

CLASSIFICA

Campionato Regionale Long Lombardia 2023 Data: domenica 5 novembre 2023

Data creazione: 06/11/2023 18:48:01



Categoria: Bianco

(Lunghezza 2200 m - Dislivello 30 m - Kmsf 2,50)

Pos. Nome Società Tempo

Categoria: Giallo

(Lunghezza 3300 m - Dislivello 45 m - Kmsf 3,75)

Pos. Nome Società Tempo

Categoria: Arancione

(Lunghezza 3300 m - Dislivello 45 m - Kmsf 3,75)

Pos. Nome Società Tempo

1	Amadò Maurizio	Unitas Malcantone	00.38.37							
40	1 04:48	43 1 03:27	70 4 08:24	72 5 04:23	71 1 02:48	74 2 02:05	79 2 07:48	90 2 03:37	100 1 00:51	CL 1 00:26
1	00.04.48	1 00.08.15	1 00.16.39	2 00.21.02	1 00.23.50	1 00.25.55	1 00.33.43	1 00.37.20	1 00.38.11	1 00.38.37
2	Bello' Federica	CRAL G.T.T.	00.49.43							
40	4 08:14	43 6 09:12	70 1 05:52	72 3 01:50	71 3 04:09	74 6 04:43	79 3 08:29	90 4 05:20	100 5 01:13	CL 6 00:41
4	00.08.14	6 00.17.26	5 00.23.18	4 00.25.08	4 00.29.17	4 00.34.00	3 00.42.29	2 00.47.49	2 00.49.02	2 00.49.43
3	Rosati Maria Grazia	NIRVANA VERDE	00.51.06							
40	3 07:59	43 3 04:33	70 3 06:08	72 2 01:46	71 4 05:16	74 4 04:25	79 4 11:25	90 6 07:48	100 4 01:12	CL 2 00:34
3	00.07.59	4 00.12.32	2 00.18.40	1 00.20.26	2 00.25.42	2 00.30.07	2 00.41.32	3 00.49.20	3 00.50.32	3 00.51.06
4	Cusaro Flavia	POL. VERCELLESE 2020	00.51.44							
40	5 10:17	43 4 04:53	70 2 05:54	72 4 02:01	71 2 03:34	74 3 03:52	79 6 14:04	90 3 05:19	100 3 01:11	CL 4 00:39
5	00.10.17	5 00.15.10	4 00.21.04	3 00.23.05	3 00.26.39	3 00.30.31	4 00.44.35	4 00.49.54	4 00.51.05	4 00.51.44
5	Bellò Lino	POL.IST.SUP.DALLA CHIESA S...	01.13.27							
40	2 06:28	43 2 04:15	70 5 09:25	72 6 18:19	71 5 08:54	74 5 04:38	79 5 13:53	90 5 05:39	100 6 01:17	CL 4 00:39
2	00.06.28	3 00.10.43	3 00.20.08	6 00.38.27	5 00.47.21	6 00.51.59	6 01.05.52	6 01.11.31	6 01.12.48	5 01.13.27
-	Bernet Matthias	Unitas Malcantone	Punz. Errata							
34	- 01:11	43 5 08:44	70 6 24:45	72 1 01:16	71 6 14:01	74 1 01:14	79 1 05:54	90 1 03:08	100 2 00:53	PE 2 00:34
-	00.01.11	2 00.09.55	6 00.34.40	5 00.35.56	6 00.49.57	5 00.51.11	5 00.57.05	5 01.00.13	5 01.01.06	6 01.01.40

Categoria: Verde

(Lunghezza 4800 m - Dislivello 145 m - Kmsf 6,25)

Pos. Nome Società Tempo

1	Zanetello Roberto	NIRVANA VERDE	01.31.41							
32	1 02:50	38 1 04:57	41 1 03:29	42 1 02:20	43 1 04:24	50 1 05:41	51 1 05:01	52 1 14:05	67 1 20:14	73 1 04:37
1	00.02.50	1 00.07.47	1 00.11.16	1 00.13.36	1 00.18.00	1 00.23.41	1 00.28.42	1 00.42.47	1 01.03.01	1 01.07.38
78	1 04:11	80 1 05:34	84 1 05:33	100 1 08:20	CL 1 00:25					
1	01.11.49	1 01.17.23	1 01.22.56	1 01.31.16	1 01.31.41					

Categoria: Rosso

(Lunghezza 4200 m - Dislivello 145 m - Kmsf 5,65)

Pos. Nome Società Tempo

1	Moreni Camilla	SCOM Mendrisio	01.11.28							
34	8 10:16	38 1 06:12	41 1 03:57	44 2 04:53	46 5 04:53	51 3 05:09	72 4 04:26	75 2 04:46	78 3 07:24	77 5 03:40
8	00.10.16	8 00.16.28	5 00.20.25	3 00.25.18	2 00.30.11	2 00.35.20	2 00.39.46	2 00.44.32	1 00.51.56	1 00.55.36
83	2 04:08	84 3 07:35	100 2 03:33	CL 4 00:36						
1	00.59.44	1 01.07.19	1 01.10.52	1 01.11.28						
2	Boveri Stefano	POL. PUNTO NORD	01.13.00							
34	6 06:24	38 5 07:21	41 7 05:55	44 4 05:32	46 6 04:59	51 6 06:33	72 1 03:49	75 4 04:57	78 5 08:20	77 1 02:58
6	00.06.24	5 00.13.45	4 00.19.40	2 00.25.12	2 00.30.11	3 00.36.44	3 00.40.33	3 00.45.30	3 00.53.50	3 00.56.48
83	1 03:52	84 4 07:40	100 4 04:12	CL 1 00:28						
2	01.00.40	2 01.08.20	2 01.12.32	2 01.13.00						
3	Bricalli Corinna	AGET Lugano	01.13.23							
34	2 01:58	38 10 11:53	41 4 04:48	44 7 08:38	46 7 05:15	51 1 04:57	72 2 04:18	75 1 04:45	78 4 07:34	77 4 03:38
2	00.01.58	6 00.13.51	3 00.18.39	5 00.27.17	5 00.32.32	4 00.37.29	4 00.41.47	4 00.46.32	4 00.54.06	4 00.57.44
83	3 04:13	84 2 07:21	100 3 03:34	CL 2 00:31						
3	01.01.57	3 01.09.18	3 01.12.52	3 01.13.23						

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Campionato Regionale Long Lombardia 2023 Data: domenica 5 novembre 2023

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...Categoria: Rosso

Pos.	Nome										Società										Tempo								
4	Mattea Luigi										POL. VERCELLESE 2020										01.18.40								
34	5	04:40	38	6	07:52	41	3	04:00	44	3	05:16	46	2	04:27	51	1	04:57	72	7	06:48	75	6	05:06	78	6	10:05	77	2	03:08
5		00.04.40	4		00.12.32	2		00.16.32	1		00.21.48	1		00.26.15	1		00.31.12	1		00.38.00	1		00.43.06	2		00.53.11	2		00.56.19
83	6	06:02	84	6	09:33	100	7	05:57	CL	7	00:49																		
4		01.02.21	4		01.11.54	4		01.17.51	4		01.18.40																		
5	Merati Massimo										POL. PUNTO NORD										01.24.33								
34	4	04:24	38	3	06:15	41	9	11:01	44	1	04:48	46	4	04:42	51	8	14:30	72	3	04:25	75	3	04:48	78	1	05:53	77	7	05:21
4		00.04.24	2		00.10.39	7		00.21.40	4		00.26.28	4		00.31.10	7		00.45.40	6		00.50.05	6		00.54.53	5		01.00.46	5		01.06.07
83	5	04:59	84	5	08:06	100	5	04:43	CL	6	00:38																		
5		01.11.06	5		01.19.12	6		01.23.55	5		01.24.33																		
6	Pozzi Ambrogina										POL. BESANESE										01.35.29								
34	10	15:23	38	7	08:44	41	2	03:58	44	5	06:20	46	1	04:26	51	4	05:31	72	8	07:56	75	5	04:59	78	2	06:23	77	6	04:25
10		00.15.23	10		00.24.07	9		00.28.05	8		00.34.25	7		00.38.51	6		00.44.22	7		00.52.18	7		00.57.17	7		01.03.40	7		01.08.05
83	4	04:35	84	9	16:17	100	6	05:55	CL	5	00:37																		
6		01.12.40	8		01.28.57	7		01.34.52	6		01.35.29																		
7	Donadini Fabrizio										VARESE OR.										01.41.54								
34	1	01:12	38	9	10:01	41	8	09:52	44	6	07:03	46	3	04:40	51	5	06:17	72	5	04:31	75	7	06:42	78	8	12:53	77	3	03:29
1		00.01.12	3		00.11.13	6		00.21.05	6		00.28.08	6		00.32.48	5		00.39.05	5		00.43.36	5		00.50.18	6		01.03.11	6		01.06.40
83	7	06:04	84	8	14:29	100	9	13:23	CL	9	01:18																		
7		01.12.44	7		01.27.13	8		01.40.36	7		01.41.54																		
8	Magenes Linda										POL. PUNTO NORD										01.51.49								
34	9	10:30	38	8	09:22	41	5	04:58	44	8	09:23	46	8	06:38	51	7	10:41	72	6	05:35	75	8	08:03	78	7	12:04	77	8	05:26
9		00.10.30	9		00.19.52	8		00.24.50	7		00.34.13	8		00.40.51	8		00.51.32	8		00.57.07	8		01.05.10	8		01.17.14	8		01.22.40
83	8	08:30	84	7	12:10	100	8	07:39	CL	8	00:50																		
8		01.31.10	9		01.43.20	9		01.50.59	8		01.51.49																		
-	Ghezzi Gianni										AGET Lugano										Punz. Errata								
34	7	08:07	38	1	06:12	42	-	09:49	46	-	10:38	51	-	04:28	72	-	03:15	75	-	04:50	78	-	12:10	77	-	03:10	83	-	04:03
7		00.08.07	7		00.14.19	-		00.24.08	-		00.34.46	-		00.39.14	-		00.42.29	-		00.47.19	-		00.59.29	-		01.02.39	-		01.06.42
82	-	10:42	84	1	03:39	100	1	02:44	PE	3	00:34																		
-		01.17.24	6		01.21.03	5		01.23.47	9		01.24.21																		
-	Gallerani Paolo										CRAL G.T.T.										Punz. Mancante								
34	3	02:40	38	4	06:35	41	6	05:35	46	-	09:24	51	-	05:20	72	-	04:30	75	-	06:55	78	-	07:55	77	-	03:31	83	-	04:34
3		00.02.40	1		00.09.15	1		00.14.50	-		00.24.14	-		00.29.34	-		00.34.04	-		00.40.59	-		00.48.54	-		00.52.25	-		00.56.59
84	-	09:26	100	-	04:02	PM	-	00:31																					
-		01.06.25	-		01.10.27	10		01.10.58																					

Categoria: Azzurro

(Lunghezza 6100 m - Dislivello 185 m - Kmsf 7,95)

Pos.	Nome										Società										Tempo								
1	Giovannini Marco										OK Trzin										01.04.56								
35	1	01:18	38	2	04:46	47	2	03:56	48	1	04:47	49	1	03:11	46	1	05:53	52	1	07:20	53	2	03:44	55	3	04:03	54	1	02:02
1		00.01.18	1		00.06.04	1		00.10.00	1		00.14.47	1		00.17.58	1		00.23.51	1		00.31.11	1		00.34.55	1		00.38.58	1		00.41.00
67	1	08:29	78	1	06:26	83	1	02:07	87	3	04:42	100	1	01:45	CL	1	00:27												
1		00.49.29	1		00.55.55	1		00.58.02	1		01.02.44	1		01.04.29	1		01.04.56												
2	Kume Saho										Tortoise										01.12.00								
35	2	01:58	38	1	04:23	47	1	03:54	48	3	06:30	49	2	05:56	46	3	08:03	52	3	08:01	53	1	03:07	55	1	03:11	54	2	02:18
2		00.01.58	2		00.06.21	2		00.10.15	2		00.16.45	2		00.22.41	2		00.30.44	2		00.38.45	2		00.41.52	2		00.45.03	2		00.47.21
67	2	08:34	78	2	06:48	83	2	02:11	87	2	04:24	100	2	02:13	CL	2	00:29												
2		00.55.55	2		01.02.43	2		01.04.54	2		01.09.18	2		01.11.31	2		01.12.00												
3	Hiroki Inoue										NIRVANA VERDE										01.34.42								
35	3	02:55	38	3	08:17	47	3	06:00	48	2	06:07	49	3	07:18	46	2	06:21	52	2	07:49	53	3	06:13	55	2	03:22	54	3	06:05
3		00.02.55	3		00.11.12	3		00.17.12	3		00.23.19	3		00.30.37	3		00.36.58	3		00.44.47	3		00.51.00	3		00.54.22	3		01.00.27
67	3	14:45	78	3	07:40	83	3	03:55	87	1	04:11	100	3	03:13	CL	3	00:31												
3		01.15.12	3		01.22.52	3		01.26.47	3		01.30.58	3		01.34.11	3		01.34.42												
-	Menescardi Paolo										L'ORMA S.S.D. A.R.L.										Punz. Mancante								
35	4	06:11	38	4	13:40	47	4	08:30	48	4	06:36	46	-	25:47	52	-	12:55	53	-	05:14	55	-	05:09	54	-	04:06	67	-	21:53
4		00.06.11	4		00.19.51	4		00.28.21	4		00.34.57	-		01.00.44	-		01.13.39	-		01.18.53	-		01.24.02	-		01.28.08	-		01.50.01
78	-	10:47	83	-	04:39	87	-	12:42	100	-	02:28	PM	-	00:32															
-		02.00.48	-		02.05.27	-		02.18.09	-		02.20.37	4		02.21.09															

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Campionato Regionale Long Lombardia 2023 Data: domenica 5 novembre 2023

Data creazione: 06/11/2023 18:48:02



Categoria: Viola

(Lunghezza 7700 m - Dislivello 250 m - Kmsf 10,20)

Pos.	Nome	Società	Tempo
1	Kume Junya	Irumashi OLC	01.25.24
47	1 06:25	44 1 03:32	46 1 03:57
1	00.06.25	1 00.09.57	1 00.13.54
56	1 08:39	57 1 05:04	55 1 04:35
1	00.22.33	1 00.27.37	1 00.32.12
54	1 01:57	53 1 02:15	52 1 07:08
1	00.34.09	1 00.36.24	1 00.43.32
63	1 08:01	64 1 03:18	41 1 10:47
1	00.54.51	1 01.05.38	1 01.07.38
39	1 02:00	77 1 06:28	83 1 03:15
1	01.14.06	1 01.17.21	1 01.23.10
87	1 05:49	100 1 01:45	CL 1 00:29
1	01.24.55	1 01.25.24	

