Categoria: M ELITE

(Lunghezza 5100 m - Dislivello 105 m - Kmsf 6,15)

Pos.	Nome	Società	Tempo
1	Giuliani Luigi	POL. BESANESE	00.47.10
2	Anuchkin Oleg	TOL TERLANER ORIENTIERU…	00.48.16
3	Stalio Lorenzo	POL. BESANESE	00.49.28
4	Magenes Francesco	POL. BESANESE	00.50.16
5	Franco Antonio	DALLA CHIESA POL. SESTO C…	00.54.03
6	Filipelli Alessio	DALLA CHIESA POL. SESTO C…	00.55.30
7	Faini Luca	OR. COMO	00.55.52
8	Ruggiero Mario	NIRVANA VERDE	00.56.34
9	Bonalumi Federico	NIRVANA VERDE	01.01.13

45	16	02:23	33	6	02:01	36	4	02:20	35	6	01:03	34	3	00:38	38	4	03:45	40	2	01:11	41	13	03:04	61	1	02:27	62	3	01:42
16		00.02.23	11		00.04.24	6		00.06.44	6		00.07.47	5		00.08.25	4		00.12.10	4		00.13.21	5		00.16.25	5		00.18.52	4		00.20.34
64	3	02:12	63	4	01:00	60	4	04:32	56	1	02:21	55	3	02:00	54	4	01:17	50	1	01:55	51	5	01:29	67	6	05:05	73	2	01:26
5		00.22.46	4		00.23.46	3		00.28.18	3		00.30.39	3		00.32.39	3		00.33.56	1		00.35.51	1		00.37.20	1		00.42.25	1		00.43.51
74	1	01:54	100	1	00:58	CL	7	00:27																					
1		00.45.45	1		00.46.43	1		00.47.10																					

45	5	01:15	33	1	01:37	36	3	02:16	35	3	01:01	34	12	00:45	38	14	05:20	40	1	01:04	41	5	02:08	61	4	02:51	62	17	02:46
5		00.01.15	1		00.02.52	1		00.05.08	1		00.06.09	1		00.06.54	5		00.12.14	2		00.13.18	2		00.15.26	2		00.18.17	5		00.21.03
64	14	03:16	63	3	00:58	60	1	03:32	56	3	02:52	55	1	01:51	54	1	01:10	50	2	01:56	51	2	01:19	67	1	04:28	73	7	01:39
7		00.24.19	7		00.25.17	5		00.28.49	5		00.31.41	4		00.33.32	4		00.34.42	2		00.36.38	2		00.37.57	1		00.42.25	2		00.44.04
74	8	02:24	100	8	01:13	CL	11	00:35																					
2		00.46.28	2		00.47.41	2		00.48.16																					

45	1	01:09	33	17	04:03	36	1	02:00	35	2	01:00	34	10	00:43	38	1	02:55	40	12	01:27	41	8	02:21	61	7	03:04	62	1	01:38
1		00.01.09	16		00.05.12	9		00.07.12	7		00.08.12	8		00.08.55	3		00.11.50	1		00.13.17	3		00.15.38	3		00.18.42	2		00.20.20
64	6	02:24	63	8	01:03	60	2	03:49	56	2	02:36	55	6	02:11	54	7	01:28	50	10	03:01	51	6	01:30	67	7	05:06	73	15	02:02
4		00.22.44	5		00.23.47	2		00.27.36	2		00.30.12	2		00.32.23	2		00.33.51	3		00.36.52	3		00.38.22	3		00.43.28	3		00.45.30
74	2	02:00	100	14	01:35	CL	2	00:23																					
3		00.47.30	3		00.49.05	3		00.49.28																					

45	2	01:10	33	7	02:03	36	8	02:50	35	5	01:02	34	8	00:42	38	2	03:41	40	17	02:26	41	2	01:48	61	6	03:03	62	6	01:46
2		00.01.10	4		00.03.13	2		00.06.03	2		00.07.05	2		00.07.47	1		00.11.28	6		00.13.54	4		00.15.42	4		00.18.45	3		00.20.31
64	1	02:04	63	10	01:05	60	8	05:05	56	3	02:52	55	7	02:28	54	6	01:20	50	9	02:56	51	4	01:22	67	4	04:51	73	8	01:40
3		00.22.35	3		00.23.40	4		00.28.45	4		00.31.37	5		00.34.05	5		00.35.25	5		00.38.21	4		00.39.43	4		00.44.34	4		00.46.14
74	8	02:24	100	7	01:12	CL	5	00:26																					
4		00.48.38	4		00.49.50	4		00.50.16																					

