00:11																		
12	00:42.03	12	00:44.14	12	00:46.52	12	00:47.03	12	00:47.03																				
13	Bugane' Nicolò		POL. 'G. MASI'		00.47.07																								
42	15	04:17	35	9	01:03	73	16	03:43	37	4	02:27	49	11	02:31	51	12	02:00	55	12	00:39	38	10	01:58	74	9	02:26	70	6	00:53
15	00:04.17	15	00:05.20	16	00:09.03	13	00:11.30	13	00:14.01	12	00:16.01	12	00:16.40	12	00:18.38	12	00:21.04	13	00:21.57										
40	8	01:19	48	14	00:58	39	7	01:28	75	10	01:54	56	7	01:23	76	16	05:13	57	6	01:01	77	12	01:35	58	14	02:05	67	8	01:42
11	00:23.16	11	00:24.14	11	00:25.42	11	00:27.36	11	00:28.59	13	00:34.12	13	00:35.13	12	00:36.48	13	00:38.53	13	00:40.35										
72	6	01:58	33	10	01:57	100	6	02:26	CL	4	00:11																		
13	00:42.33	13	00:44.30	13	00:46.56	13	00:47.07	13	00:47.07																				
14	Brandolini Andrea		AGOROSSO S.ALESSANDRO OR.		00.51.28																								
42	16	04:42	35	10	01:04	73	7	01:48	37	14	04:55	49	15	03:31	51	13	02:06	55	9	00:38	38	15	03:44	74	12	02:31	70	16	01:53
16	00:04.42	16	00:05.46	14	00:07.34	14	00:12.29	15	00:16.00	15	00:18.06	15	00:18.44	14	00:22.28	14	00:24.59	14	00:26.52										
40	16	02:14	48	11	00:57	39	12	01:47	75	9	01:53	56	5	01:21	76	9	02:20	57	7	01:02	77	15	02:51	58	13	02:00	67	9	01:45
14	00:29.06	14	00:30.03	14	00:31.50	14	00:33.43	14	00:35.04	14	00:37.24	14	00:38.26	14	00:41.17	14	00:43.17	14	00:45.02										
72	5	01:57	33	8	01:5																								

...Categoria: M ELITE

Pos.	Nome										Società										Tempo									
15	Bonanomi Alessandro										POL. BESANESE										01.02.08									
42	10	02:32	35	15	01:32	73	15	03:12	37	6	02:53	49	14	02:54	51	16	05:01	55	6	00:35	38	16	06:35	74	15	03:25	70	13	01:26	
10	00:02.32	11	00:04.04	13	00:07.16	10	00:10.09	12	00:13.03	14	00:18.04	14	00:18.39	15	00:25.14	15	00:28.39	15	00:30.05											
40	14	01:52	48	11	00:57	39	14	01:55	75	14	02:20	56	14	01:57	76	14	03:49	57	15	01:55	77	16	06:00	58	12	01:48	67	9	01:45	
15	00:31.57	15	00:32.54	15	00:34.49	15	00:37.09	15	00:39.06	15	00:42.55	15	00:44.50	15	00:50.50	15	00:52.38	15	00:54.23											
72	10	02:27	33	15	02:17	100	12	02:49	CL	9	00:12																			
15	00:56.50	15	00:59.07	15	01:01.56	15	01:02.08																							
16	Galletti Stefano										UNIONE LOMBARDA										01.11.52									
42	17	05:18	35	17	01:51	73	14	03:03	37	16	05:38	49	16	04:11	51	15	03:56	55	16	01:01	38	14	03:10	74	16	04:14	70	13	01:26	
17	00:05.18	17	00:07.09	17	00:10.12	16	00:15.50	16	00:20.01	16	00:23.57	16	00:24.58	16	00:28.08	16	00:32.22	16	00:33.48											
40	10	01:37	48	16	01:28	39	16	03:13	75	15	02:57	56	16	02:10	76	13	03:31	57	16	02:01	77	13	02:01	58	16	02:54	67	16	03:18	
16	00:35.25	16	00:36.53	16	00:40.06	16	00:43.03	16	00:45.13	16	00:48.44	16	00:50.45	16	00:52.46	16	00:55.40	16	00:58.58											
72	16	05:06	33	16	03:00	100	16	04:26	CL	16	00:22																			
16	01:04.04	16	01:07.04	16	01:11.30	16	01:11.52																							
-	Filipelli Alessio										DALLA CHIESA POL. SESTO C...										Punz. Errata									
42	14	04:00	35	3	00:53	73	5	01:46	59	-	01:20	37	-	01:31	49	-	02:13	51	-	01:36	55	-	00:37	38	-	01:35	74	-	02:46	
14	00:04.00	14	00:04.53	11	00:06.39	-	00:07.59	-	00:09.30	-	00:11.43	-	00:13.19	-	00:13.56	-	00:15.31	-	00:18.17											
70	-	00:58	40	-	01:21	48	-	00:49	39	-	01:21	75	-	01:39	56	-	01:22	76	-	02:12	57	-	00:57	42	-	00:41	35	-	01:18	
-	00:19.15	-	00:20.36	-	00:21.25	-	00:22.46	-	00:24.25	-	00:25.47	-	00:27.59	-	00:28.56	-	00:29.37	-	00:30.55											
58	-	00:56	67	-	01:36	72	-	02:40	33	-	01:40	100	-	02:20	PE	-	00:09													
-	00:31.51	-	00:33.27	-	00:36.07	-	00:37.47	-	00:40.07	-	00:40.16																			