Categoria: Nero

(Lunghezza 10200 m - Dislivello 345 m - Kmsf 13,65)

Pos.	Nome	Società	Tempo
1	Kosky Jack	POL. BESANESE	01.35.33
33	1 00:34	48 1 08:09	49 1 02:00
1	00.00.34	1 00.08.43	1 00.10.43
42	1 03:16	45 1 01:35	50 1 02:33
1	00.13.59	1 00.15.34	1 00.18.07
64	1 13:50	63 1 04:13	60 1 05:34
1	00.31.57	1 00.36.10	1 00.41.44
59	1 00:45	62 1 02:22	53 1 05:42
1	00.44.51	1 00.50.33	1 00.54.19
57	1 02:51	58 1 03:45	65 1 13:46
1	00.57.10	1 01.00.55	1 01.14.41
75	1 03:35	78 1 05:32	39 1 05:08
1	01.18.16	1 01.23.48	1 01.28.56
84	1 04:26	100 1 01:46	CL 1 00:25
1	01.35.08	1 01.35.33	

Categoria: M 10

(Lunghezza 2200 m - Dislivello 30 m - Kmsf 2,50)

Pos.	Nome	Società	Tempo
1	Pedroncelli Giorgio	OR. COMO	00.20.30
36	3 04:14	37 1 03:26	82 2 02:20
3	00.04.14	1 00.07.40	1 00.10.00
80	2 03:15	85 2 02:34	90 1 03:13
1	00.13.15	1 00.15.49	1 00.19.02
100	2 01:01	CL 2 00:27	1 00.20.03
1	00.20.30		
2	Spagnoli Zeno	NIRVANA VERDE	00.20.40
36	1 03:09	37 4 05:39	82 1 02:02
1	00.03.09	4 00.08.48	2 00.10.50
80	1 03:08	85 1 02:00	90 3 03:29
1	00.13.58	2 00.15.58	2 00.19.27
100	1 00:47	CL 1 00:26	1 00.20.14
1	00.20.40	2 00.20.40	2 00.20.40
3	Ruggiero Enea	NIRVANA VERDE	00.27.14
36	4 04:21	37 3 03:56	82 3 05:52
4	00.04.21	3 00.08.17	3 00.14.09
80	3 04:14	85 3 03:58	90 2 03:20
1	00.18.23	3 00.22.21	3 00.25.41
100	4 01:06	CL 2 00:27	3 00.26.47
1	00.27.14	3 00.27.14	
4	Brambilla Paolo	POL. BESANESE	00.35.18
36	2 04:13	37 2 03:36	82 4 12:34
2	00.04.13	2 00.07.49	4 00.20.23
80	4 05:38	85 4 04:16	90 3 03:29
1	00.26.01	4 00.30.17	4 00.33.46
100	3 01:03	CL 4 00:29	4 00.34.49
1	00.35.18	4 00.35.18	

Categoria: M 12

(Lunghezza 3300 m - Dislivello 45 m - Kmsf 3,75)

Pos.	Nome	Società	Tempo
1	Maiocchi Alessandro	POL. PUNTO NORD	00.23.46
31	1 01:45	37 2 02:35	36 2 02:05
1	00.01.45	1 00.04.20	1 00.06.25
43	4 04:47	76 3 04:02	80 2 02:08
1	00.11.12	1 00.15.14	1 00.17.22
85	4 02:06	90 2 03:07	100 3 00:52
1	00.19.28	1 00.22.35	1 00.23.27
1	00.23.46	1 00.23.46	1 00.23.46
2	Robadey Giona	Unitas Malcantone	00.24.19
31	6 05:26	37 1 02:26	36 1 01:54
6	00.05.26	3 00.07.52	2 00.09.46
43	1 04:05	76 1 03:00	80 1 02:04
1	00.13.51	2 00.16.51	2 00.18.55
85	1 01:31	90 1 02:40	100 1 00:47
1	00.23.06	2 00.23.06	2 00.23.53
1	00.24.19	2 00.24.19	2 00.24.19
3	Chemello Samuele	POL. IST. SUP. DALLA CHIESA S...	00.29.51
31	2 02:03	37 7 07:15	36 4 02:33
2	00.02.03	5 00.09.18	4 00.11.51
43	3 04:44	76 4 04:03	80 3 02:19
1	00.16.35	3 00.20.38	3 00.22.57
85	3 02:03	90 3 03:27	100 4 00:53
1	00.28.27	3 00.28.27	3 00.29.20
1	00.29.51	3 00.29.51	3 00.29.51
4	Pagani Pietro	POL. IST. SUP. DALLA CHIESA S...	00.33.52
31	5 03:41	37 4 05:30	36 6 03:59
5	00.03.41	4 00.09.11	5 00.13.10
43	6 06:00	76 5 04:56	80 5 02:54
1	00.19.10	6 00.24.06	6 00.27.00
85	2 01:36	90 6 03:56	100 2 00:48
1	00.28.36	4 00.32.32	4 00.33.20
1	00.33.52	4 00.33.52	4 00.33.52
5	Corso Samuel	Unitas Malcantone	00.34.10
31	3 02:22	37 3 04:03	36 5 03:58
3	00.02.22	2 00.06.25	3 00.10.23
43	7 06:53	76 7 06:10	80 7 03:23
1	00.17.16	5 00.23.26	5 00.26.49
85	5 02:11	90 5 03:48	100 6 01:00
1	00.23.26	5 00.29.00	5 00.32.48
1	00.34.10	5 00.34.10	5 00.34.10

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Campionato Regionale Long Lombardia 2023 Data: domenica 5 novembre 2023

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...Categoria: M 12

Pos.	Nome	Società	Tempo
6	Brogiolo Leonardo	POL.IST.SUP.DALLA CHIESA S...	00.36.46
31	4 02:45	37 6 07:08	36 7 04:11
43	5 05:43	76 6 05:12	80 6 02:55
85	6 03:20	90 6 03:56	100 5 00:59
CL	7 00:37		
4	00.02.45	6 00.09.53	7 00.14.04
7	00.19.47	7 00.24.59	7 00.27.54
6	00.31.14	6 00.35.10	6 00.36.09
6	00.36.09	6 00.36.46	6 00.36.46
7	Merati Ettore	POL. PUNTO NORD	00.49.36
31	7 05:49	37 5 05:53	36 3 02:12
43	2 04:36	76 2 03:44	80 4 02:24
85	7 19:45	90 4 03:35	100 7 01:05
CL	6 00:33		
7	00.05.49	7 00.11.42	6 00.13.54
5	00.18.30	4 00.22.14	4 00.24.38
7	00.44.23	7 00.47.58	7 00.49.03
7	00.49.36	7 00.49.36	7 00.49.36

Categoria: M 13/14

(Lunghezza 3300 m - Dislivello 45 m - Kmsf 3,75)

Pos.	Nome	Società	Tempo
1	Crippa Tommaso	POL. BESANESE	00.26.11
40	2 04:36	43 2 02:50	70 2 04:04
72	1 00:53	71 1 02:41	74 1 01:19
79	4 05:45	90 3 02:53	100 5 00:45
CL	4 00:25		
2	00.04.36	2 00.07.26	1 00.11.30
1	00.12.23	1 00.15.04	1 00.16.23
1	00.22.08	1 00.25.01	1 00.25.46
1	00.26.11	1 00.26.11	1 00.26.11
2	Brambilla Carlo	POL. BESANESE	00.26.18
40	1 04:10	43 4 02:56	70 6 04:51
72	4 01:08	71 2 04:01	74 4 01:35
79	1 04:09	90 2 02:27	100 2 00:40
CL	2 00:21		
1	00.04.10	1 00.07.06	4 00.11.57
3	00.13.05	2 00.17.06	2 00.18.41
2	00.22.50	2 00.25.17	2 00.25.57
2	00.26.18	2 00.26.18	2 00.26.18
3	Bricalli Noah	AGET Lugano	00.32.04
40	3 04:40	43 3 02:53	70 3 04:19
72	2 00:57	71 8 09:07	74 3 01:31
79	3 05:25	90 1 02:13	100 1 00:39
CL	1 00:20		
3	00.04.40	3 00.07.33	3 00.11.52
2	00.12.49	4 00.21.56	4 00.23.27
3	00.28.52	3 00.31.05	3 00.31.44
3	00.32.04	3 00.32.04	3 00.32.04
4	Bocchiola Riccardo	POL. PUNTO NORD	00.35.19
40	4 05:19	43 1 02:48	70 1 03:27
72	8 03:57	71 4 05:59	74 2 01:29
79	6 08:11	90 4 03:05	100 3 00:43
CL	2 00:21		
4	00.05.19	4 00.08.07	2 00.11.34
5	00.15.31	3 00.21.30	3 00.22.59
4	00.31.10	4 00.34.15	4 00.34.58
4	00.35.19	4 00.35.19	4 00.35.19
5	Schiavo Alessio	POL. BESANESE	00.36.24
40	5 05:47	43 6 03:37	70 5 04:28
72	3 01:07	71 7 09:03	74 5 02:12
79	2 05:04	90 6 03:55	100 4 00:44
CL	5 00:27		
5	00.05.47	5 00.09.24	5 00.13.52
4	00.14.59	5 00.24.02	5 00.26.14
5	00.31.18	5 00.35.13	5 00.35.57
5	00.36.24	5 00.36.24	5 00.36.24
6	Pizzi Filippo	POL.IST.SUP.DALLA CHIESA S...	00.37.28
40	8 09:21	43 5 03:05	70 7 05:56
72	5 01:35	71 3 04:06	74 6 02:18
79	5 06:10	90 5 03:33	100 7 00:57
CL	5 00:27		
8	00.09.21	8 00.12.26	7 00.18.22
7	00.19.57	6 00.24.03	6 00.26.21
6	00.32.31	6 00.36.04	6 00.37.01
6	00.37.28	6 00.37.28	6 00.37.28
7	Costa Tommaso	POL.IST.SUP.DALLA CHIESA S...	00.46.44
40	6 05:50	43 7 03:56	70 4 04:27
72	7 02:19	71 5 07:53	74 7 02:31
79	7 09:58	90 8 08:33	100 6 00:48
CL	7 00:29		
6	00.05.50	6 00.09.46	6 00.14.13
6	00.16.32	7 00.24.25	7 00.26.56
7	00.36.54	7 00.45.27	7 00.46.15
7	00.46.44	7 00.46.44	7 00.46.44
8	Chionni Giacomo	POL.IST.SUP.DALLA CHIESA S...	00.56.01
40	7 06:18	43 8 04:47	70 8 08:10
72	6 01:38	71 6 07:59	74 8 03:14
79	8 17:26	90 7 05:02	100 8 00:58
CL	7 00:29		
7	00.06.18	7 00.11.05	8 00.19.15
8	00.20.53	8 00.28.52	8 00.32.06
8	00.49.32	8 00.54.34	8 00.55.32
8	00.56.01	8 00.56.01	8 00.56.01

Categoria: M 15/16

(Lunghezza 4800 m - Dislivello 145 m - Kmsf 6,25)

Pos.	Nome	Società	Tempo
1	Pellizzari Emilio	UNIONE LOMBARDA	01.03.31
32	4 03:00	38 1 04:18	41 3 03:33
42	1 01:19	43 4 06:19	50 1 05:36
51	1 03:32	52 1 05:02	67 1 08:03
73	1 03:55		
4	00.03.00	2 00.07.18	2 00.10.51
1	00.12.10	2 00.18.29	2 00.24.05
2	00.27.37	2 00.27.37	2 00.27.37
1	00.32.39	1 00.32.39	1 00.32.39
78	1 04:25	80 4 05:04	84 3 06:29
100	2 02:32	CL 1 00:24	
1	00.49.02	1 00.54.06	1 01.00.35
1	01.03.07	1 01.03.07	1 01.03.31
2	Marzaro Gabriele	POL.IST.SUP.DALLA CHIESA S...	01.10.56
32	2 02:32	38 2 04:42	41 1 03:26
42	2 01:45	43 2 02:23	50 2 06:29
51	3 04:00	52 3 11:47	67 3 08:08
73	2 06:35		
2	00.02.32	1 00.07.14	1 00.10.40
2	00.12.25	1 00.14.48	1 00.21.17
1	00.25.17	2 00.37.04	2 00.45.12
2	00.51.47	78 2 06:45	80 3 04:28
84	1 05:01	100 1 02:31	CL 1 00:24
2	00.58.32	2 01.03.00	2 01.08.01
2	01.10.32	2 01.10.32	2 01.10.56
3	Carando Nicolo'	POL.IST.SUP.DALLA CHIESA S...	01.15.20
32	3 02:48	38 4 08:32	41 1 03:26
42	3 01:49	43 1 02:18	50 3 06:36
51	2 03:58	52 4 11:50	67 1 08:03
73	3 06:36		
3	00.02.48	4 00.11.20	3 00.14.46
3	00.16.35	3 00.18.53	3 00.25.29
3	00.29.27	3 00.41.17	3 00.49.20
3	00.55.56	78 3 07:05	80 1 04:01
84	2 05:07	100 3 02:44	CL 3 00:27
3	01.03.01	3 01.07.02	3 01.12.09
3	01.14.53	3 01.15.20	3 01.15.20

...Categoria: M 15/16

Pos.	Nome	Società	Tempo
4	Skopinskiy Ivan	OMEGA Bratislava	01.46.08
32	1 01:39	38 3 06:38	41 4 15:08
42	4 02:42	43 3 04:41	50 4 08:04
51	4 04:40	52 2 05:19	67 4 22:07
73	4 10:00		
1	00.01.39	3 00.08.17	4 00.23.25
4	00.26.07	4 00.30.48	4 00.38.52
4	00.43.32	4 00.48.51	4 01.10.58
4	01.20.58		
78	4 07:34	80 2 04:08	84 4 09:00
100	4 04:01	CL 3 00:27	
4	01.28.32	4 01.32.40	4 01.41.40
4	01.45.41	4 01.46.08	

Categoria: M 17/18

(Lunghezza 7700 m - Dislivello 250 m - Kmsf 10,20)