45	15	02:19	33	2	01:43	36	10	02:58	35	13	01:15	34	4	00:39	38	13	04:44	40	3	01:13	41	4	02:07	61	3	02:50	62	5	01:45
15		00.02.19	10		00.04.02	7		00.07.00	8		00.08.15	7		00.08.54	9		00.13.38	9		00.14.51	7		00.16.58	6		00.19.48	6		00.21.33
64	5	02:18	63	6	01:01	60	9	05:08	56	7	03:14	55	9	02:29	54	2	01:14	50	6	02:24	51	14	03:25	67	14	05:53	73	5	01:35
6		00.23.51	6		00.24.52	6		00.30.00	6		00.33.14	6		00.35.43	6		00.36.57	6		00.39.21	5		00.42.46	5		00.48.39	5		00.50.14
74	3	02:02	100	6	01:11	CL	12	00:36																					
5		00.52.16	5		00.53.27	5		00.54.03																					

45	17	02:33	33	12	02:16	36	7	02:35	35	11	01:12	34	8	00:42	38	7	03:57	40	4	01:14	41	3	02:00	61	11	03:20	62	7	01:54
17		00.02.33	13		00.04.49	11		00.07.24	10		00.08.36	10		00.09.18	7		00.13.15	7		00.14.29	6		00.16.29	7		00.19.49	7		00.21.43
64	8	02:39	63	4	01:00	60	13	06:25	56	15	06:31	55	5	02:10	54	13	02:09	50	3	02:02	51	3	01:21	67	2	04:34	73	1	01:22
8		00.24.22	8		00.25.22	8		00.31.47	9		00.38.18	8		00.40.28	9		00.42.37	9		00.44.39	9		00.46.00	7		00.50.34	7		00.51.56
74	4	02:06	100	4	01:07	CL	1	00:21																					
6		00.54.02	6		00.55.09	6		00.55.30																					

45	3	01:11	33	4	01:53	36	19	06:28	35	6	01:03	34	1	00:33	38	5	03:52	40	9	01:21	41	14	03:08	61	13	04:34	62	3	01:42
3		00.01.11	3		00.03.04	15		00.09.32	14		00.10.35	14		00.11.08	12		00.15.00	12		00.16.21	12		00.19.29	11		00.24.03	10		00.25.45
64	10	02:53	63	17	02:36	60	5	04:37	56	5	02:53	55	4	02:06	54	3	01:15	50	4	02:04	51	1	01:17	67	8	05:09	73	5	01:35
11		00.28.38	12		00.31.14	11		00.35.51	10		00.38.44	9		00.40.50	8		00.42.05	8		00.44.09	8		00.45.26	8		00.50.35	8		00.52.10
74	6	02:15	100	2	01:02	CL	3	00:25																					
7		00.54.25	7		00.55.27	7		00.55.52																					

45	12	01:49	33	9	02:07	36	2	02:13	35	1	00:58	34	11	00:44	38	3	03:44	40	16	01:44	41	1	01:33	61	2	02:47	62	2	01:41
12		00.01.49	9		00.03.56	4		00.06.09	3		00.07.07	3		00.07.51	2		00.11.35	3		00.13.19	1		00.14.52	1		00.17.39	1		00.19.20
64	6	02:24	63	9	01:04	60	17	07:56	56	13	06:00	55	2	01:54	54	16	02:19	50	5	02:05	51	9	01:39	67	3	04:47	73	12	01:51
2		00.21.44	2		00.22.48	7		00.30.44	7		00.36.44	7		00.38.38	7		00.40.57	7		00.43.02	6		00.44.41	6		00.49.28	6		00.51.19
74	15	03:09	100	12	01:27	CL	15	00:39																					
8		00.54.28	8		00.55.55	8		00.56.34																					