Categoria: Nero

(Lunghezza 5200 m - Dislivello 200 m - Kmsf 7,20)

Pos.	Nome										Società										Tempo								
1	Crippa Matteo										POL. BESANESE										00.47.58								
42	1	02:08	35	1	01:00	73	2	04:18	37	1	02:59	49	1	02:34	51	1	02:08	55	1	00:40	38	1	01:58	74	1	02:33	70	1	01:01
1	00:02.08	1	00:03.08	1	00:07.26	1	00:10.25	1	00:12.59	1	00:15.07	1	00:15.47	1	00:15.47	1	00:17.45	1	00:20.18	1	00:21.19								
40	1	01:35	48	1	00:57	39	2	01:58	75	1	01:52	56	1	01:36	76	1	02:20	57	2	01:25	77	2	02:01	58	2	01:52	67	2	02:07
1	00:22.54	1	00:23.51	1	00:25.49	1	00:27.41	1	00:29.17	1	00:31.37	1	00:33.02	1	00:35.03	1	00:36.55	1	00:39.02										
72	1	03:32	33	1	02:08	100	1	03:03	CL	1	00:13																		
1	00:42.34	1	00:44.42	1	00:47.45	1	00:47.58																						
2	Vigni Laura										POL. BESANESE										01.03.05								
42	2	03:20	35	2	01:58	73	1	02:40	37	2	07:47	49	2	03:37	51	2	03:58	55	2	00:42	38	2	03:12	74	2	03:04	70	2	01:24
2	00:03.20	2	00:05.18	2	00:07.58	2	00:15.45	2	00:19.22	2	00:23.20	2	00:24.02	2	00:27.14	2	00:30.18	2	00:31.42										
40	2	03:51	48	2	01:08	39	1	01:42	75	2	02:17	56	2	01:46	76	2	03:31	57	1	01:19	77	1	01:42	58	1	01:50	67	1	02:02
2	00:35.33	2	00:36.41	2	00:38.23	2	00:40.40	2	00:42.26	2	00:45.57	2	00:47.16	2	00:48.58	2	00:50.48	2	00:52.50										
72	2	03:33	33	2	03:08	100	2	03:19	CL	2	00:15																		
2	00:56.23	2	00:59.31	2	01:02.50	2	01:03.05																						

Categoria: Rosso

(Lunghezza 3300 m - Dislivello 110 m - Kmsf 4,40)

Pos.	Nome										Società										Tempo								
1	Magenes Linda										POL. PUNTO NORD										01.16.55								
57	1	07:56	37	1	08:16	56	1	03:52	51	1	10:40	55	1	01:28	48	1	12:42	39	1	04:10	38	1	02:48	56	1	02:57	52	1	03:26
1	00:07.56	1	00:16.12	1	00:20.04	1	00:30.44	1	00:32.12	1	00:44.54	1	00:49.04	1	00:51.52	1	00:54.49	1	00:58.15										
35	1	05:02	33	1	05:59	100	1	07:15	CL	1	00:24																		
1	01:03.17	1	01:09.16	1	01:16.31	1	01:16.55																						

Categoria: Verde

(Lunghezza 3100 m - Dislivello 90 m - Kmsf 4,00)

Pos.	Nome										Società										Tempo								
1	Korol Mykyta										POL. PUNTO NORD										00.44.54								
37	1	17:52	79	1	02:02	39	1	02:12	50	1	02:00	75	1	03:18	64	1	04:32	76	1	02:21	32	1	01:24	58	1	02:06	44	1	02:33
1	00:17.52	1	00:19.54	1	00:22.06	1	00:24.06	1	00:27.24	1	00:31.56	1	00:34.17	1	00:35.41	1	00:37.47	1	00:40.20										
46	1	02:01	78	1	01:43	100	1	00:39	CL	1	00:11																		
1	00:42.21	1	00:44.04	1	00:44.43	1	00:44.54																						

Categoria: W 15/16

(Lunghezza 2700 m - Dislivello 90 m - Kmsf 3,60)