Pos.	Nome	Società	Tempo
1	Bonalumi Federico	NIRVANA VERDE	01.33.08
47	1 09:28	44 1 03:49	46 1 03:37
56	1 10:20	57 1 05:13	55 1 04:18
54	1 02:53	53 1 07:25	52 1 02:38
63	1 05:29		
1	00.09.28	1 00.13.17	1 00.16.54
1	00.27.14	1 00.32.27	1 00.36.45
1	00.39.38	1 00.47.03	1 00.49.41
1	00.55.10		
64	1 03:19	41 1 14:03	39 1 02:34
77	1 06:37	77 1 06:37	83 1 03:47
87	1 05:37	100 1 01:37	CL 1 00:24
1	00.58.29	1 01.12.32	1 01.15.06
1	01.21.43	1 01.25.30	1 01.31.07
1	01.32.44	1 01.33.08	

Categoria: M ELITE

(Lunghezza 10200 m - Dislivello 345 m - Kmsf 13,65)

Pos.	Nome	Società	Tempo
1	Ruggiero Mario	NIRVANA VERDE	01.29.44
33	3 00:32	48 3 08:52	49 6 05:04
42	4 04:32	45 8 02:50	50 2 02:47
64	2 08:25	63 3 02:42	60 1 05:56
59	8 00:59		
3	00.00.32	3 00.09.24	3 00.14.28
3	00.19.00	3 00.21.50	3 00.24.37
3	00.33.02	3 00.35.44	3 00.41.40
3	00.42.39		
62	2 02:01	53 3 06:03	55 6 02:37
57	2 02:09	58 7 03:13	65 1 14:08
75	1 03:18	78 1 03:08	39 1 02:48
84	6 05:19		
3	00.44.40	3 00.50.43	3 00.53.20
3	00.55.29	3 00.58.42	2 01.12.50
2	01.16.08	1 01.19.16	1 01.22.04
1	01.27.23		
100	3 01:58	CL 2 00:23	
1	01.29.21	1 01.29.44	
2	Magenes Francesco	POL. BESANESE	01.32.19
33	2 00:28	48 2 08:42	49 3 03:10
42	1 03:39	45 2 01:57	50 1 02:39
64	4 08:41	63 1 02:25	60 4 07:00
59	2 00:50		
2	00.00.28	1 00.09.10	2 00.12.20
1	00.15.59	1 00.17.56	1 00.20.35
1	00.29.16	1 00.31.41	1 00.38.41
1	00.39.31		
62	1 01:58	53 4 06:07	55 1 02:12
57	1 02:08	58 4 02:50	65 2 15:53
75	2 04:26	78 8 04:42	39 7 05:04
84	1 04:30		
1	00.41.29	1 00.47.36	1 00.49.48
1	00.51.56	1 00.54.46	1 01.10.39
1	01.15.05	2 01.19.47	2 01.24.51
2	01.29.21		
100	5 02:37	CL 1 00:21	
2	01.31.58	2 01.32.19	
3	Šubrt Vojtech	OPK MIRAFLORES	01.33.51
33	1 00:26	48 4 09:08	49 2 02:36
42	3 04:09	45 4 02:12	50 3 03:02
64	1 08:12	63 5 03:02	60 2 06:40
59	8 00:59		
1	00.00.26	4 00.09.34	1 00.12.10
2	00.16.19	2 00.18.31	2 00.21.33
2	00.29.45	2 00.32.47	2 00.39.27
2	00.40.26		
62	4 02:15	53 7 06:44	55 8 03:14
57	5 02:31	58 1 02:26	65 4 17:32
75	3 04:32	78 2 03:26	39 5 03:59
84	2 04:35		
2	00.42.41	2 00.49.25	2 00.52.39
2	00.55.10	2 00.57.36	3 01.15.08
3	01.19.40	3 01.23.06	3 01.27.05
3	01.31.40		
100	1 01:46	CL 7 00:25	
3	01.33.26	3 01.33.51	
4	Khudiakov Aleksandr	POL. PUNTO NORD	01.40.04
33	7 00:58	48 5 09:23	49 5 04:40
42	7 06:21	45 5 02:25	50 5 03:24
64	5 08:48	63 2 02:34	60 6 07:12
59	1 00:49		
7	00.00.58	5 00.10.21	5 00.15.01
7	00.21.22	6 00.23.47	5 00.27.11
5	00.35.59	4 00.38.33	4 00.45.45
4	00.46.34		
62	3 02:06	53 1 05:48	55 2 02:15
57	6 02:36	58 6 03:06	65 3 17:23
75	6 05:37	78 4 03:48	39 3 03:45
84	4 04:52		
4	00.48.40	4 00.54.28	4 00.56.43
4	00.59.19	4 01.02.25	4 01.19.48
4	01.25.25	4 01.29.13	4 01.32.58
4	01.37.50		
100	2 01:50	CL 5 00:24	
4	01.39.40	4 01.40.04	
5	Calandry Raphael	Anney Sport Orientation	01.47.49
33	8 01:02	48 9 12:24	49 1 02:19
42	5 04:58	45 10 06:59	50 6 03:36
64	3 08:32	63 4 02:54	60 5 07:07
59	4 00:53		
8	00.01.02	9 00.13.26	6 00.15.45
6	00.20.43	7 00.27.42	7 00.31.18
6	00.39.50	6 00.42.44	6 00.49.51
6	00.50.44		
62	5 02:44	53 6 06:32	55 4 02:28
57	7 02:52	58 2 02:38	65 5 18:29
75	7 05:51	78 3 03:29	39 4 03:51
84	3 04:48		
6	00.53.28	6 01.00.00	6 01.02.28
6	01.05.20	6 01.07.58	6 01.26.27
6	01.32.18	6 01.35.47	6 01.39.38
6	01.44.26		
100	8 03:00	CL 2 00:23	
5	01.47.26	5 01.47.49	
6	Hütter Jakob	SCOM Mendrisio	01.48.23
33	5 00:55	48 1 08:27	49 8 06:59
42	2 04:06	45 1 01:50	50 4 03:03
64	6 10:15	63 7 03:41	60 3 06:44
59	5 00:55		
5	00.00.55	2 00.09.22	7 00.16.21
5	00.20.27	5 00.22.17	4 00.25.20
4	00.35.35	5 00.39.16	5 00.46.00
5	00.46.55		
62	6 02:58	53 2 05:56	55 5 02:30
57	3 02:25	58 3 02:49	65 6 19:39
75	4 05:01	78 7 04:37	39 8 05:30
84	8 05:31		
5	00.49.53	5 00.55.49	5 00.58.19
5	01.00.44	5 01.03.33	5 01.23.12
5	01.28.13	5 01.32.50	5 01.38.20
5	01.43.51		
100	9 04:09	CL 2 00:23	
6	01.48.00	6 01.48.23	

CLASSIFICA

Campionato Regionale Long Lombardia 2023 Data: domenica 5 novembre 2023

Data creazione: 06/11/2023 18:48:02



...Categoria: M ELITE

Pos.	Nome	Società	Tempo
7	Chiogna Jacopo	OPK MIRAFLORES	01.59.22
33	4 00:53	48 6 09:30	49 4 04:13
4	00.00.53	6 00.10.23	4 00.14.36
62	7 03:00	53 5 06:26	55 7 02:40
7	00.58.58	7 01.05.24	7 01.08.04
100	4 02:27	CL 5 00:24	
7	01.58.58	7 01.59.22	
8	Sala Alessandro	POL. BESANESE	02.18.55
33	6 00:56	48 8 11:59	49 9 10:01
6	00.00.56	7 00.12.55	9 00.22.56
62	7 03:00	53 10 10:46	55 3 02:20
8	01.07.32	8 01.18.18	8 01.20.38
100	7 02:56	CL 9 00:29	
8	02.18.26	8 02.18.55	
9	Ponteri Marco	NIRVANA VERDE	02.44.40
33	10 01:39	48 7 11:17	49 10 13:18
10	00.01.39	8 00.12.56	10 00.26.14
62	9 03:47	53 8 07:13	55 10 09:06
9	01.22.40	9 01.29.53	10 01.38.59
100	6 02:41	CL 8 00:26	
9	02.44.14	9 02.44.40	
10	Bonomi Alessandro	POL. BESANESE	02.52.12
33	9 01:29	48 10 12:33	49 7 05:20
9	00.01.29	10 00.14.02	8 00.19.22
62	10 03:54	53 9 07:24	55 9 03:21
10	01.25.06	10 01.32.30	9 01.35.51
100	10 04:30	CL 9 00:29	
10	02.51.43	10 02.52.12	

Categoria: M 35

(Lunghezza 7700 m - Dislivello 250 m - Kmsf 10,20)

Pos.	Nome	Società	Tempo
1	Magenes Giuseppe	POL. BESANESE	01.15.03
47	2 06:00	44 1 03:07	46 2 03:13
2	00.06.00	2 00.09.07	2 00.12.20
64	1 02:48	41 2 10:44	39 4 02:53
1	00.46.27	1 00.57.11	1 01.00.04
2	Della Vedova Andrea	AGOROSSO OR. S. ALESSANDRO	01.20.02
47	1 05:18	44 2 03:28	46 4 03:29
1	00.05.18	1 00.08.46	1 00.12.15
64	3 03:20	41 6 12:04	39 1 01:48
3	00.51.01	3 01.03.05	3 01.04.53
3	Migliore Andrea	POL. BESANESE	01.21.23
47	4 07:06	44 7 04:33	46 6 03:49
4	00.07.06	5 00.11.39	5 00.15.28
64	2 03:01	41 1 10:39	39 5 03:07
2	00.50.20	2 01.00.59	2 01.04.06
4	Di Stefano Gianluca	POL. BESANESE	01.23.46
47	7 08:09	44 6 04:10	46 1 03:06
7	00.08.09	7 00.12.19	4 00.15.25
64	4 03:40	41 7 12:18	39 3 02:18
4	00.52.46	4 01.05.04	4 01.07.22
5	Crivelli Diego	SCOM Mendrisio	01.31.21
47	3 06:10	44 3 03:55	46 8 07:28
3	00.06.10	3 00.10.05	7 00.17.33
64	6 04:24	41 3 10:49	39 2 02:15
5	01.02.59	5 01.13.48	5 01.16.03
6	Freddi Giorgio	NIRVANA VERDE	01.38.31
47	8 14:32	44 8 05:34	46 3 03:21
8	00.14.32	8 00.20.06	8 00.23.27
64	7 04:43	41 4 11:43	39 6 03:11
7	01.07.09	7 01.18.52	6 01.22.03

...Categoria: M 35

Pos.	Nome		Società		Tempo																								
7	Pirola Diego		POL. BESANESE		01.43.32																								
47	5	07:24	44	4	03:59	46	5	03:39	56	8	12:29	57	3	04:45	55	5	04:18	54	6	02:16	53	6	06:18	52	8	10:40	63	4	05:52
5		00:07.24	4		00:11.23	3		00:15.02	6		00:27.31	6		00:32.16	6		00:36.34	6		00:38.50	6		00:45.08	7		00:55.48	6		01:01.40
64	5	04:03	41	5	11:57	39	7	04:44	77	6	07:17	83	8	06:28	87	6	05:11	100	4	01:41	CL	7	00:31						
6		01:05.43	6		01:17.40	7		01:22.24	7		01:29.41	7		01:36.09	7		01:41.20	7		01:43.01	7		01:43.32						
8	Longatti Davide		OR. COMO		02.01.01																								
47	6	07:50	44	5	04:00	46	7	05:16	56	7	11:39	57	8	12:51	55	8	07:16	54	8	04:29	53	7	07:07	52	7	05:46	63	6	07:58
6		00:07.50	6		00:11.50	6		00:17.06	7		00:28.45	8		00:41.36	8		00:48.52	8		00:53.21	8		01:00.28	8		01:06.14	8		01:14.12
64	8	05:49	41	8	14:53	39	8	04:52	77	8	07:40	83	7	04:31	87	7	06:06	100	8	02:20	CL	8	00:38						
8		01:20.01	8		01:34.54	8		01:39.46	8		01:47.26	8		01:51.57	8		01:58.03	8		02:00.23	8		02:01.01						

Categoria: M 45

(Lunghezza 7700 m - Dislivello 250 m - Kmsf 10,20)