45	6	01:33	33	15	03:01	36	12	03:20	35	11	01:12	34	5	00:41	38	12	04:43	40	5	01:16	41	6	02:11	61	9	03:08	62	7	01:54
6		00.01.33	12		00.04.34	12		00.07.54	11		00.09.06	11		00.09.47	11		00.14.30	10		00.15.46	8		00.17.57	8		00.21.05	8		00.22.59
64	8	02:39	63	2	00:57	60	12	05:55	56	12	05:33	55	15	04:14	54	8	01:29	50	15	04:02	51	10	01:42	67	13	05:43	73	10	01:47
9		00.25.38	9		00.26.35	9		00.32.30	8		00.38.03	10		00.42.17	10		00.43.46	10		00.47.48	10		00.49.30	10		00.55.13	10		00.57.00
74	10	02:25	100	9	01:15	CL	10	00:33																					
9		00.59.25	9		01.00.40	9		01.01.13																					

...Categoria: M ELITE

Pos.	Nome	Società	Tempo
10	Hütter Jakob	SCOM MENDRISIO	01.02.53

45	9	01:36	33	19	07:50	36	5	02:25	35	9	01:04	34	5	00:41	38	6	03:55	40	8	01:19	41	18	04:18	61	5	02:52	62	9	01:56
9	00.01.36	18	00.09.26	17	00.11.51	17	00.12.55	17	00.13.36	15	00.17.31	15	00.18.50	16	00.23.08	13	00.26.00	13	00.27.56										
64	4	02:17	63	15	01:27	60	10	05:24	56	6	03:07	55	12	03:38	54	5	01:18	50	12	03:02	51	12	02:07	67	10	05:14	73	13	01:59
13	00.30.13	13	00.31.40	14	00.37.04	12	00.40.11	13	00.43.49	12	00.45.07	11	00.48.09	11	00.50.16	11	00.55.30	11	00.57.29										
74	17	03:32	100	11	01:24	CL	8	00:28																					
11	01.01.01	11	01.02.25	10	01.02.53																								

11	Civera Tommaso	AGOROSSO S.ALESSANDRO OR.	01.03.57

45	4	01:12	33	3	01:44	36	16	04:11	35	10	01:11	34	2	00:37	38	10	04:29	40	7	01:18	41	15	03:27	61	12	03:52	62	11	02:00
4	00.01.12	2	00.02.56	8	00.07.07	9	00.08.18	8	00.08.55	8	00.13.24	8	00.14.42	9	00.18.09	9	00.22.01	9	00.24.01										
64	16	04:38	63	11	01:10	60	14	06:40	56	9	03:57	55	7	02:28	54	14	02:10	50	16	04:10	51	11	01:49	67	11	05:19	73	16	02:10
12	00.28.39	11	00.29.49	12	00.36.29	13	00.40.26	11	00.42.54	11	00.45.04	13	00.49.14	12	00.51.03	12	00.56.22	12	00.58.32										
74	11	02:33	100	18	02:12	CL	16	00:40																					
12	01.01.05	12	01.03.17	11	01.03.57																								

12	Wong Kwan	POL. PUNTO NORD	01.04.32

45	7	01:34	33	10	02:13	36	9	02:52	35	6	01:03	34	14	00:48	38	17	06:34	40	9	01:21	41	10	02:31	61	14	05:03	62	15	02:25
7	00.01.34	7	00.03.47	5	00.06.39	5	00.07.42	6	00.08.30	13	00.15.04	13	00.16.25	11	00.18.56	10	00.23.59	11	00.26.24										
64	2	02:08	63	1	00:55	60	3	04:25	56	13	06:00	55	13	03:41	54	10	01:41	50	10	03:01	51	16	04:59	67	9	05:12	73	14	02:00
10	00.28.32	10	00.29.27	10	00.33.52	11	00.39.52	12	00.43.33	13	00.45.14	12	00.48.15	13	00.53.14	13	00.58.26	13	01.00.26										
74	13	02:35	100	3	01:05	CL	5	00:26																					
13	01.03.01	13	01.04.06	12	01.04.32																								