Pos.	Nome		Società		Tempo																								
1	Ruggiero Anita		NIRVANA VERDE		00.27.00																								
37	1	05:28	79	2	01:56	38	1	01:34	75	2	01:29	64	1	02:42	32	1	02:36	58	2	02:05	44	2	02:45	46	2	03:00	78	2	02:09
	1	00.05.28	1	00.07.24	1	00.08.58	1	00.10.27	1	00.13.09	1	00.15.45	1	00.17.50	1	00.20.35	1	00.23.35	1	00.25.44									
100	3	00:59	CL	3	00:17																								
	1	00.26.43	1	00.27.00																									
2	Riva Lucia		POL. BESANESE		00.27.09																								
37	2	06:27	79	1	01:38	38	3	02:11	75	1	01:16	64	2	03:27	32	2	02:48	58	1	02:01	44	1	02:03	46	1	02:30	78	1	01:54
	2	00.06.27	2	00.08.05	2	00.10.16	2	00.11.32	2	00.14.59	2	00.17.47	2	00.19.48	2	00.21.51	2	00.24.21	2	00.26.15									
100	1	00:43	CL	1	00:11																								
	2	00.26.58	2	00.27.09																									
3	Condo' Benedetta		OR. COMO		00.43.23																								
37	3	15:16	79	3	02:25	38	2	01:44	75	3	03:07	64	3	04:29	32	3	03:43	58	3	02:55	44	3	03:04	46	3	03:16	78	3	02:23
	3	00.15.16	3	00.17.41	3	00.19.25	3	00.22.32	3	00.27.01	3	00.30.44	3	00.33.39	3	00.36.43	3	00.39.59	3	00.42.22									
100	2	00:46	CL	2	00:15																								
	3	00.43.08	3	00.43.23																									

Categoria: W 35

(Lunghezza 3700 m - Dislivello 100 m - Kmsf 4,70)

Pos.	Nome		Società		Tempo																								
1	Gariboldi Alessandra		NIRVANA VERDE		00.42.09																								
80	2	03:47	47	3	03:08	36	2	04:41	55	1	01:54	65	1	01:20	48	3	03:23	74	1	01:22	39	2	02:17	52	2	03:55	76	3	03:39
	2	00.03.47	3	00.06.55	2	00.11.36	2	00.13.30	2	00.14.50	2	00.18.13	1	00.19.35	2	00.21.52	2	00.25.47	2	00.29.26									
35	2	02:43	58	3	01:47	44	2	02:54	46	1	02:16	78	1	02:01	100	1	00:49	CL	1	00:13									
	2	00.32.09	1	00.33.56	1	00.36.50	1	00.39.06	1	00.41.07	1	00.41.56	1	00.42.09															
2	Varotti Stella		ERIDANO ADVENTURE		00.43.21																								
80	3	03:56	47	1	02:03	36	1	04:23	55	2	01:59	65	4	01:46	48	1	02:31	74	4	03:04	39	1	01:58	52	1	03:43	76	1	01:20
	3	00.03.56	2	00.05.59	1	00.10.22	1	00.12.21	1	00.14.07	1	00.16.38	2	00.19.42	1	00.21.40	1	00.25.23	1	00.26.43									
35	1	02:37	58	4	05:17	44	1	02:45	46	2	02:38	78	2	02:13	100	2	00:52	CL	4	00:16									
	1	00.29.20	2	00.34.37	2	00.37.22	2	00.40.00	2	00.42.13	2	00.43.05	2	00.43.21															
3	Police Eugenia		UNIONE LOMBARDA		00.48.13																								
80	1	03:23	47	2	02:06	36	4	07:55	55	4	03:24	65	2	01:30	48	2	02:52	74	2	01:25	39	3	03:35	52	2	03:55	76	4	04:12
	1	00.03.23	1	00.05.29	3	00.13.24	3	00.16.48	3	00.18.18	3	00.21.10	3	00.22.35	3	00.26.10	3	00.30.05	3	00.34.17									
35	3	02:48	58	1	01:23	44	4	02:57	46	3	03:26	78	3	02:15	100	3	00:53	CL	2	00:14									
	3	00.37.05	3	00.38.28	3	00.41.25	3	00.44.51	3	00.47.06	3	00.47.59	3	00.48.13															
4	Palamara Stefania		NIRVANA VERDE		01.10.31																								
80	4	12:16	47	4	06:39	36	3	07:38	55	3	02:27	65	3	01:44	48	4	08:00	74	3	01:52	39	4	05:38	52	4	04:56	76	2	02:16
	4	00.12.16	4	00.18.55	4	00.26.33	4	00.29.00	4	00.30.44	4	00.38.44	4	00.40.36	4	00.46.14	4	00.51.10	4	00.53.26									
35	4	04:25	58	2	01:32	44	3	02:55	46	4	04:20	78	4	02:40	100	4	00:58	CL	3	00:15									
	4	00.57.51	4	00.59.23	4	01.02.18	4	01.06.38	4	01.09.18	4	01.10.16	4	01.10.31															

Categoria: W 45

(Lunghezza 3700 m - Dislivello 100 m - Kmsf 4,70)