Pos.	Nome		Società		Tempo																								
1	Wüstenhagen Rolf		OLG St.Gallen/Appenzell		01.12.43																								
47	1	05:24	44	4	03:40	46	3	03:20	56	2	09:05	57	2	04:19	55	3	04:12	54	3	02:04	53	9	04:16	52	6	04:19	63	2	04:51
1		00:05.24	1		00:09.04	1		00:12.24	2		00:21.29	1		00:25.48	1		00:30.00	1		00:32.04	2		00:36.20	2		00:40.39	2		00:45.30
64	1	02:47	41	2	10:24	39	2	01:42	77	2	05:22	83	2	02:10	87	1	02:49	100	2	01:37	CL	2	00:22						
2		00:48.17	2		00:58.41	2		01:00.23	1		01:05.45	1		01:07.55	1		01:10.44	1		01:12.21	1		01:12.43						
2	Colombo Marco		NIRVANA VERDE		01.13.28																								
47	2	05:34	44	11	05:41	46	1	02:43	56	1	07:25	57	3	04:34	55	6	04:48	54	1	01:58	53	4	02:42	52	1	02:44	63	1	04:30
2		00:05.34	6		00:11.15	4		00:13.58	1		00:21.23	2		00:25.57	2		00:30.45	2		00:32.43	1		00:35.25	1		00:38.09	1		00:42.39
64	7	04:04	41	4	11:26	39	5	02:09	77	3	05:36	83	3	02:22	87	4	03:28	100	1	01:23	CL	1	00:21						
1		00:46.43	1		00:58.09	1		01:00.18	2		01:05.54	2		01:08.16	2		01:11.44	2		01:13.07	2		01:13.28						
3	Cattaneo Fabio		POL. PUNTO NORD		01.17.07																								
47	5	06:26	44	2	03:22	46	2	03:17	56	3	09:15	57	4	04:35	55	4	04:29	54	10	03:39	53	8	03:30	52	5	03:33	63	9	07:27
5		00:06.26	2		00:09.48	2		00:13.05	3		00:22.20	3		00:26.55	3		00:31.24	3		00:35.03	3		00:38.33	3		00:42.06	4		00:49.33
64	2	02:55	41	1	10:20	39	3	01:44	77	1	05:19	83	1	02:09	87	2	03:00	100	4	01:40	CL	5	00:27						
3		00:52.28	3		01:02.48	3		01:04.32	3		01:09.51	3		01:12.00	3		01:15.00	3		01:16.40	3		01:17.07						
4	Grilli Alberto		POL. PUNTO NORD		01.21.00																								
47	3	05:40	44	12	07:07	46	4	03:27	56	7	10:59	57	1	04:07	55	1	03:45	54	1	01:58	53	3	02:26	52	9	04:59	63	3	05:42
3		00:05.40	7		00:12.47	7		00:16.14	6		00:27.13	6		00:31.20	5		00:35.05	5		00:37.03	5		00:39.29	5		00:44.28	5		00:50.10
64	3	03:02	41	3	11:23	39	6	02:11	77	5	06:20	83	4	02:28	87	3	03:25	100	3	01:38	CL	3	00:23						
5		00:53.12	4		01:04.35	4		01:06.46	4		01:13.06	4		01:15.34	4		01:18.59	4		01:20.37	4		01:21.00						
5	Madella Remo		POL. 'G. MASI'		01.23.21																								
47	7	07:08	44	5	03:57	46	6	03:40	56	4	09:19	57	8	05:43	55	2	03:47	54	6	02:32	53	7	03:17	52	2	02:57	63	6	06:23
7		00:07.08	5		00:11.05	6		00:14.45	5		00:24.04	4		00:29.47	4		00:33.34	4		00:36.06	4		00:39.23	4		00:42.20	3		00:48.43
64	6	04:00	41	6	12:52	39	4	02:02	77	6	06:30	83	6	02:41	87	6	03:37	100	12	02:21	CL	11	00:35						
4		00:52.43	5		01:05.35	5		01:07.37	5		01:14.07	5		01:16.48	5		01:20.25	5		01:22.46	5		01:23.21						
6	Skopinskiy Sergey		OMEGA Bratislava		01.27.17																								
47	4	06:03	44	8	04:23	46	9	04:03	56	5	09:25	57	12	06:12	55	7	05:28	54	5	02:31	53	6	03:00	52	3	03:31	63	5	06:06
4		00:06.03	4		00:10.26	5		00:14.29	4		00:23.54	5		00:30.06	6		00:35.34	6		00:38.05	6		00:41.05	6		00:44.36	6		00:50.42
64	5	03:41	41	5	12:42	39	7	03:00	77	10	08:45	83	5	02:35	87	5	03:34	100	5	01:47	CL	8	00:31						
6		00:54.23	6		01:07.05	6		01:10.05	6		01:18.50	6		01:21.25	6		01:24.59	6		01:26.46	6		01:27.17						
7	Dipace Alessandro		SCOM Mendrisio		01.40.46																								
47	8	07:50	44	10	05:35	46	8	03:49	56	6	10:54	57	10	05:49	55	5	04:44	54	4	02:13	53	1	02:21	52	4	03:32	63	11	07:34
8		00:07.50	9		00:13.25	8		00:17.14	8		00:28.08	8		00:33.57	7		00:38.41	7		00:40.54	7		00:43.15	7		00:46.47	7		00:54.21
64	8	04:27	41	11	17:52	39	13	06:38	77	7	07:05	83	7	03:04	87	8	04:47	100	8	02:03	CL	6	00:29						
7		00:58.48	7		01:16.40	8		01:23.18	8		01:30.23	8		01:33.27	7		01:38.14	7		01:40.17	7		01:40.46						
8	Fomasi Michele		SCOM Mendrisio		01.42.19																								
47	6	06:45	44	1	03:09	46	5	03:32	56	12	14:32	57	7	04:54	55	10	09:24	54	12	04:56	53	2	02:25	52	7	04:44	63	4	05:43
6		00:06.45	3		00:09.54	3		00:13.26	7		00:27.58	7		00:32.52	8		00:42.16	9		00:47.12	8		00:49.37	8		00:54.21	8		01:00.04
64	4	03:04	41	10	15:38	39	1	01:28	77	4	05:42	83	11	05:14	87	13	08:52	100	6	01:53	CL	4	00:24						
8		01:03.08	8		01:18.46	7		01:20.14	7		01:25.56	7		01:31.10	8		01:40.02	8		01:41.55	8		01:42.19						
9	Bocchiola Paolo		POL. PUNTO NORD		01.53.49																								
47	9	08:58	44	7	04:20	46	11	04:48	56	10	13:36	57	9	05:45	55	8	05:45	54	8	03:15	53	11	06:11	52	11	07:35	63	10	07:28
9		00:08.58	8		00:13.18	9		00:18.06	9		00:31.42	9		00:37.27	9		00:43.12	8		00:46.27	9		00:52.38	9		01:00.13	9		01:07.41
64	10	04:47	41	7	15:06	39	10	05:10	77	8	07:47	83	10	03:58	87	9	06:30	100	11	02:14	CL	13	00:36						
9		01:12.28	9		01:27.34	9		01:32.44	9		01:40.31	9		01:44.29	9		01:50.59	9		01:53.13	9		01:53.49						

...Categoria: M 45

Pos.	Nome	Società	Tempo
10	Ravasio Gianbattista	AGOROSSO OR. S. ALESSANDRO	01.54.56
47	12 14:05	44 6 04:12	46 7 03:41
56	9 12:51	57 6 04:48	55 9 07:49
54	7 02:56	53 4 02:42	52 13 10:14
63	12 08:27	12 00.14.05	11 00.21.58
11	00.18.17	10 00.19.55	10 00.32.22
10	00.39.37	10 00.50.22	10 00.53.04
10	01.03.18	10 01.03.18	10 01.11.45
64	9 04:32	41 9 15:18	39 9 04:40
77	12 09:01	83 9 03:17	87 7 03:54
100	7 01:58	CL 8 00:31	
10	01.16.17	10 01.31.35	10 01.36.15
10	01.45.16	10 01.48.33	10 01.52.27
10	01.54.25	10 01.54.25	10 01.54.56
11	Garavaglia Max	NIRVANA VERDE	02.14.51
47	11 09:54	44 9 05:18	46 10 04:43
56	8 12:27	57 11 05:51	55 12 18:47
54	9 03:29	53 12 07:58	52 8 04:58
63	8 07:05	11 00.09.54	10 00.15.12
10	00.15.12	10 00.19.55	10 00.32.22
10	00.38.13	11 00.57.00	11 01.00.29
11	01.08.27	11 01.13.25	11 01.20.30
64	13 10:06	41 8 15:09	39 11 05:19
77	11 08:53	83 12 05:15	87 10 06:58
100	9 02:06	CL 11 00:35	
11	01.30.36	11 01.45.45	11 01.51.04
11	01.59.57	11 02.05.12	11 02.12.10
11	02.14.16	11 02.14.16	11 02.14.51
12	Bricalli Mauro	AGET Lugano	02.24.39
47	13 24:37	44 3 03:26	46 13 08:54
56	13 16:53	57 5 04:43	55 11 15:23
54	11 04:26	53 10 04:30	52 10 05:09
63	7 06:44	13 00.24.37	13 00.28.03
13	00.28.03	13 00.36.57	13 00.53.50
13	00.58.33	13 01.13.56	13 01.18.22
12	01.22.52	12 01.28.01	12 01.34.45
64	11 04:48	41 12 19:38	39 8 03:28
77	9 08:26	83 8 03:13	87 12 07:39
100	10 02:12	CL 7 00:30	
12	01.39.33	12 01.59.11	12 02.02.39
12	02.11.05	12 02.14.18	12 02.21.57
12	02.24.09	12 02.24.09	12 02.24.39
13	Sanvito Gabriele	POL. BESANESE	02.48.51
47	10 09:09	44 13 08:53	46 12 06:39
56	11 14:31	57 13 06:27	55 13 25:29
54	13 06:37	53 13 09:58	52 12 08:11
63	13 10:38	10 00.09.09	11 00.18.02
11	00.18.02	12 00.24.41	12 00.39.12
12	00.45.39	12 01.11.08	12 01.17.45
13	01.27.43	13 01.35.54	13 01.46.32
64	12 06:13	41 13 20:45	39 12 06:03
77	13 12:41	83 13 05:30	87 11 07:32
100	13 03:02	CL 10 00:33	
13	01.52.45	13 02.13.30	13 02.19.33
13	02.32.14	13 02.37.44	13 02.45.16
13	02.48.18	13 02.48.18	13 02.48.51
-	Cavara Andrea	NIRVANA VERDE	Ritirato
RI	- 00:00		
14	00.00.00		

Categoria: M 55

(Lunghezza 6100 m - Dislivello 185 m - Kmsf 7,95)

Pos.	Nome	Società	Tempo
1	Bettelini Stefano	Unitas Malcantone	01.04.22
35	2 01:27	38 2 04:18	47 1 03:58
48	1 03:57	49 1 02:24	46 1 06:00
52	2 07:54	53 7 04:39	55 2 02:41
54	5 02:35	2 00.01.27	1 00.05.45
1	00.09.43	1 00.13.40	1 00.16.04
1	00.22.04	1 00.29.58	1 00.34.37
1	00.37.18	1 00.39.53	
67	1 08:47	78 1 06:15	83 4 02:14
87	6 04:42	100 7 02:04	CL 3 00:27
1	00.48.40	1 00.54.55	1 01.01.51
1	01.03.55	1 01.03.55	1 01.04.22
2	Bozzola Angelo	POL. PUNTO NORD	01.12.56
35	1 01:06	38 6 05:34	47 6 05:39
48	2 04:03	49 2 02:29	46 2 06:21
52	1 07:01	53 6 04:37	55 1 02:38
54	1 01:59	1 00.01.06	4 00.06.40
4	00.06.40	5 00.12.19	3 00.16.22
3	00.16.22	2 00.18.51	2 00.25.12
2	00.32.13	2 00.36.50	2 00.39.28
2	00.41.27	67 7 15:31	78 2 06:43
83	7 03:23	87 1 03:48	100 1 01:38
CL	2 00:26	2 00.56.58	2 01.03.41
2	01.07.04	2 01.07.04	2 01.10.52
2	01.12.30	2 01.12.30	2 01.12.56
3	Bettelini Marco	Unitas Malcantone	01.17.10
35	7 04:00	38 3 04:25	47 2 04:07
48	7 07:16	49 6 03:18	46 5 07:31
52	4 08:10	53 2 03:28	55 4 03:21
54	3 02:25	7 00.04.00	6 00.08.25
6	00.08.25	6 00.12.32	6 00.19.48
6	00.23.06	6 00.30.37	6 00.38.47
5	00.42.15	4 00.45.36	4 00.48.01
67	4 13:45	78 3 06:53	83 1 02:05
87	2 04:05	100 3 01:56	CL 1 00:25
4	01.01.46	4 01.08.39	4 01.10.44
3	01.14.49	3 01.16.45	3 01.17.10
4	Gatti Giorgio Ernesto	POL. PUNTO NORD	01.17.47
35	4 01:39	38 1 04:08	47 4 05:15
48	6 06:08	49 7 03:21	46 8 08:11
52	6 09:03	53 1 03:22	55 8 06:03
54	2 02:18	4 00.01.39	2 00.05.47
2	00.05.47	2 00.11.02	5 00.17.10
5	00.20.31	5 00.28.42	5 00.37.45
4	00.41.07	6 00.47.10	5 00.49.28
67	2 11:21	78 5 07:33	83 3 02:13
87	5 04:40	100 6 02:01	CL 7 00:31
3	01.00.49	3 01.08.22	3 01.10.35
4	01.15.15	4 01.17.16	4 01.17.17
5	Pessina Eugenio	POL. PUNTO NORD	01.23.12
35	3 01:38	38 4 04:50	47 5 05:22
48	3 04:26	49 3 02:44	46 6 07:40
52	9 10:05	53 3 03:42	55 5 03:28
54	6 02:52	3 00.01.38	3 00.06.28
4	00.06.28	4 00.11.50	2 00.16.16
3	00.19.00	3 00.26.40	3 00.36.45
3	00.40.27	3 00.40.27	3 00.43.55
3	00.46.47	67 9 20:59	78 3 06:53
83	2 02:08	87 3 04:08	100 2 01:50
CL	3 00:27	5 01.07.46	5 01.14.39
5	01.14.39	5 01.16.47	5 01.20.55
5	01.22.45	5 01.22.45	5 01.23.12
6	Faetanini Giovanni	CRAL G.T.T.	01.27.26
35	6 01:58	38 5 05:26	47 3 04:20
48	5 05:22	49 5 03:14	46 7 07:58
52	7 09:16	53 9 06:06	55 3 03:10
54	7 03:44	6 00.01.58	5 00.07.24
3	00.11.44	4 00.17.06	4 00.20.20
4	00.28.18	4 00.28.18	4 00.37.34
6	00.43.40	5 00.46.50	6 00.50.34
67	5 14:04	78 9 12:00	83 8 03:25
87	4 04:38	100 9 02:11	CL 9 00:34
5	01.04.38	6 01.16.38	6 01.20.03
6	01.24.41	6 01.26.52	6 01.27.26

CLASSIFICA

Campionato Regionale Long Lombardia 2023 Data: domenica 5 novembre 2023

Data creazione: 06/11/2023 18:48:03



...Categoria: M 55

Pos.	Nome	Società	Tempo
7	Battistoni Luca	VARESE OR.	01.35.57
35	10 13:13	38 9 12:40	47 7 05:56
48	4 05:01	49 4 02:55	46 4 07:20
52	3 08:01	53 5 04:08	55 6 03:52
54	4 02:30		
10	00.13.13	10 00.25.53	9 00.31.49
9	00.36.50	8 00.39.45	8 00.47.05
7	00.55.06	7 00.59.14	7 01.03.06
7	01.05.36		
67	3 12:11	78 6 07:59	83 5 02:25
87	8 05:18	100 5 02:00	CL 5 00:28
7	01.17.47	7 01.25.46	7 01.28.11
7	01.33.29	7 01.35.29	7 01.35.57
8	Dallera Stefano	POL. PUNTO NORD	01.50.41
35	5 01:47	38 10 13:08	47 8 06:12
48	9 14:45	49 8 03:34	46 3 07:18
52	8 09:27	53 4 03:47	55 7 05:25
54	9 11:42		
5	00.01.47	8 00.14.55	7 00.21.07
8	00.35.52	7 00.39.26	7 00.46.44
8	00.56.11	8 00.59.58	8 01.05.23
8	01.17.05		
67	6 15:30	78 7 08:11	83 6 02:26
87	7 05:02	100 4 01:57	CL 6 00:30
8	01.32.35	8 01.40.46	8 01.43.12
8	01.48.14	8 01.50.11	8 01.50.41
9	Sardella Roberto	VARESE OR.	02.12.00
35	8 04:20	38 8 06:10	47 9 12:15
48	8 13:01	49 9 16:47	46 9 09:57
52	5 08:37	53 8 05:42	55 9 07:57
54	8 05:09		
8	00.04.20	7 00.10.30	8 00.22.45
7	00.35.46	9 00.52.33	9 01.02.30
9	01.11.07	9 01.16.49	9 01.24.46
9	01.29.55		
67	8 17:42	78 8 11:23	83 9 04:12
87	9 06:09	100 8 02:08	CL 7 00:31
9	01.47.37	9 01.59.00	9 02.03.12
9	02.09.21	9 02.11.29	9 02.12.00
-	Pezzati Filippo	SCOM Mendrisio	Ritirato
35	9 11:29	38 7 05:40	41 - 03:36
100	- 41:53	RI - 00:50	
9	00.11.29	9 00.17.09	- 00.20.45
-	01.02.38	10 01.03.28	