13	Bonanomi Alessandro	POL. BESANESE	01.05.44

45	18	02:53	33	18	05:53	36	11	03:15	35	15	01:18	34	5	00:41	38	11	04:33	40	6	01:17	41	7	02:12	61	8	03:06	62	14	02:16
18	00.02.53	17	00.08.46	18	00.12.01	18	00.13.19	18	00.14.00	17	00.18.33	16	00.19.50	13	00.22.02	12	00.25.08	12	00.27.24										
64	10	02:53	63	14	01:23	60	7	04:58	56	10	04:38	55	10	03:04	54	18	04:50	50	7	02:40	51	7	01:35	67	16	06:04	73	4	01:33
14	00.30.17	13	00.31.40	13	00.36.38	14	00.41.16	14	00.44.20	14	00.49.10	14	00.51.50	14	00.53.25	14	00.59.29	14	01.01.02										
74	14	02:36	100	16	01:41	CL	3	00:25																					
14	01.03.38	14	01.05.19	13	01.05.44																								

14	Cecon Alessandro	POL. PUNTO NORD	01.08.54

45	8	01:35	33	8	02:05	36	18	05:54	35	15	01:18	34	18	01:20	38	19	09:42	40	14	01:33	41	9	02:23	61	10	03:14	62	10	01:59
8	00.01.35	6	00.03.40	16	00.09.34	16	00.10.52	16	00.12.12	18	00.21.54	18	00.23.27	18	00.25.50	15	00.29.04	15	00.31.03										
64	12	02:57	63	12	01:15	60	11	05:42	56	11	05:20	55	14	03:47	54	11	01:58	50	14	03:57	51	8	01:38	67	12	05:31	73	9	01:44
16	00.34.00	16	00.35.15	16	00.40.57	15	00.46.17	16	00.50.04	16	00.52.02	16	00.55.59	15	00.57.37	15	01.03.08	15	01.04.52										
74	7	02:17	100	10	01:17	CL	8	00:28																					
15	01.07.09	15	01.08.26	14	01.08.54																								

15	Freddi Giorgio	NIRVANA VERDE	01.16.41

45	10	01:38	33	10	02:13	36	13	03:23	35	19	01:59	34	16	00:57	38	9	04:19	40	13	01:32	41	10	02:31	61	16	08:21	62	12	02:01
10	00.01.38	8	00.03.51	10	00.07.14	12	00.09.13	12	00.10.10	10	00.14.29	11	00.16.01	10	00.18.32	14	00.26.53	14	00.28.54										
64	17	05:00	63	13	01:16	60	5	04:37	56	15	06:31	55	11	03:23	54	9	01:37	50	13	03:54	51	17	06:26	67	5	04:56	73	3	01:29
15	00.33.54	15	00.35.10	15	00.39.47	16	00.46.18	15	00.49.41	15	00.51.18	15	00.55.12	16	01.01.38	16	01.06.34	16	01.08.03										
74	5	02:13	100	5	01:09	CL	18	05:16																					
16	01.10.16	16	01.11.25	15	01.16.41																								

16	Sala Alessandro	POL. BESANESE	01.17.50

45	11	01:44	33	5	01:54	36	6	02:29	35	3	01:01	34	17	00:58	38	8	04:13	40	11	01:22	41	19	08:59	61	17	09:28	62	13	02:10
11	00.01.44	5	00.03.38	3	00.06.07	4	00.07.08	4	00.08.06	6	00.12.19	5	00.13.41	15	00.22.40	17	00.32.08	17	00.34.18										
64	13	03:03	63	7	01:02	60	18	08:07	56	8	03:18	55	17	07:06	54	15	02:13	50	8	02:47	51	15	03:29	67	15	05:57	73	10	01:47
18	00.37.21	18	00.38.23	18	00.46.30	17	00.49.48	17	00.56.54	17	00.59.07	17	01.01.54	17	01.05.23	17	01.11.20	17	01.13.07										
74	11	02:33	100	13	01:32	CL	13	00:38																					
17	01.15.40	17	01.17.12	16	01.17.50																								

17	Consoli Paolo	UNIONE LOMBARDA	01.26.06

45	13	02:09	33	14	02:58	36	15	04:10	35	18	01:31	34	19	01:21	38	16	06:16	40	19	02:50	41	17	03:51	61	15	05:05	62	18	03:01
13	00.02.09	15	00.05.07	14	00.09.17	15	00.10.48	15	00.12.09	16	00.18.25	17	00.21.15	17	00.25.06	16	00.30.11	16	00.33.12										
64	15	03:17	63	16	01:43	60	16	07:48	56	18	07:47	55	16	04:58	54	17	03:35	50	17	05:04	51	13	03:09	67	17	06:39	73	17	03:16
17	00.36.29	17	00.38.12	17	00.46.00	18	00.53.47	18	00.58.45	18	01.02.20	18	01.07.24	18	01.10.33	18	01.17.12	18	01.20.28										
74	16	03:14	100	15	01:38	CL	17	00:46																					
18	01.23.42	18	01.25.20	17	01.26.06																								