Pos.	Nome		Società		Tempo																								
1	Maddalena Caia		O-92 Piano di Magadino		00.36.47																								
80	10	07:47	47	1	01:09	36	1	03:59	55	1	01:33	65	1	01:12	48	1	02:06	74	1	01:17	39	5	02:34	52	1	03:15	76	2	01:14
	10	00.07.47	8	00.08.56	6	00.12.55	6	00.14.28	6	00.15.40	6	00.17.46	3	00.19.03	3	00.21.37	2	00.24.52	2	00.26.06									
35	1	02:07	58	3	01:11	44	1	02:20	46	1	02:01	78	2	01:55	100	4	00:52	CL	4	00:15									
	2	00.28.13	2	00.29.24	2	00.31.44	1	00.33.45	1	00.35.40	1	00.36.32	1	00.36.47															
2	Maddalena Novella		NIRVANA VERDE		00.37.48																								
80	1	03:41	47	2	01:38	36	2	04:10	55	4	01:41	65	6	01:47	48	3	02:58	74	2	01:46	39	1	02:10	52	4	03:48	76	1	01:10
	1	00.03.41	1	00.05.19	1	00.09.29	1	00.11.10	1	00.12.57	1	00.15.55	1	00.17.41	1	00.19.51	1	00.23.39	1	00.24.49									
35	7	03:11	58	1	01:01	44	2	02:39	46	3	03:00	78	3	02:04	100	2	00:50	CL	1	00:14									
	1	00.28.00	1	00.29.01	1	00.31.40	2	00.34.40	2	00.36.44	2	00.37.34	2	00.37.48															

...Categoria: W 45

Pos.	Nome		Società		Tempo																								
3	Rampado Elena		POL. PUNTO NORD		00.40.18																								
80	3	04:05	47	8	02:44	36	4	04:44	55	5	01:42	65	5	01:33	48	4	03:09	74	2	01:46	39	1	02:10	52	5	03:51	76	3	01:15
	3	00.04.05	5	00.06.49	4	00.11.33	4	00.13.15	4	00.14.48	5	00.17.57	4	00.19.43	4	00.21.53	4	00.25.44	3	00.26.59									
	35	4	03:01	58	2	01:10	44	4	02:53	46	2	02:39	78	5	02:20	100	7	00:59	CL	5	00:17								
	4	00.30.00	3	00.31.10	3	00.34.03	3	00.36.42	3	00.39.02	3	00.40.01	3	00.40.18															
4	Poli Elena		POL. BESANESE		00.43.53																								
80	4	04:13	47	6	02:06	36	7	05:17	55	9	02:34	65	4	01:27	48	5	04:01	74	7	02:15	39	4	02:30	52	2	03:46	76	4	01:34
	4	00.04.13	4	00.06.19	5	00.11.36	5	00.14.10	5	00.15.37	6	00.19.38	6	00.21.53	6	00.24.23	6	00.28.09	6	00.29.43									
	35	6	03:09	58	8	01:41	44	5	02:55	46	4	03:02	78	4	02:15	100	6	00:54	CL	1	00:14								
	5	00.32.52	5	00.34.33	4	00.37.28	4	00.40.30	4	00.42.45	4	00.43.39	4	00.43.53															
5	Titoli Emanuela		NIRVANA VERDE		00.44.47																								
80	2	03:42	47	4	01:58	36	3	04:28	55	5	01:42	65	7	01:53	48	2	02:41	74	6	02:05	39	6	02:51	52	6	04:10	76	5	01:35
	2	00.03.42	2	00.05.40	2	00.10.08	2	00.11.50	2	00.13.43	2	00.16.24	2	00.18.29	2	00.21.20	3	00.25.30	4	00.27.05									
	35	2	02:43	58	9	04:12	44	9	04:01	46	6	03:18	78	5	02:20	100	3	00:51	CL	5	00:17								
	3	00.29.48	4	00.34.00	5	00.38.01	5	00.41.19	5	00.43.39	5	00.44.30	5	00.44.47															
6	Daudaraviciene Vita		DALLA CHIESA POL. SESTO C...		00.46.45																								
80	5	04:26	47	3	01:39	36	5	04:53	55	2	01:34	65	2	01:13	48	6	04:02	74	8	02:22	39	1	02:10	52	2	03:46	76	9	02:48
	5	00.04.26	3	00.06.05	3	00.10.58	3	00.12.32	3	00.13.45	4	00.17.47	5	00.20.09	5	00.22.19	5	00.26.05	5	00.28.53									
	35	9	07:47	58	7	01:32	44	3	02:48	46	5	03:09	78	1	01:40	100	1	00:42	CL	1	00:14								
	6	00.36.40	6	00.38.12	6	00.41.00	6	00.44.09	6	00.45.49	6	00.46.31	6	00.46.45															
7	Colombo Roberta		NIRVANA VERDE		00.58.40																								
80	8	05:59	47	10	05:39	36	6	04:58	55	7	01:46	65	9	02:45	48	9	06:40	74	9	02:24	39	7	06:13	52	9	04:51	76	5	01:35
	8	00.05.59	10	00.11.38	9	00.16.36	8	00.18.22	8	00.21.07	9	00.27.47	9	00.30.11	7	00.36.24	7	00.41.15	7	00.42.50									
	35	3	02:51	58	4	01:12	44	7	03:23	46	9	04:36	78	7	02:25	100	8	01:05	CL	8	00:18								
	7	00.45.41	7	00.46.53	7	00.50.16	7	00.54.52	7	00.57.17	7	00.58.22	7	00.58.40															
8	Galimberti Nadia		POL. PUNTO NORD		01.01.43																								
80	7	05:55	47	5	02:01	36	9	08:38	55	2	01:34	65	3	01:26	48	7	04:32	74	2	01:46	39	9	14:03	52	8	04:45	76	7	01:46
	7	00.05.55	7	00.07.56	8	00.16.34	7	00.18.08	7	00.19.34	7	00.24.06	7	00.25.52	8	00.39.55	8	00.44.40	8	00.46.26									
	35	8	03:14	58	5	01:19	44	6	03:15	46	8	03:40	78	8	02:39	100	5	00:53	CL	5	00:17								
	8	00.49.40	8	00.50.59	8	00.54.14	8	00.57.54	8	01.00.33	8	01.01.26	8	01.01.43															
9	Valli Elisa		OR. COMO		01.04.39																								
80	6	05:07	47	7	02:34	36	10	08:49	55	10	02:42	65	8	01:56	48	8	05:09	74	5	01:50	39	8	13:55	52	7	04:35	76	8	02:03
	6	00.05.07	6	00.07.41	7	00.16.30	10	00.19.12	9	00.21.08	8	00.26.17	8	00.28.07	9	00.42.02	9	00.46.37	9	00.48.40									
	35	5	03:08	58	6	01:22	44	8	03:25	46	7	03:36	78	9	02:49	100	9	01:21	CL	8	00:18								
	9	00.51.48	9	00.53.10	9	00.56.35	9	01.00.11	9	01.03.00	9	01.04.21	9	01.04.39															
-	Marta Marta		SCOM Mendrisio		Punz. Mancante																								
80	9	07:41	47	9	02:46	36	8	06:40	55	8	02:02	48	-	03:57	74	-	01:42	39	-	02:21	52	-	03:52	76	-	01:27	35	-	03:48
	9	00.07.41	9	00.10.27	10	00.17.07	9	00.19.09	-	00.23.06	-	00.24.48	-	00.27.09	-	00.31.01	-	00.32.28	-	00.36.16									
	58	-	01:27	44	-	04:48	46	-	05:39	78	-	02:11	100	-	00:52	PM	-	00:13											
	-	00.37.43	-	00.42.31	-	00.48.10	-	00.50.21	-	00.51.13	10	00.51.26																	