Categoria: M 65

(Lunghezza 4200 m - Dislivello 145 m - Kmsf 5,65)

Pos.	Nome	Società	Tempo
1	Crivelli Raffaele	SCOM Mendrisio	00.53.10
34	1 01:09	38 1 06:09	41 3 03:08
44	6 07:14	46 3 04:22	51 1 04:08
72	2 03:15	75 1 04:14	78 1 04:38
77	1 02:24		
1	00.01.09	1 00.07.18	1 00.10.26
2	00.17.40	1 00.22.02	1 00.26.10
1	00.29.25	1 00.33.39	1 00.38.17
1	00.40.41		
83	1 02:59	84 2 06:08	100 2 02:50
CL	1 00:32		
1	00.43.40	1 00.49.48	1 00.53.10
2	Curzio Leonardo	ORIENTAMONDO IVREA	00.58.57
34	4 05:22	38 2 06:24	41 1 02:37
44	1 04:30	46 1 03:49	51 2 04:14
72	1 03:00	75 2 04:20	78 6 09:32
77	2 03:00		
4	00.05.22	3 00.11.46	3 00.14.23
3	00.18.53	2 00.22.42	2 00.26.56
2	00.29.56	2 00.34.16	2 00.43.48
2	00.46.48		
83	2 03:34	84 1 05:33	100 1 02:30
CL	1 00:32		
2	00.50.22	2 00.55.55	2 00.58.25
2	00.58.57		
3	Accorroni Massimo	VARESE OR.	01.16.49
34	5 09:15	38 3 06:34	41 5 05:24
44	2 04:43	46 4 05:03	51 3 04:58
72	6 11:13	75 5 05:05	78 2 05:03
77	3 03:06		
5	00.09.15	5 00.15.49	5 00.21.13
5	00.25.56	5 00.30.59	3 00.35.57
4	00.47.10	5 00.52.15	4 00.57.18
4	01.00.24		
83	3 03:47	84 6 08:40	100 3 03:16
CL	5 00:42		
3	01.04.11	3 01.12.51	3 01.16.07
3	01.16.49		
4	Lanini Bruno	VARESE OR.	01.22.27
34	3 02:48	38 6 12:41	41 4 04:02
44	4 05:34	46 2 04:05	51 5 11:40
72	4 04:43	75 3 04:28	78 3 05:30
77	6 03:27		
3	00.02.48	4 00.15.29	4 00.19.31
4	00.25.05	3 00.29.10	4 00.40.50
3	00.45.33	3 00.50.01	3 00.55.31
3	00.58.58		
83	6 09:05	84 5 08:32	100 4 05:05
CL	6 00:47		
4	01.08.03	4 01.16.35	4 01.21.40
4	01.22.27		
5	Galbusera Dario	UNIONE LOMBARDA	01.24.05
34	2 02:19	38 4 07:26	41 2 02:41
44	3 04:51	46 6 13:16	51 6 12:35
72	3 04:26	75 4 04:36	78 4 05:32
77	5 03:22		
2	00.02.19	2 00.09.45	2 00.12.26
1	00.17.17	4 00.30.33	5 00.43.08
5	00.47.34	4 00.52.10	5 00.57.42
5	01.01.04		
83	5 09:00	84 3 07:59	100 5 05:29
CL	3 00:33		
5	01.10.04	5 01.18.03	5 01.23.32
5	01.24.05		
6	Bona Mario Fiorenzo	POL. BESANESE	01.52.44
34	6 23:00	38 5 12:15	41 6 11:24
44	5 06:04	46 5 08:39	51 4 06:18
72	5 06:04	75 6 05:36	78 5 08:56
77	4 03:12		
6	00.23.00	6 00.35.15	6 00.46.39
6	00.52.43	6 01.01.22	6 01.07.40
6	01.13.44	6 01.19.20	6 01.28.16
6	01.31.28		
83	4 05:05	84 4 08:21	100 6 07:16
CL	4 00:34		
6	01.36.33	6 01.44.54	6 01.52.10
6	01.52.44		

CLASSIFICA

Campionato Regionale Long Lombardia 2023 Data: domenica 5 novembre 2023

Data creazione: 06/11/2023 18:48:03



Categoria: M 70

(Lunghezza 4200 m - Dislivello 145 m - Kmsf 5,65)

Pos.	Nome		Società		Tempo																									
1	Maistrello Mariano		POL. PUNTO NORD		01.30.11																									
34	2	02:58	38	2	05:52	41	1	02:55	44	2	06:45	46	2	06:08	51	4	12:33	72	2	04:43	75	2	06:09	78	2	08:02	77	2	03:01	
2	00.02.58		2	00.08.50		2	00.11.45		2	00.18.30		2	00.24.38		2	00.37.11		2	00.41.54		2	00.48.03		1	00.56.05		1	00.59.06		
83	2	04:02	84	4	10:22	100	4	15:58	CL	3	00:43																			
1	01.03.08		1	01.13.30		1	01.29.28		1	01.30.11																				
2	Nessi Carlo		VARESE OR.		01.30.18																									
34	1	01:23	38	1	05:15	41	2	04:34	44	3	06:47	46	1	04:13	51	1	04:45	72	1	03:47	75	4	12:14	78	4	24:39	77	3	03:17	
1	00.01.23		1	00.06.38		1	00.11.12		1	00.17.59		1	00.22.12		1	00.26.57		1	00.30.44		1	00.42.58		3	01.07.37		3	01.10.54		
83	1	03:54	84	3	10:16	100	1	04:37	CL	2	00:37																			
2	01.14.48		2	01.25.04		2	01.29.41		2	01.30.18																				
3	Miniotti Corrado		CRAL G.T.T.		01.31.33																									
34	3	05:44	38	3	11:14	41	3	05:23	44	4	08:48	46	3	07:38	51	2	06:03	72	3	04:52	75	3	06:50	78	1	07:18	77	4	03:44	
3	00.05.44		3	00.16.58		3	00.22.21		3	00.31.09		3	00.38.47		3	00.44.50		3	00.49.42		3	00.56.32		2	01.03.50		2	01.07.34		
83	4	08:53	84	2	08:50	100	2	05:31	CL	4	00:45																			
3	01.16.27		3	01.25.17		3	01.30.48		3	01.31.33																				
4	Arosio Roberto		POL. PUNTO NORD		01.41.12																									
34	4	08:55	38	4	12:13	41	4	11:24	44	1	05:54	46	4	09:34	51	3	06:12	72	4	05:27	75	1	05:28	78	3	10:04	77	1	02:27	
4	00.08.55		4	00.21.08		4	00.32.32		4	00.38.26		4	00.48.00		4	00.54.12		4	00.59.39		4	01.05.07		4	01.15.11		4	01.17.38		
83	3	04:50	84	1	06:51	100	3	11:23	CL	1	00:30																			
4	01.22.28		4	01.29.19		4	01.40.42		4	01.41.12																				

Categoria: W 10

(Lunghezza 2200 m - Dislivello 30 m - Kmsf 2,50)

Pos.	Nome		Società		Tempo																									
1	Bernet Caterina		Unitas Malcantone		00.18.42																									
36	1	03:33	37	1	02:21	82	1	03:01	80	2	03:01	85	1	02:08	90	2	03:19	100	2	00:52	CL	1	00:27							
1	00.03.33		1	00.05.54		1	00.08.55		1	00.11.56		1	00.14.04		1	00.17.23		1	00.18.15		1	00.18.42								
2	Spagnoli Vera		NIRVANA VERDE		00.21.56																									
36	3	04:32	37	3	02:56	82	4	04:45	80	1	02:47	85	4	02:47	90	1	02:51	100	1	00:50	CL	2	00:28							
3	00.04.32		3	00.07.28		3	00.12.13		3	00.15.00		3	00.17.47		3	00.20.38		2	00.21.28		2	00.21.56								
3	Bricalli Viola		AGET Lugano		00.21.59																									
36	2	04:00	37	2	02:52	82	3	04:35	80	3	03:10	85	3	02:25	90	3	03:29	100	4	00:59	CL	3	00:29							
2	00.04.00		2	00.06.52		2	00.11.27		2	00.14.37		2	00.17.02		2	00.20.31		3	00.21.30		3	00.21.59								
4	Dipace Chiara		NIRVANA VERDE		00.26.12																									
36	4	04:44	37	4	04:25	82	2	04:03	80	4	04:48	85	2	02:16	90	4	04:22	100	3	00:53	CL	4	00:41							
4	00.04.44		4	00.09.09		4	00.13.12		4	00.18.00		4	00.20.16		4	00.24.38		4	00.25.31		4	00.26.12								

Categoria: W 12

(Lunghezza 3300 m - Dislivello 45 m - Kmsf 3,75)

Pos.	Nome		Società		Tempo																								
1	Mottadelli Sara		POL. BESANESE		00.23.45																								
31	1	02:14	37	2	02:19	36	1	03:07	43	1	03:47	76	1	03:04	80	1	02:03	85	3	02:31	90	3	03:31	100	1	00:43	CL	2	00:26
1	00.02.14		1	00.04.33		1	00.07.40		1	00.11.27		1	00.14.31		1	00.16.34		1	00.19.05		1	00.22.36		1	00.23.19		1	00.23.45	
2	Bernet Francesca		Unitas Malcantone		00.33.54																								
31	3	06:13	37	3	04:11	36	2	06:01	43	3	05:25	76	2	03:30	80	2	02:23	85	1	01:46	90	2	03:00	100	3	00:58	CL	3	00:27
3	00.06.13		4	00.10.24		2	00.16.25		2	00.21.50		2	00.25.20		2	00.27.43		2	00.29.29		2	00.32.29		2	00.33.27		2	00.33.54	
3	Ruggiero Ines		NIRVANA VERDE		00.37.24																								
31	4	06:18	37	1	01:59	36	4	10:39	43	2	04:35	76	3	05:33	80	3	02:25	85	2	01:53	90	1	02:49	100	2	00:49	CL	1	00:24
4	00.06.18		2	00.08.17		3	00.18.56		3	00.23.31		3	00.29.04		3	00.31.29		3	00.33.22		3	00.36.11		3	00.37.00		3	00.37.24	
4	Beretta Lucia		POL. BESANESE		00.45.13																								
31	2	03:34	37	4	05:38	36	3	09:50	43	4	06:34	76	4	05:54	80	4	04:19	85	4	03:09	90	4	04:34	100	4	01:06	CL	4	00:35
2	00.03.34		3	00.09.12		4	00.19.02		4	00.25.36		4	00.31.30		4	00.35.49		4	00.38.58		4	00.43.32		4	00.44.38		4	00.45.13	

CLASSIFICA

Campionato Regionale Long Lombardia 2023 Data: domenica 5 novembre 2023

Data creazione: 06/11/2023 18:48:03



Categoria: W 13/14

(Lunghezza 3300 m - Dislivello 45 m - Kmsf 3,75)

Pos.	Nome	Società	Tempo
1	Amadò Viola	Unitas Malcantone	00.30.34
40	1 04:29	43 3 03:39	70 1 04:27
1	00.04.29	1 00.08.08	1 00.12.35
72	1 01:14	71 2 03:24	74 1 01:23
1	00.17.13	1 00.18.36	1 00.23.33
79	1 04:57	90 4 04:47	100 6 01:40
1	00.28.20	1 00.30.31	1 00.31.17
CL	5 00:34		
5	00:34		
2	Riva Lucia	POL. BESANESE	00.31.38
40	4 05:54	43 1 03:22	70 5 05:25
4	00.05.54	3 00.09.16	3 00.14.41
72	2 01:22	71 1 02:45	74 3 02:06
3	00.16.03	2 00.18.48	2 00.20.54
79	2 06:07	90 2 03:30	100 1 00:46
2	00.27.01	2 00.30.31	2 00.31.17
CL	1 00:21		
2	00:31.38		
3	Ruggiero Anita	NIRVANA VERDE	00.33.42
40	3 05:12	43 4 04:28	70 3 05:13
3	00.05.12	4 00.09.40	4 00.14.53
72	3 01:24	71 3 03:35	74 4 02:14
4	00.16.17	4 00.19.52	4 00.22.06
79	3 06:20	90 3 04:04	100 2 00:47
3	00.28.26	3 00.32.30	3 00.33.17
CL	2 00:25		
3	00:33.42		
4	Pirola Anita	POL. BESANESE	00.35.40
40	2 05:02	43 2 03:29	70 2 05:02
2	00.05.02	2 00.08.31	2 00.13.33
72	4 01:37	71 4 04:23	74 2 02:00
2	00.15.10	3 00.19.33	3 00.21.33
79	4 09:23	90 1 03:23	100 4 00:52
4	00.30.56	4 00.34.19	4 00.35.11
CL	3 00:29		
4	00:35.40		
5	Macchi Elisa	POL.IST.SUP.DALLA CHIESA S...	01.09.24
40	5 09:28	43 6 06:12	70 4 05:16
5	00.09.28	5 00.15.40	5 00.20.56
72	5 02:04	71 6 10:01	74 6 03:03
5	00.23.00	5 00.33.01	5 00.36.04
79	6 25:58	90 6 05:56	100 3 00:51
5	01.02.02	5 01.07.58	5 01.08.49
CL	6 00:35		
5	01.09.24		
6	Saiu Giulia	POL.IST.SUP.DALLA CHIESA S...	01.13.22
40	6 13:48	43 5 06:00	70 6 07:30
6	00.13.48	6 00.19.48	6 00.27.18
72	6 02:18	71 5 07:35	74 5 02:51
6	00.29.36	6 00.37.11	6 00.40.02
79	5 25:54	90 5 05:54	100 5 00:59
6	01.05.56	6 01.11.50	6 01.12.49
CL	4 00:33		
6	01.13.22		