Categoria: W 55

(Lunghezza 3300 m - Dislivello 110 m - Kmsf 4,40)

Pos.	Nome		Società		Tempo																								
1	Sedran Anna		POL. BESANESE		00.33.17																								
57	1	04:13	37	3	02:13	56	1	02:13	51	1	02:48	55	3	01:03	48	5	03:59	39	1	02:01	38	1	01:12	56	2	01:34	52	1	01:48
	1	00.04.13	1	00.06.26	1	00.08.39	1	00.11.27	1	00.12.30	1	00.16.29	1	00.18.30	1	00.19.42	1	00.21.16	1	00.23.04									
	35	2	02:51	33	1	03:28	100	2	03:38	CL	3	00:16																	
	1	00.25.55	1	00.29.23	1	00.33.01	1	00.33.17																					
2	Elli Cristina		POL. PUNTO NORD		00.35.51																								
57	2	04:15	37	6	03:05	56	2	02:28	51	2	02:55	55	3	01:03	48	3	03:44	39	2	02:15	38	2	01:27	56	4	02:00	52	2	02:06
	2	00.04.15	2	00.07.20	2	00.09.48	2	00.12.43	2	00.13.46	2	00.17.30	2	00.19.45	2	00.21.12	2	00.23.12	2	00.25.18									
	35	1	02:46	33	5	03:57	100	1	03:35	CL	1	00:15																	
	2	00.28.04	2	00.32.01	2	00.35.36	2	00.35.51																					
3	Turolla Cristina		POL. BESANESE		00.40.39																								
57	4	05:51	37	4	02:43	56	4	02:51	51	4	03:31	55	7	01:16	48	4	03:52	39	4	02:25	38	7	02:27	56	3	01:47	52	9	02:50
	4	00.05.51	4	00.08.34	4	00.11.25	3	00.14.56	3	00.16.12	3	00.20.04	3	00.22.29	3	00.24.56	3	00.26.43	3	00.29.33									
	35	4	03:11	33	2	03:41	100	5	03:58	CL	3	00:16																	
	3	00.32.44	3	00.36.25	3	00.40.23	3	00.40.39																					

...Categoria: W 55

Pos.	Nome		Società		Tempo																									
4	Milesi Nicoletta		AGOROSSO S.ALESSANDRO OR.		00.41.38																									
57	3	05:47	37	1	01:50	56	6	03:26	51	9	05:48	55	1	00:53	48	1	03:25	39	5	02:45	38	5	01:47	56	6	02:19	52	8	02:30	
	3	00.05.47	33	3	00.07.37	3	00.11.03	5	00.16.51	5	00.17.44	5	00.21.09	4	00.23.54	4	00.25.41	5	00.28.00	5	00.30.30									
	35	3	03:04	33	3	03:43	100	6	04:01	CL	6	00:20																		
	4	00.33.34	4	00.37.17	4	00.41.18	4	00.41.38																						
5	Motta Annalisa		POL. BESANESE		00.43.55																									
57	8	08:07	37	2	02:05	56	5	03:00	51	7	04:26	55	2	00:57	48	6	04:02	39	3	02:22	38	2	01:27	56	1	01:30	52	7	02:27	
	8	00.08.07	6	00.10.12	7	00.13.12	6	00.17.38	6	00.18.35	6	00.22.37	6	00.24.59	5	00.26.26	4	00.27.56	4	00.30.23										
	35	6	04:02	33	8	05:36	100	3	03:39	CL	1	00:15																		
	5	00.34.25	5	00.40.01	5	00.43.40	5	00.43.55																						
6	Putzu Daniela		VARESE OR.		00.44.58																									
57	5	05:54	37	9	04:23	56	8	03:29	51	5	03:53	55	6	01:14	48	7	04:30	39	5	02:45	38	4	01:40	56	8	02:29	52	3	02:10	
	5	00.05.54	8	00.10.17	8	00.13.46	7	00.17.39	7	00.18.53	7	00.23.23	7	00.26.08	7	00.27.48	6	00.30.17	6	00.32.27										
	35	5	03:37	33	7	04:46	100	4	03:49	CL	5	00:19																		
	6	00.36.04	6	00.40.50	6	00.44.39	6	00.44.58																						
7	Pozzi Ambrogina		POL. BESANESE		00.48.07																									
57	7	07:21	37	5	02:55	56	3	02:37	51	3	03:09	55	5	01:04	48	2	03:35	39	9	03:27	38	8	03:27	56	9	04:37	52	6	02:15	
	7	00.07.21	7	00.10.16	5	00.12.53	4	00.16.02	4	00.17.06	4	00.20.41	5	00.24.08	6	00.27.35	8	00.32.12	8	00.34.27										
	35	7	04:24	33	4	03:53	100	8	05:03	CL	6	00:20																		
	8	00.38.51	7	00.42.44	7	00.47.47	7	00.48.07																						
8	Talamona Rosella		VARESE OR.		00.48.56																									
57	6	06:06	37	7	03:23	56	7	03:27	51	8	04:56	55	9	01:48	48	8	04:49	39	8	03:09	38	6	01:55	56	7	02:26	52	5	02:14	
	6	00.06.06	5	00.09.29	6	00.12.56	8	00.17.52	8	00.19.40	8	00.24.29	8	00.27.38	8	00.29.33	7	00.31.59	7	00.34.13										
	35	8	04:30	33	6	04:36	100	9	05:11	CL	9	00:26																		
	7	00.38.43	8	00.43.19	8	00.48.30	8	00.48.56																						
9	Quarto Anna		POL. PUNTO NORD		00.53.49																									
57	9	08:17	37	8	03:57	56	9	03:32	51	6	03:58	55	8	01:17	48	9	05:39	39	7	02:55	38	9	03:51	56	5	02:08	52	4	02:12	
	9	00.08.17	9	00.12.14	9	00.15.46	9	00.19.44	9	00.21.01	9	00.26.40	9	00.29.35	9	00.33.26	9	00.35.34	9	00.37.46										
	35	9	04:39	33	9	06:33	100	7	04:30	CL	8	00:21																		
	9	00.42.25	9	00.48.58	9	00.53.28	9	00.53.49																						

Categoria: W 65

(Lunghezza 2700 m - Dislivello 90 m - Kmsf 3,60)