Categoria: W 15/16

(Lunghezza 4800 m - Dislivello 145 m - Kmsf 6,25)

Pos. Nome Società Tempo

Categoria: W 17/18

(Lunghezza 6100 m - Dislivello 185 m - Kmsf 7,95)

Pos. Nome Società Tempo

1	Cozzi Sofia	POL. PUNTO NORD	01.22.19
35	1 02:27	38 1 04:19	47 1 05:25
1	00.02.27	1 00.06.46	1 00.12.11
48	1 08:33	49 1 02:48	46 1 08:04
1	00.20.44	1 00.23.32	1 00.31.36
52	1 10:13	53 1 03:32	55 1 06:31
1	00.41.49	1 00.45.21	1 00.51.52
54	1 04:05		
67	1 11:10	78 1 06:51	83 1 01:54
1	01.07.07	1 01.13.58	1 01.15.52
87	1 04:21	100 1 01:42	CL 1 00:24
1	01.20.13	1 01.21.55	1 01.22.19

Categoria: W ELITE

(Lunghezza 7700 m - Dislivello 250 m - Kmsf 10,20)

Pos. Nome Società Tempo

1	Kalinina Veronika	IFK Lidings SOK	00.57.43
47	1 04:33	44 1 02:48	46 1 02:29
1	00.04.33	1 00.07.21	1 00.09.50
56	1 06:00	57 1 03:45	55 1 02:36
1	00.15.50	1 00.19.35	1 00.22.11
54	1 01:27	53 4 03:57	52 1 02:33
1	00.23.38	1 00.27.35	1 00.30.08
63	1 04:01		
64	1 02:16	41 1 08:50	39 1 01:17
1	00.36.25	1 00.45.15	1 00.46.32
77	1 04:54	83 1 01:49	87 1 02:32
1	00.51.26	1 00.53.15	1 00.55.47
100	1 01:30	CL 2 00:26	
1	00.57.17	1 00.57.43	
2	Trifilenkova Anastasia	POL. PUNTO NORD	01.23.30
47	2 06:07	44 3 03:36	46 4 03:34
2	00.06.07	2 00.09.43	2 00.13.17
56	3 09:46	57 5 05:06	55 3 04:37
2	00.23.03	2 00.28.09	2 00.32.46
54	3 02:04	53 1 02:25	52 3 03:36
2	00.34.50	2 00.37.15	2 00.40.51
63	5 09:23		
64	2 03:30	41 2 12:55	39 2 02:03
2	00.53.44	2 01.06.39	2 01.08.42
77	2 06:22	83 2 02:29	87 2 03:34
2	01.15.04	2 01.17.33	2 01.23.03
100	5 01:56	CL 3 00:27	
2	01.23.03	2 01.23.03	
3	Magni Chiara	NIRVANA VERDE	01.36.01
47	5 09:49	44 2 03:15	46 6 07:19
5	00.09.49	5 00.13.04	6 00.20.23
56	2 09:06	57 2 04:19	55 2 04:32
4	00.29.29	4 00.33.48	3 00.38.20
54	2 01:59	53 6 08:13	52 4 03:39
4	00.40.19	4 00.48.32	4 00.52.11
63	2 06:40		
64	4 03:38	41 4 15:22	39 3 02:23
4	01.02.29	3 01.17.51	3 01.20.14
77	5 07:13	83 4 02:36	87 3 04:05
3	01.27.27	3 01.30.03	3 01.34.08
100	2 01:32	CL 1 00:21	
3	01.35.40	3 01.36.01	

CLASSIFICA

Campionato Regionale Long Lombardia 2023 Data: domenica 5 novembre 2023

Data creazione: 06/11/2023 18:48:03



...Categoria: W ELITE

Pos.	Nome		Società		Tempo																									
4	Cozzi Anita		POL. PUNTO NORD		01.39.30																									
47	3	07:51	44	5	04:45	46	2	03:21	56	4	11:24	57	4	04:59	55	5	08:08	54	6	02:26	53	2	03:24	52	5	03:40	63	3	06:54	
3		00:07.51	4		00:12.36	4		00:15.57	3		00:27.21	3		00:32.20	4		00:40.28	4		00:42.54	3		00:46.18	3		00:49.58	3		00:56.52	
64	5	05:21	41	6	17:36	39	4	02:50	77	3	06:40	83	5	02:40	87	5	05:07	100	4	01:55	CL	5	00:29							
3		01:02.13	4		01:19.49	4		01:22.39	4		01:29.19	4		01:31.59	4		01:37.06	4		01:39.01	4		01:39.30							
5	Magenes Chiara		POL. BESANESE		01.44.48																									
47	4	08:10	44	4	03:39	46	3	03:28	56	6	17:52	57	3	04:51	55	6	08:29	54	5	02:21	53	3	03:26	52	2	02:40	63	6	11:59	
4		00:08.10	3		00:11.49	3		00:15.17	6		00:33.09	6		00:38.00	6		00:46.29	6		00:48.50	6		00:52.16	5		00:54.56	5		01:06.55	
64	2	03:30	41	3	15:18	39	5	03:05	77	4	06:56	83	2	02:29	87	4	04:17	100	3	01:48	CL	6	00:30							
5		01:10.25	5		01:25.43	5		01:28.48	5		01:35.44	5		01:38.13	5		01:42.30	5		01:44.18	5		01:44.48							
6	Cozzi Lisa		POL. PUNTO NORD		01.56.46																									
47	6	10:04	44	6	04:58	46	5	04:13	56	5	12:13	57	6	05:30	55	4	07:33	54	4	02:16	53	5	05:21	52	6	10:00	63	4	08:39	
6		00:10.04	6		00:15.02	5		00:19.15	5		00:31.28	5		00:36.58	5		00:44.31	5		00:46.47	5		00:52.08	6		01:02.08	6		01:10.47	
64	6	05:25	41	5	17:31	39	6	03:17	77	6	08:07	83	6	03:47	87	6	05:15	100	6	02:10	CL	3	00:27							
6		01:16.12	6		01:33.43	6		01:37.00	6		01:45.07	6		01:48.54	6		01:54.09	6		01:56.19	6		01:56.46							
-	Zaffanella Guenda		OR. COMO		Punz. Mancante																									
PM	-	00:00																												
7		00:00.00																												

Categoria: W 35

(Lunghezza 6100 m - Dislivello 185 m - Kmsf 7,95)

Pos.	Nome		Società		Tempo																								
1	Police Eugenia		UNIONE LOMBARDA		01.12.59																								
35	1	01:53	38	1	04:30	47	1	05:10	48	1	05:23	49	1	02:50	46	1	06:37	52	1	08:18	53	1	04:04	55	1	04:00	54	1	02:54
1		00:01.53	1		00:06.23	1		00:11.33	1		00:16.56	1		00:19.46	1		00:26.23	1		00:34.41	1		00:38.45	1		00:42.45	1		00:45.39
67	1	10:24	78	1	07:06	83	1	02:25	87	1	04:52	100	1	02:05	CL	1	00:28												
1		00:56.03	1		01:03.09	1		01:05.34	1		01:10.26	1		01:12.31	1		01:12.59												
-	Palamara Stefania		NIRVANA VERDE		Ritirato																								
35	2	08:13	38	3	05:42	47	3	09:53	48	2	07:14	49	2	15:45	46	2	09:58	52	3	62:10	83	-	26:08	100	-	05:55	RI	-	00:41
2		00:08.13	2		00:13.55	2		00:23.48	2		00:31.02	2		00:46.47	2		00:56.45	2		01:58.55	-		02:25.03	-		02:30.58	2		02:31.39
-	Valli Elisa		OR. COMO		Ritirato																								
35	3	12:12	38	2	05:40	47	2	08:28	48	3	07:56	49	3	16:28	46	3	10:13	52	2	61:49	83	-	26:11	100	-	06:03	RI	-	00:41
3		00:12.12	3		00:17.52	3		00:26.20	3		00:34.16	3		00:50.44	3		01:00.57	3		02:02.46	-		02:28.57	-		02:35.00	3		02:35.41

Categoria: W 45

(Lunghezza 6100 m - Dislivello 185 m - Kmsf 7,95)

Pos.	Nome		Società		Tempo																								
1	Vassileva Tzvetanka		ARCO DI CARTA		01.06.27																								
35	1	01:44	38	2	04:38	47	1	03:42	48	1	04:35	49	1	02:30	46	1	06:36	52	2	08:08	53	1	03:23	55	1	02:41	54	7	03:02
1		00:01.44	1		00:06.22	1		00:10.04	1		00:14.39	1		00:17.09	1		00:23.45	1		00:31.53	1		00:35.16	1		00:37.57	1		00:40.59
67	2	10:15	78	1	06:29	83	1	01:53	87	2	04:25	100	4	01:57	CL	4	00:29												
1		00:51.14	1		00:57.43	1		00:59.36	1		01:04.01	1		01:05.58	1		01:06.27												
2	Calandry Lucia		Anney Sport Orientation		01.17.24																								
35	3	02:01	38	3	04:47	47	9	06:45	48	5	05:20	49	7	03:24	46	9	10:55	52	1	07:21	53	5	04:17	55	4	03:31	54	1	02:17
3		00:02.01	3		00:06.48	4		00:13.33	3		00:18.53	3		00:22.17	4		00:33.12	3		00:40.33	3		00:44.50	3		00:48.21	3		00:50.38
67	1	09:18	78	5	08:23	83	4	02:38	87	1	04:07	100	2	01:52	CL	2	00:28												
2		00:59.56	2		01:08.19	2		01:10.57	2		01:15.04	2		01:16.56	2		01:17.24												
3	Skopinskaya Anastasia		OMEGA Bratislava		01.21.50																								
35	5	02:19	38	1	04:15	47	2	04:26	48	2	04:39	49	2	02:32	46	2	07:02	52	3	09:29	53	7	04:37	55	3	03:20	54	6	02:57
5		00:02.19	2		00:06.34	2		00:11.00	2		00:15.39	2		00:18.11	2		00:25.13	2		00:34.42	2		00:39.19	2		00:42.39	2		00:45.36
67	7	16:38	78	2	07:54	83	2	02:19	87	8	06:31	100	9	02:20	CL	7	00:32												
3		01:02.14	3		01:10.08	3		01:12.27	3		01:18.58	3		01:21.18	3		01:21.50												
4	Inderst Martina		Gold Savosa		01.33.23																								
35	10	05:46	38	7	05:52	47	6	05:37	48	9	07:23	49	5	02:58	46	5	09:02	52	8	11:10	53	4	04:03	55	7	05:18	54	5	02:45
10		00:05.46	8		00:11.38	7		00:17.15	8		00:24.38	6		00:27.36	5		00:36.38	5		00:47.48	5		00:51.51	5		00:57.09	5		00:59.54
67	4	14:03	78	3	08:04	83	8	03:18	87	6	05:22	100	7	02:16	CL	1	00:26												
4		01:13.57	4		01:22.01	4		01:25.19	4		01:30.41	4		01:32.57	4		01:33.23												

CLASSIFICA

Campionato Regionale Long Lombardia 2023 Data: domenica 5 novembre 2023

Data creazione: 06/11/2023 18:48:04



...Categoria: W 45

Pos.	Nome	Società	Tempo
5	Radaelli Jasmine	Unitas Malcantone	01.33.56
35	9 04:37	38 5 05:13	47 5 05:19
9	00.04.37	6 00.09.50	5 00.15.09
67	8 20:51	78 6 08:31	83 5 02:39
5	01.15.54	5 01.24.25	5 01.27.04
6	Titoli Emanuela	NIRVANA VERDE	01.37.35
35	2 01:52	38 10 09:53	47 7 05:55
2	00.01.52	9 00.11.45	8 00.17.40
67	6 15:18	78 7 10:22	83 3 02:31
7	01.17.40	6 01.28.02	6 01.30.33
7	Daudaraviciene Vita	POL.IST.SUP.DALLA CHIESA S...	01.39.28
35	7 04:01	38 8 06:52	47 10 10:44
7	00.04.01	7 00.10.53	10 00.21.37
67	5 15:13	78 8 13:33	83 6 02:48
6	01.16.24	7 01.29.57	7 01.32.45
8	Galimberti Nadia	POL. PUNTO NORD	01.43.53
35	4 02:15	38 4 04:49	47 3 04:45
4	00.02.15	4 00.07.04	3 00.11.49
67	3 13:48	78 4 08:17	83 7 03:10
8	01.23.54	8 01.32.11	8 01.35.21
9	Titoli Michela	POL. PUNTO NORD	01.58.56
35	6 03:23	38 9 09:37	47 4 04:49
6	00.03.23	10 00.13.00	9 00.17.49
67	9 25:37	78 9 13:47	83 9 03:30
9	01.30.07	9 01.43.54	9 01.47.24
10	Motta Annalisa	POL. BESANESE	02.55.09
35	8 04:05	38 6 05:40	47 8 06:27
8	00.04.05	5 00.09.45	6 00.16.12
67	10 61:32	78 10 19:09	83 10 07:26
10	02.14.30	10 02.33.39	10 02.41.05
-	Lombardi Elena	SCOM Mendrisio	Ritirato
RI	- 00:00		
11	00.00.00		

Categoria: W 55

(Lunghezza 4200 m - Dislivello 145 m - Kmsf 5,65)

Pos.	Nome	Società	Tempo
1	Elli Cristina	POL. PUNTO NORD	01.00.42
34	1 02:02	38 1 05:09	41 2 03:22
1	00.02.02	1 00.07.11	1 00.10.33
83	2 03:58	84 3 08:57	100 3 03:39
1	00.47.37	1 00.56.34	1 01.00.13
2	Putzu Daniela	VARESE OR.	01.03.01
34	3 02:43	38 3 08:08	41 3 04:02
3	00.02.43	3 00.10.51	3 00.14.53
83	3 04:07	84 1 06:34	100 1 02:57
2	00.52.56	2 00.59.30	2 01.02.27
3	Talamona Rosella	VARESE OR.	01.08.25
34	2 02:11	38 4 08:22	41 4 05:23
2	00.02.11	2 00.10.33	4 00.15.56
83	1 03:46	84 2 07:41	100 2 03:15
3	00.56.46	3 01.04.27	3 01.07.42
4	Quarto Anna	POL. PUNTO NORD	01.37.40
34	4 06:00	38 2 05:15	41 1 03:21
4	00.06.00	4 00.11.15	2 00.14.36
83	4 04:40	84 4 24:13	100 4 09:06
4	01.03.38	4 01.27.51	4 01.36.57