Pos.	Nome		Società		Tempo																								
1	Sacilotto Lucia		UNIONE LOMBARDA		00.32.39																								
37	1	05:52	79	2	02:46	38	2	01:58	75	1	02:02	64	2	03:35	32	1	03:32	58	2	02:54	44	1	03:06	46	1	03:03	78	2	02:32
	1	00.05.52	1	00.08.38	1	00.10.36	1	00.12.38	1	00.16.13	1	00.19.45	1	00.22.39	1	00.25.45	1	00.28.48	1	00.31.20									
	100	1	01:00	CL	1	00:19																							
	1	00.32.20	1	00.32.39																									
2	Crippa Loredana		POL. BESANESE		00.35.04																								
37	4	08:47	79	1	02:28	38	1	01:28	75	2	02:04	64	1	03:32	32	2	03:33	58	1	02:43	44	4	03:25	46	2	03:05	78	1	02:31
	4	00.08.47	2	00.11.15	2	00.12.43	2	00.14.47	2	00.18.19	2	00.21.52	2	00.24.35	2	00.28.00	2	00.31.05	2	00.33.36									
	100	2	01:09	CL	1	00:19																							
	2	00.34.45	2	00.35.04																									
3	Frigerio Daniela		POL. BESANESE		00.40.28																								
37	3	08:45	79	3	02:50	38	4	02:57	75	3	02:16	64	3	04:04	32	3	04:15	58	4	03:55	44	2	03:13	46	4	04:04	78	3	02:37
	3	00.08.45	3	00.11.35	3	00.14.32	3	00.16.48	3	00.20.52	3	00.25.07	3	00.29.02	3	00.32.15	3	00.36.19	3	00.38.56									
	100	3	01:11	CL	3	00:21																							
	3	00.40.07	3	00.40.28																									
4	Riva Annamaria		POL. BESANESE		00.43.01																								
37	2	07:55	79	4	05:44	38	3	02:24	75	4	02:32	64	4	04:15	32	4	04:37	58	3	03:34	44	3	03:19	46	3	03:43	78	4	03:08
	2	00.07.55	4	00.13.39	4	00.16.03	4	00.18.35	4	00.22.50	4	00.27.27	4	00.31.01	4	00.34.20	4	00.38.03	4	00.41.11									
	100	4	01:22	CL	4	00:28																							
	4	00.42.33	4	00.43.01																									

Categoria: W 70

(Lunghezza 2100 m - Dislivello 60 m - Kmsf 2,70)

Pos.	Nome		Società		Tempo																									
1	Camerini Maia		POL. BESANESE		00.33.35																									
54	1	06:02	64	1	04:00	76	1	03:36	32	1	02:52	35	1	04:28	34	1	03:53	41	1	04:33	100	1	03:47	CL	1	00:24				
1		00.06.02	1		00.10.02	1		00.13.38	1		00.16.30	1		00.20.58	1		00.24.51	1		00.29.24	1		00.33.11	1		00.33.35				

Categoria: W ELITE

(Lunghezza 4400 m - Dislivello 140 m - Kmsf 5,80)

Pos.	Nome		Società		Tempo																									
1	Cozzi Sofia		POL. PUNTO NORD		00.33.13																									
47	1	02:47	50	1	02:53	82	6	02:43	70	3	01:03	71	1	00:55	39	2	02:00	36	1	02:14	55	6	01:55	65	1	01:05	64	1	02:26	
1		00.02.47	1		00.05.40	1		00.08.23	1		00.09.26	1		00.10.21	1		00.12.21	1		00.14.35	1		00.16.30	1		00.17.35	1		00.20.01	
52	1	01:12	42	2	02:41	35	5	01:43	44	2	02:19	46	3	02:17	78	5	01:56	100	6	00:49	CL	8	00:15							
1		00.21.13	1		00.23.54	1		00.25.37	1		00.27.56	1		00.30.13	1		00.32.09	1		00.32.58	1		00.33.13	1						

2		Crippa Maria Chiara		POL. BESANESE		00.36.11																							
47	3	03:40	50	3	03:16	82	8	04:14	70	3	01:03	71	2	00:57	39	1	01:47	36	6	02:33	55	1	01:25	65	2	01:08	64	4	03:06
3		00.03.40	3		00.06.56	6		00.11.10	5		00.12.13	4		00.13.10	3		00.14.57	3		00.17.30	3		00.18.55	3		00.20.03	3		00.23.09
52	5	01:30	42	1	02:27	35	1	01:14	44	3	02:22	46	7	02:34	78	3	01:53	100	5	00:48	CL	7	00:14						
3		00.24.39	3		00.27.06	2		00.28.20	2		00.30.42	2		00.33.16	2		00.35.09	2		00.35.57	2		00.36.11						

3		Magenes Chiara		POL. BESANESE		00.36.35																							
47	2	03:01	50	4	03:18	82	5	02:42	70	1	00:54	71	6	01:16	39	2	02:00	36	5	02:32	55	3	01:32	65	5	01:20	64	9	04:01
2		00.03.01	2		00.06.19	2		00.09.01	2		00.09.55	2		00.11.11	2		00.13.11	2		00.15.43	2		00.17.15	2		00.18.35	2		00.22.36
52	3	01:25	42	4	02:59	35	9	01:55	44	5	02:29	46	5	02:26	78	2	01:48	100	3	00:46	CL	1	00:11						
2		00.24.01	2		00.27.00	3		00.28.55	3		00.31.24	3		00.33.50	3		00.35.38	3		00.36.24	3		00.36.35						

4		Cozzi Anita		POL. PUNTO NORD		00.37.09																							
47	6	04:08	50	5	03:36	82	3	02:38	70	8	01:30	71	5	01:15	39	4	02:10	36	4	02:30	55	3	01:32	65	6	01:27	64	2	02:43
6		00.04.08	5		00.07.44	4		00.10.22	4		00.11.52	3		00.13.07	4		00.15.17	4		00.17.47	4		00.19.19	4		00.20.46	4		00.23.29
52	9	02:02	42	3	02:50	35	3	01:26	44	4	02:24	46	2	02:08	78	4	01:54	100	2	00:44	CL	3	00:12						
4		00.25.31	4		00.28.21	4		00.29.47	4		00.32.11	4		00.34.19	4		00.36.13	4		00.36.57	4		00.37.09						