CLASSIFICA

Campionato Regionale Long Lombardia 2023 Data: domenica 5 novembre 2023

Data creazione: 06/11/2023 18:48:04



...Categoria: W 55

Pos.	Nome	Società	Tempo
-	Bettelini Giuliana	Unitas Malcantone	Punz. Errata
34	5 08:40	38 5 11:30	36 - 12:10
41	- 04:46	44 - 11:54	46 - 06:57
51	- 20:13	72 - 04:10	75 - 05:30
78	- 08:28		
5	00.08.40	79 5 00.20.10	- 00.32.20
		- 00.37.06	- 00.49.00
		- 00.55.57	- 01.16.10
		- 01.20.20	- 01.25.50
		- 01.34.18	
77	- 08:10	79 - 07:03	83 - 01:21
		PE 1 +110:52	
-	01.42.28	- 01.49.31	- 01.50.52
		5 00.00.00	

Categoria: W 65

(Lunghezza 4200 m - Dislivello 145 m - Kmsf 5,65)

Pos.	Nome	Società	Tempo
1	Riva Annamaria	POL. BESANESE	01.11.10
34	4 05:30	38 4 09:45	41 3 04:20
44	2 05:51	46 2 04:33	51 2 05:58
72	2 04:13	75 4 05:52	78 1 05:11
77	3 03:33		
4	00.05.30	4 00.15.15	4 00.19.35
		3 00.25.26	4 00.29.59
		4 00.35.57	4 00.40.10
		4 00.46.02	4 00.51.13
		3 00.54.46	
83	1 03:46	84 1 07:24	100 1 04:45
		CL 1 00:29	
3	00.58.32	2 01.05.56	1 01.10.41
		1 01.11.10	
2	Sacilotto Lucia	UNIONE LOMBARDA	01.14.04
34	2 02:01	38 1 06:03	41 4 04:50
44	4 13:00	46 1 04:00	51 1 04:54
72	1 04:10	75 1 04:47	78 2 06:08
77	4 05:05		
2	00.02.01	1 00.08.04	1 00.12.54
		4 00.25.54	3 00.29.54
		3 00.34.48	3 00.38.58
		3 00.43.45	2 00.49.53
		4 00.54.58	
83	2 04:26	84 3 09:05	100 2 04:53
		CL 4 00:42	
4	00.59.24	4 01.08.29	2 01.13.22
		2 01.14.04	
3	Arn Bea	SCOM Mendrisio	01.14.07
34	1 01:40	38 2 07:36	41 2 03:42
44	1 05:12	46 4 06:00	51 4 07:36
72	3 04:22	75 3 05:25	78 4 07:24
77	2 03:05		
1	00.01.40	2 00.09.16	2 00.12.58
		1 00.18.10	1 00.24.10
		1 00.31.46	1 00.36.08
		1 00.41.33	1 00.48.57
		1 00.52.02	
83	3 05:01	84 2 07:44	100 3 08:39
		CL 3 00:41	
1	00.57.03	1 01.04.47	3 01.13.26
		3 01.14.07	
4	Crippa Loredana	POL. BESANESE	01.16.59
34	3 02:19	38 3 08:58	41 1 03:32
44	3 06:42	46 3 04:52	51 3 07:03
72	4 04:27	75 2 05:07	78 3 07:19
77	1 03:02		
3	00.02.19	3 00.11.17	3 00.14.49
		2 00.21.31	2 00.26.23
		2 00.33.26	2 00.37.53
		2 00.43.00	3 00.50.19
		2 00.53.21	
83	4 05:04	84 4 09:10	100 4 08:47
		CL 2 00:37	
2	00.58.25	3 01.07.35	4 01.16.22
		4 01.16.59	

Categoria: W 70

(Lunghezza 3300 m - Dislivello 45 m - Kmsf 3,75)

Pos.	Nome	Società	Tempo
1	Franco Emma	Senza Società	00.35.31
36	6 08:05	37 3 03:23	82 6 06:54
80	5 05:13	85 7 04:52	90 5 05:38
100	1 00:53	CL 2 00:33	
6	00.08.05	3 00.11.28	2 00.18.22
		1 00.23.35	2 00.28.27
		2 00.34.05	1 00.34.58
		1 00.35.31	
2	Meloni Alessio	POL. VERCELLESE 2020	00.35.46
36	1 04:10	37 2 03:12	82 10 12:48
80	2 04:23	85 4 03:18	90 7 05:42
100	7 01:32	CL 7 00:41	
1	00.04.10	1 00.07.22	3 00.20.10
		2 00.24.33	1 00.27.51
		1 00.33.33	2 00.35.05
		2 00.35.46	
3	Vespe Michele	Senza Società	00.41.38
36	5 07:33	37 5 04:46	82 9 12:06
80	3 04:55	85 5 04:32	90 4 05:21
100	6 01:22	CL 9 01:03	
5	00.07.33	4 00.12.19	6 00.24.25
		4 00.29.20	4 00.33.52
		4 00.39.13	3 00.40.35
		3 00.41.38	
4	Donati Alessandra	Senza Società	00.43.23
36	8 10:53	37 4 04:39	82 5 06:24
80	4 04:56	85 8 06:03	90 8 06:11
100	10 03:44	CL 2 00:33	
8	00.10.53	6 00.15.32	5 00.21.56
		3 00.26.52	3 00.32.55
		3 00.39.06	4 00.42.50
		4 00.43.23	
5	Sacco Stefano	Senza Società	00.49.58
36	2 05:47	37 6 05:02	82 3 05:10
80	10 25:16	85 3 02:47	90 2 03:49
100	3 01:06	CL 8 01:01	
2	00.05.47	2 00.10.49	1 00.15.59
		8 00.41.15	6 00.44.02
		5 00.47.51	5 00.48.57
		5 00.49.58	

CLASSIFICA

Campionato Regionale Long Lombardia 2023 Data: domenica 5 novembre 2023

Data creazione: 06/11/2023 18:48:04



...Categoria: ESORDIENTI

Pos.	Nome		Società		Tempo																		
6	Costa Mattia		Senza Società		00.51.38																		
36	10	24:16	37	1	03:07	82	8	08:06	80	1	04:06	85	6	04:50	90	6	05:41	100	2	00:54	CL	5	00:38
	10	00.06.36	10	10	00.27.23	10	10	00.35.29	6	6	00.39.35	7	7	00.44.25	6	6	00.50.06	6	6	00.51.00	6	6	00.51.38
7	Mainini Eleonora		Senza Società		00.52.33																		
36	3	06:36	37	9	18:54	82	1	01:32	80	8	19:29	85	1	01:23	90	1	02:51	100	5	01:17	CL	1	00:31
	3	00.06.36	9	9	00.26.27	7	7	00.27.02	9	9	00.46.31	9	9	00.47.54	7	7	00.50.45	7	7	00.52.02	7	7	00.52.33
8	Causarano Carlotta		Senza Società		00.54.51																		
36	4	07:27	37	10	19:00	82	2	01:46	80	9	19:30	85	2	01:29	90	3	03:58	100	4	01:07	CL	4	00:34
	4	00.07.27	9	10	00.27.02	8	10	00.28.13	10	10	00.47.43	10	10	00.49.12	8	8	00.53.10	8	8	00.54.17	8	8	00.54.51
9	Bonafede Annalisa		Senza Società		00.55.45																		
36	7	09:00	37	7	06:29	82	4	06:13	80	7	11:28	85	10	08:00	90	9	12:05	100	8	01:52	CL	5	00:38
	7	00.09.00	5	7	00.15.29	4	7	00.21.42	5	7	00.33.10	5	10	00.41.10	9	9	00.53.15	9	8	00.55.07	9	9	00.55.45
10	Olvedy Michael		Senza Società		01.05.25																		
36	9	10:59	37	8	12:11	82	7	07:05	80	6	09:31	85	9	07:27	90	10	14:10	100	9	02:23	CL	10	01:39
	9	00.10.59	7	8	00.23.10	9	7	00.30.15	7	6	00.39.46	8	9	00.47.13	10	10	01.01.23	10	9	01.03.46	10	10	01.05.25
-	Soto Rondon Sebastian Eduardo		POL. VERCELLESE 2020		Ritirato																		
RI	-	00:00																					
11	-	00.00.00																					

Categoria: ESORDIENTI LUNGO

(Lunghezza 3300 m - Dislivello 45 m - Kmsf 3,75)

Pos.	Nome		Società		Tempo																								
1	Bolamperti Lorenzo		Senza Società		00.24.35																								
31	3	02:27	37	3	02:36	36	11	03:35	43	1	03:54	76	1	03:19	80	1	01:52	85	8	02:12	90	6	03:39	100	2	00:37	CL	2	00:24
	3	00.02.27	2	3	00.05.03	3	11	00.08.38	1	1	00.12.32	1	1	00.15.51	1	1	00.17.43	1	8	00.19.55	1	6	00.23.34	1	2	00.24.11	1	2	00.24.35
2	Silvestri Matteo		Senza Società		00.25.26																								
31	2	02:15	37	6	02:55	36	8	02:58	43	2	04:34	76	4	04:14	80	3	02:25	85	1	01:50	90	2	02:55	100	10	00:54	CL	4	00:26
	2	00.02.15	3	6	00.05.10	2	8	00.08.08	2	2	00.12.42	2	4	00.16.56	2	3	00.19.21	2	1	00.21.11	2	2	00.24.06	2	10	00.25.00	2	4	00.25.26
3	Carando Davide Albino		Senza Società		00.31.43																								
31	8	02:38	37	10	03:58	36	10	03:24	43	9	05:36	76	14	05:20	80	15	03:18	85	6	02:03	90	12	04:10	100	4	00:45	CL	9	00:31
	8	00.02.38	4	10	00.06.36	5	10	00.10.00	4	9	00.15.36	3	14	00.20.56	3	15	00.24.14	3	6	00.26.17	3	12	00.30.27	3	4	00.31.12	3	9	00.31.43
4	marcaletti riccardo		Senza Società		00.31.57																								
31	41	10:00	37	1	02:23	36	4	02:46	43	7	05:26	76	2	03:47	80	2	02:00	85	7	02:05	90	1	02:17	100	3	00:43	CL	7	00:30
	41	00.10.00	29	1	00.12.23	15	4	00.15.09	8	7	00.20.35	7	2	00.24.22	5	2	00.26.22	4	7	00.28.27	4	1	00.30.44	4	3	00.31.27	4	7	00.31.57
5	Parma Gabriele		Senza Società		00.35.15																								
31	19	03:42	37	14	04:44	36	5	02:55	43	10	05:44	76	10	04:51	80	12	03:03	85	23	04:42	90	11	04:06	100	13	01:01	CL	5	00:27
	19	00.03.42	13	14	00.08.26	7	5	00.11.21	5	10	00.17.05	4	10	00.21.56	4	12	00.24.59	6	23	00.29.41	5	11	00.33.47	5	13	00.34.48	5	5	00.35.15
6	Netti Leonardo		Senza Società		00.36.01																								
31	1	02:11	37	4	02:41	36	7	02:56	43	14	06:25	76	28	08:54	80	14	03:17	85	19	04:20	90	9	03:51	100	11	00:56	CL	7	00:30
	1	00.02.11	1	4	00.04.52	1	7	00.07.48	3	14	00.14.13	5	28	00.23.07	6	14	00.26.24	7	19	00.30.44	6	9	00.34.35	6	11	00.35.31	6	7	00.36.01
7	Cereda Ermes		Senza Società		00.36.59																								
31	11	02:50	37	8	03:49	36	2	02:32	43	31	10:13	76	8	04:38	80	16	03:20	85	5	02:01	90	25	06:16	100	7	00:51	CL	6	00:29
	11	00.02.50	5	8	00.06.39	4	2	00.09.11	6	31	00.19.24	6	8	00.24.02	7	16	00.27.22	5	5	00.29.23	7	25	00.35.39	7	7	00.36.30	7	6	00.36.59
8	Marsili Agnese		POL. BESANESE		00.37.34																								
31	6	02:32	37	22	05:32	36	32	09:37	43	11	05:56	76	3	04:12	80	5	02:44	85	3	01:56	90	5	03:32	100	13	01:01	CL	10	00:32
	6	00.02.32	11	22	00.08.04	20	32	00.17.41	14	11	00.23.37	12	3	00.27.49	9	5	00.30.33	8	3	00.32.29	8	5	00.36.01	8	13	00.37.02	8	10	00.37.34
9	Mantovani Alberto		Senza Società		00.38.28																								
31	42	11:00	37	5	02:54	36	2	02:32	43	8	05:32	76	12	05:00	80	18	03:44	85	4	02:00	90	14	04:15	100	6	00:50	CL	19	00:41
	42	00.11.00	33	5	00.13.54	17	2	00.16.26	10	8	00.21.58	9	12	00.26.58	10	18	00.30.42	9	4	00.32.42	9	14	00.36.57	9	6	00.37.47	9	19	00.38.28
10	Sartori Manfredi		Senza Società		00.41.13																								
31	5	02:31	37	25	05:52	36	1	02:03	43	36	12:15	76	7	04:23	80	11	02:58	85	39	06:58	90	3	02:59	100	7	00:51	CL	1	00:23
	5	00.02.31	12	25	00.08.23	6	1	00.10.26	13	36	00.22.41	10	7	00.27.04	8	11	00.30.02	12	39	00.37.00	11	3	00.39.59	10	7	00.40.50	10	1	00.41.13