5		Negri Federica		POL. BESANESE		00.39.17																							
47	5	04:00	50	2	03:11	82	1	02:12	70	2	01:00	71	10	03:01	39	7	02:26	36	2	02:20	55	2	01:29	65	4	01:15	64	5	03:12
5		00.04.00	4		00.07.11	3		00.09.23	3		00.10.23	5		00.13.24	5		00.15.50	5		00.18.10	5		00.19.39	5		00.20.54	5		00.24.06
52	6	01:40	42	7	04:34	35	2	01:19	44	6	02:33	46	1	02:03	78	7	02:03	100	3	00:46	CL	4	00:13						
5		00.25.46	5		00.30.20	5		00.31.39	5		00.34.12	5		00.36.15	5		00.38.18	5		00.39.04	5		00.39.17						

6		Magni Chiara		NIRVANA VERDE		00.41.05																							
47	9	04:48	50	8	04:04	82	2	02:21	70	5	01:12	71	9	02:40	39	9	02:38	36	3	02:26	55	8	02:16	65	3	01:11	64	3	03:01
9		00.04.48	9		00.08.52	7		00.11.13	6		00.12.25	7		00.15.05	8		00.17.43	6		00.20.09	7		00.22.25	6		00.23.36	6		00.26.37
52	2	01:23	42	6	04:26	35	4	01:28	44	1	02:16	46	4	02:25	78	1	01:41	100	1	00:38	CL	1	00:11						
6		00.28.00	6		00.32.26	6		00.33.54	6		00.36.10	6		00.38.35	6		00.40.16	6		00.40.54	6		00.41.05						

7		Caglio Chiara		POL. BESANESE		00.47.19																							
47	4	03:46	50	9	04:05	82	9	05:08	70	9	01:31	71	4	01:12	39	6	02:22	36	8	03:28	55	7	01:57	65	10	02:03	64	10	04:02
4		00.03.46	6		00.07.51	9		00.12.59	9		00.14.30	9		00.15.42	9		00.18.04	9		00.21.32	8		00.23.29	9		00.25.32	9		00.29.34
52	7	01:50	42	8	05:01	35	6	01:44	44	8	02:52	46	8	02:57	78	9	02:08	100	9	00:54	CL	10	00:19						
9		00.31.24	8		00.36.25	8		00.38.09	7		00.41.01	8		00.43.58	7		00.46.06	7		00.47.00	7		00.47.19						

8		Arrigoni Alessandra		POL. BESANESE		00.47.39																							
47	7	04:27	50	7	03:55	82	7	03:10	70	6	01:23	71	7	02:26	39	5	02:17	36	7	02:57	55	10	03:06	65	7	01:41	64	6	03:17
7		00.04.27	8		00.08.22	8		00.11.32	8		00.12.55	8		00.15.21	7		00.17.38	7		00.20.35	9		00.23.41	8		00.25.22	8		00.28.39
52	8	01:53	42	9	05:45	35	8	01:48	44	9	03:14	46	6	02:31	78	10	02:32	100	10	01:00	CL	9	00:17						
8		00.30.32	7		00.36.17	7		00.38.05	8		00.41.19	7		00.43.50	8		00.46.22	8		00.47.22	8		00.47.39						

9		Cozzi Lisa		POL. PUNTO NORD		00.48.12																							
47	7	04:27	50	6	03:54	82	4	02:41	70	6	01:23	71	3	01:11	39	8	02:37	36	10	04:25	55	5	01:43	65	8	01:52	64	7	03:37
7		00.04.27	7		00.08.21	5		00.11.02	6		00.12.25	6		00.13.36	6		00.16.13	8		00.20.38	6		00.22.21	7		00.24.13	7		00.27.50
52	4	01:26	42	10	07:30	35	6	01:44	44	10	03:18	46	10	03:16	78	8	02:04	100	7	00:51	CL	4	00:13						
7		00.29.16	9		00.36.46	9		00.38.30	9		00.41.48	9		00.45.04	9		00.47.08	9		00.47.59	9		00.48.12						

10		Franchi Elisa		AGOROSSO S.ALESSANDRO OR.		01.01.44																							
47	10	05:46	50	10	07:11	82	10	10:13	70	10	02:44	71	8	02:31	39	10	02:45	36	9	03:58	55	9	02:29	65	9	01:56	64	8	03:58
10		00.05.46	10		00.12.57	10		00.23.10	10		00.25.54	10		00.28.25	10		00.31.10	10		00.35.08	10		00.37.37	10		00.39.33	10		00.43.31
52	10	02:51	42	5	04:09	35	10	02:16	44	7	02:48	46	9	03:02	78	6	02:02	100	8	00:52	CL	4	00:13						
10		00.46.22	10		00.50.31	10		00.52.47	10																				