...Categoria: ESORDIENTI LUNGO

Pos.	Nome		Società		Tempo																								
11	Mezquita Jesus		Senza Società		00.41.29																								
31	4	02:29	37	33	09:07	36	33	10:41	43	4	05:02	76	5	04:19	80	4	02:43	85	2	01:55	90	7	03:40	100	12	01:00	CL	12	00:33
4		00.02.29	26		00.11.36	26		00.22.17	23		00.27.19	18		00.31.38	16		00.34.21	10		00.36.16	10		00.39.56	11		00.40.56	11		00.41.29
12	Papasergio Ilary		Senza Società		00.42.02																								
31	34	05:20	37	13	04:30	36	21	05:04	43	16	07:46	76	15	06:08	80	21	04:32	85	10	03:11	90	8	03:45	100	17	01:10	CL	13	00:36
34		00.05.20	18		00.09.50	14		00.14.54	12		00.22.40	13		00.28.48	14		00.33.20	11		00.36.31	12		00.40.16	12		00.41.26	12		00.42.02
13	Pavesi Riccardo		Senza Società		00.44.22																								
31	9	02:45	37	20	05:14	36	31	09:15	43	20	08:26	76	13	05:08	80	13	03:15	85	15	04:11	90	17	04:44	100	5	00:46	CL	14	00:38
9		00.02.45	10		00.07.59	18		00.17.14	20		00.25.40	15		00.30.48	15		00.34.03	14		00.38.14	13		00.42.58	13		00.43.44	13		00.44.22
14	Iozzi Stefano		Senza Società		00.44.24																								
31	23	03:56	37	15	04:46	36	16	04:35	43	13	06:17	76	34	10:28	80	8	02:47	85	27	05:56	90	13	04:14	100	9	00:53	CL	10	00:32
23		00.03.56	14		00.08.42	9		00.13.17	7		00.19.34	14		00.30.02	12		00.32.49	16		00.38.45	14		00.42.59	14		00.43.52	14		00.44.24
15	Capelli Gregorio		Senza Società		00.47.59																								
31	30	04:38	37	28	06:25	36	11	03:35	43	15	07:28	76	9	04:47	80	31	05:28	85	26	05:51	90	26	06:30	100	42	02:09	CL	24	01:08
30		00.04.38	25		00.11.03	11		00.14.38	11		00.22.06	8		00.26.53	11		00.32.21	13		00.38.12	15		00.44.42	15		00.46.51	15		00.47.59
16	Di Liberto Andrea		Senza Società		00.48.32																								
31	13	03:18	37	34	09:21	36	29	07:58	43	5	05:09	76	26	08:37	80	6	02:45	85	21	04:25	90	19	05:13	100	15	01:07	CL	18	00:39
13		00.03.18	31		00.12.39	22		00.20.37	21		00.25.46	22		00.34.23	19		00.37.08	20		00.41.33	19		00.46.46	18		00.47.53	16		00.48.32
17	Ferrari Alessio		Senza Società		00.48.35																								
31	13	03:18	37	34	09:21	36	29	07:58	43	3	04:53	76	27	08:53	80	6	02:45	85	20	04:23	90	18	05:09	100	19	01:17	CL	14	00:38
13		00.03.18	31		00.12.39	22		00.20.37	19		00.25.30	22		00.34.23	19		00.37.08	19		00.41.31	18		00.46.40	19		00.47.57	17		00.48.35
18	Beltrami Gemma		Senza Società		00.50.07																								
31	25	04:27	37	25	05:52	36	14	04:30	43	23	08:58	76	20	07:13	80	20	04:31	85	28	05:57	90	22	05:55	100	35	01:54	CL	21	00:50
25		00.04.27	20		00.10.19	13		00.14.49	16		00.23.47	17		00.31.00	17		00.35.31	18		00.41.28	21		00.47.23	20		00.49.17	18		00.50.07
19	Bonazzi Barbara		Senza Società		00.50.30																								
31	26	04:28	37	24	05:46	36	13	04:29	43	23	08:58	76	21	07:18	80	22	04:43	85	24	05:34	90	24	06:06	100	36	01:55	CL	27	01:13
26		00.04.28	19		00.10.14	12		00.14.43	15		00.23.41	16		00.30.59	18		00.35.42	17		00.41.16	20		00.47.22	20		00.49.17	19		00.50.30
20	Pirovano Elena		Senza Società		00.51.16																								
31	9	02:45	37	31	07:51	36	9	03:22	43	37	15:06	76	11	04:56	80	17	03:39	85	40	07:31	90	10	04:03	100	19	01:17	CL	20	00:46
9		00.02.45	23		00.10.36	10		00.13.58	24		00.29.04	21		00.34.00	21		00.37.39	23		00.45.10	22		00.49.13	22		00.50.30	20		00.51.16
21	Callari Alfonso		Senza Società		00.55.25																								
31	36	05:34	37	17	05:00	36	18	04:55	43	26	09:16	76	17	06:59	80	36	06:00	85	41	08:38	90	23	06:00	100	33	01:48	CL	31	01:15
36		00.05.34	22		00.10.34	16		00.15.29	18		00.24.45	19		00.31.44	22		00.37.44	25		00.46.22	24		00.52.22	23		00.54.10	21		00.55.25
22	De Felici Giulia		Senza Società		00.55.30																								
31	17	03:38	37	9	03:52	36	20	05:01	43	18	08:07	76	18	07:00	80	26	05:15	85	25	05:43	90	42	13:39	100	40	02:01	CL	28	01:14
17		00.03.38	6		00.07.30	8		00.12.31	9		00.20.38	11		00.27.38	13		00.32.53	15		00.38.36	23		00.52.15	24		00.54.16	22		00.55.30
23	Travaini Luca		Senza Società		00.57.18																								
31	39	06:57	37	22	05:32	36	18	04:55	43	25	09:15	76	19	07:01	80	35	05:58	85	36	06:26	90	29	08:03	100	38	01:57	CL	28	01:14
39		00.06.57	30		00.12.29	19		00.17.24	22		00.26.39	20		00.33.40	23		00.39.38	24		00.46.04	25		00.54.07	25		00.56.04	23		00.57.18
24	Bonaparte Mattia		Senza Società		01.03.36																								
31	21	03:48	37	44	25:15	36	14	04:30	43	17	07:48	76	16	06:54	80	19	04:00	85	11	03:24	90	20	05:48	100	24	01:31	CL	14	00:38
21		00.03.48	44		00.29.03	36		00.33.33	34		00.41.21	31		00.48.15	30		00.52.15	28		00.55.39	26		01.01.27	26		01.02.58	24		01.03.36
25	Marastoni Elisabetta		Senza Società		01.06.01																								
31	29	04:35	37	36	11:02	36	27	06:03	43	27	09:27	76	35	10:55	80	33	05:44	85	35	06:22	90	33	08:43	100	37	01:56	CL	28	01:14
29		00.04.35	35		00.15.37	25		00.21.40	25		00.31.07	24		00.42.02	24		00.47.46	26		00.54.08	27		01.02.51	27		01.04.47	25		01.06.01
26	Egitto Élodie		Senza Società		01.07.20																								
31	32	04:43	37	39	13:28	36	17	04:54	43	32	10:23	76	33	10:11	80	27	05:18	85	33	06:19	90	34	08:44	100	32	01:44	CL	40	01:36
32		00.04.43	38		00.18.11	27		00.23.05	28		00.33.28	25		00.43.39	25		00.48.57	27		00.55.16	28		01.04.00	28		01.05.44	26		01.07.20
27	Parachini Alessia		Senza Società		01.08.19																								
31	28	04:32	37	40	14:45	36	23	05:06	43	29	10:07	76	31	10:05	80	30	05:26	85	31	06:15	90	34	08:44	100	43	02:12	CL	23	01:07
28		00.04.32	39		00.19.17	29		00.24.23	29		00.34.30	26		00.44.35	26		00.50.01	30		00.56.16	29		01.05.00	29		01.07.12	27		01.08.19
28	Chemello Andrea		Senza Società		01.08.53																								
31	40	07:47	37	37	12:50	36	28	06:10	43	34	10:47	76	23	07:43	80	32	05:34	85	42	09:25	90	20	05:48	100	26	01:32	CL	32	01:17
40		00.07.47	41		00.20.37	31		00.26.47	31		00.37.34	27		00.45.17	27		00.50.51	34		01.00.16	30		01.06.04	30		01.07.36	28		01.08.53

CLASSIFICA

Campionato Regionale Long Lombardia 2023 Data: domenica 5 novembre 2023

Data creazione: 06/11/2023 18:48:04



...Categoria: ESORDIENTI LUNGO

Pos.	Nome	Società	Tempo
29	Comazzi Irene	Senza Società	01.09.33
31	37 05:39	37 41 14:49	36 24 05:07
37	00.05.39	40 00.20.28	30 00.25.35
43	29 10:07	43 29 10:07	76 32 10:09
80	28 05:19	80 28 05:19	85 34 06:21
90	31 08:36	90 31 08:36	100 29 01:38
CL	42 01:48	CL 42 01:48	
37	00.05.39	40 00.20.28	30 00.25.35
30	Dalla Valle Giorgia	POL.IST.SUP.DALLA CHIESA S...	01.09.43
31	20 03:45	37 19 05:10	36 35 18:39
20	00.03.45	16 00.08.55	33 00.27.34
43	6 05:15	43 6 05:15	76 39 15:31
80	10 02:56	80 10 02:56	85 22 04:28
90	39 12:21	90 39 12:21	100 18 01:13
CL	3 00:25	CL 3 00:25	
27	00.32.49	27 00.32.49	32 00.48.20
29	00.51.16	29 00.51.16	33 00.59.13
32	01.08.05	32 01.08.05	33 01.10.12
30	01.09.18	30 01.09.18	31 01.09.43
31	Parachini Giulia	Senza Società	01.11.32
31	38 05:41	37 42 15:28	36 26 06:02
38	00.05.41	42 00.21.09	32 00.27.11
43	33 10:39	43 33 10:39	76 30 10:04
80	25 05:10	80 25 05:10	85 30 06:09
90	36 09:01	90 36 09:01	100 39 01:58
CL	34 01:20	CL 34 01:20	
32	Bossi Marisa	Senza Società	01.14.39
31	27 04:31	37 30 07:08	36 36 19:36
27	00.04.31	27 00.11.39	34 00.31.15
43	21 08:39	43 21 08:39	76 24 07:45
80	24 04:54	80 24 04:54	85 31 06:15
90	40 12:37	90 40 12:37	100 27 01:34
CL	41 01:40	CL 41 01:40	
33	Serina Emanuele	Senza Società	01.16.53
31	12 03:11	37 29 06:31	36 37 23:24
12	00.03.11	17 00.09.42	35 00.33.06
43	22 08:49	43 22 08:49	76 25 07:51
80	23 04:52	80 23 04:52	85 29 06:01
90	40 12:37	90 40 12:37	100 41 02:05
CL	39 01:32	CL 39 01:32	
35	Furlato Adolfo Giuliano	Senza Società	01.17.47
31	44 13:59	37 2 02:29	36 24 05:07
44	00.13.59	36 00.16.28	24 00.21.35
43	41 41:08	43 41 41:08	76 6 04:21
80	9 02:52	80 9 02:52	85 9 02:29
90	4 03:23	90 4 03:23	100 16 01:08
CL	22 00:51	CL 22 00:51	
35	Travaini Letizia	Senza Società	01.20.54
31	31 04:39	37 43 16:34	36 34 16:36
31	00.04.39	43 00.21.13	38 00.37.49
43	35 11:30	43 35 11:30	76 29 09:10
80	40 09:01	80 40 09:01	85 12 03:45
90	27 06:52	90 27 06:52	100 28 01:35
CL	25 01:12	CL 25 01:12	
36	Vincenti Vincenzo	Senza Società	01.30.41
31	35 05:28	37 21 05:29	36 38 24:12
35	00.05.28	24 00.10.57	37 00.35.09
43	39 21:19	43 39 21:19	76 37 12:06
80	37 06:18	80 37 06:18	85 17 04:16
90	30 08:15	90 30 08:15	100 33 01:48
CL	38 01:30	CL 38 01:30	
37	Zarini Elena	Senza Società	01.31.01
31	24 04:08	37 27 06:22	36 40 30:22
24	00.04.08	21 00.10.30	40 00.40.52
43	38 17:13	43 38 17:13	76 38 13:11
80	29 05:21	80 29 05:21	85 13 03:49
90	32 08:40	90 32 08:40	100 19 01:17
CL	14 00:38	CL 14 00:38	
38	Pedretti Simone	Senza Società	01.36.34
31	33 04:49	37 38 13:14	36 21 05:04
33	00.04.49	37 00.18.03	28 00.23.07
43	19 08:22	43 19 08:22	76 40 38:56
80	39 06:48	80 39 06:48	85 38 06:40
90	37 10:02	90 37 10:02	100 23 01:27
CL	25 01:12	CL 25 01:12	
39	Cominoli Mattia	Senza Società	01.41.22
31	22 03:49	37 18 05:05	36 41 48:03
22	00.03.49	15 00.08.54	41 00.56.57
43	28 10:00	43 28 10:00	76 22 07:37
80	38 06:32	80 38 06:32	85 37 06:39
90	38 10:14	90 38 10:14	100 24 01:31
CL	43 01:52	CL 43 01:52	
40	Criscitiello Camilla	Senza Società	01.42.00
31	17 03:38	37 32 08:08	36 39 27:46
17	00.03.38	28 00.11.46	39 00.39.32
43	40 29:45	43 40 29:45	76 36 11:59
80	34 05:46	80 34 05:46	85 18 04:17
90	28 08:00	90 28 08:00	100 22 01:22
CL	33 01:19	CL 33 01:19	
-	Oggioni Daniele	Senza Società	Punz. Errata
31	15 03:19	37 11 04:25	43 - 06:54
15	00.03.19	8 00.07.44	- 00.14.38
76	- 15:12	76 - 15:12	80 - 03:59
83	- 03:49	83 - 03:49	85 14 04:07
90	14 04:15	90 14 04:15	100 31 01:41
PE	36 01:24	PE 36 01:24	
-	Oggioni Simone	Senza Società	Punz. Errata
31	16 03:21	37 11 04:25	43 - 07:00
16	00.03.21	9 00.07.46	- 00.14.46
76	- 15:05	76 - 15:05	80 - 04:01
83	- 03:40	83 - 03:40	85 16 04:13
90	16 04:17	90 16 04:17	100 30 01:40
PE	37 01:25	PE 37 01:25	
-	Soto Rondon Brisa Camilla	POL. VERCELLESE 2020	Punz. Errata
36	- 05:28	43 - 67:11	76 - 11:49
-	00.05.28	- 01.12.39	- 01.24.28
80	- 06:11	80 - 06:11	85 - 04:01
90	- 07:53	90 - 07:53	100 - 01:32
100	- 00:02	100 - 00:02	100 - 00:02
PE	35 01:21	PE 35 01:21	
-	Scampini Chiara	Senza Società	Punz. Mancante
31	43 11:41	37 7 03:06	36 5 02:55
43	00.11.41	34 00.14.47	21 00.17.42
80	- 08:21	80 - 08:21	85 - 03:08
90	- 03:55	90 - 03:55	100 - 01:04
PM	- 00:36	PM - 00:36	
-	Sartori Annamaria	Senza Società	Ritirato
31	7 02:37	37 16 04:54	43 - 11:10
7	00.02.37	7 00.07.31	- 00.18.41
43	- 10:14	43 - 10:14	43 - 04:01
36	- 35:49	36 - 35:49	85 - -68:-45
45	00.00.00	45 00.00.00	