-	Hiroki Inoue	NIRVANA VERDE	Punz. Mancante

45	19	682:39	33	15	03:01	36	17	04:45	35	14	01:17	34	14	00:48	38	18	09:33	40	15	01:37	41	12	02:57	61	18	10:38	62	16	02:35
19	11.22.39	19	11.25.40	19	11.30.25	19	11.31.42	19	11.32.30	19	11.42.03	19	11.43.40	19	11.46.37	18	11.57.15	18	11.59.50										
64	18	--:--	63	18	02:43	60	15	07:39	56	17	07:45	55	18	10:25	54	12	02:00	50	18	05:19	51	18	06:49	67	18	07:38	73	18	03:30
1	00.02.18	1	00.05.01	1	00.12.40	1	00.20.25	1	00.30.50	1	00.32.50	4	00.38.09	7	00.44.58	9	00.52.36	9	00.56.06										
74	18	03:51	100	17	01:45	PM	13	00:38																					
10	00.59.57	10	01.01.42	18	01.02.20																								

...Categoria: M ELITE

Pos.	Nome	Società	Tempo
-	Ponteri Marco	NIRVANA VERDE	Punz. Mancante

45	14	02:14	33	13	02:45	36	14	03:31	35	17	01:20	34	13	00:46	38	15	05:35	40	18	02:30	41	16	03:39	62	-	08:17	64	-	02:34
14	00.02.14	14	00.04.59	13	00.08.30	13	00.09.50	13	00.10.36	14	00.16.11	14	00.18.41	14	00.22.20	-	00.30.37	-	00.33.11										
63	-	01:08	60	-	06:00	56	-	05:13	55	-	02:30	54	-	01:39	50	-	02:54	51	-	04:02	67	-	07:22	73	-	01:52	74	-	04:12
-	00.34.19	-	00.40.19	-	00.45.32	-	00.48.02	-	00.49.41	-	00.52.35	-	00.56.37	-	01.03.59	-	01.05.51	-	01.10.03										
100	-	01:44	PM	-	00:28																								
-	01.11.47	19	01.12.15																										

Categoria: NERO

(Lunghezza 5100 m - Dislivello 105 m - Kmsf 6,15)

Pos.	Nome	Società	Tempo

Categoria: W ELITE

(Lunghezza 4600 m - Dislivello 80 m - Kmsf 5,40)

Pos.	Nome	Società	Tempo
1	Di Stefano Silvia	POL. BESANESE	00.41.07

45	1	01:20	33	1	01:54	34	1	01:46	36	1	01:22	38	1	02:14	41	1	02:01	61	1	02:35	62	8	03:07	64	2	02:37	63	4	01:09
1	00.01.20	1	00.03.14	1	00.05.00	1	00.06.22	1	00.08.36	1	00.10.37	1	00.13.12	1	00.16.19	1	00.18.56	1	00.20.05										
60	2	04:40	55	1	03:42	54	1	01:29	51	2	03:50	53	1	01:11	67	1	03:33	65	1	01:14	100	1	00:55	CL	1	00:28			
1	00.24.45	1	00.28.27	1	00.29.56	1	00.33.46	1	00.34.57	1	00.38.30	1	00.39.44	1	00.40.39	1	00.41.07												

2	Zaffanella Guenda	SCOM MENDRISIO	00.46.06

45	3	01:34	33	2	02:29	34	3	01:57	36	2	01:32	38	3	02:34	41	2	02:11	61	2	03:04	62	2	02:05	64	1	02:18	63	3	01:07
3	00.01.34	2	00.04.03	2	00.06.00	2	00.07.32	2	00.10.06	2	00.12.17	2	00.15.21	2	00.17.26	2	00.19.44	2	00.20.51										
60	1	04:23	55	2	03:53	54	3	01:41	51	8	06:23	53	4	01:32	67	2	04:16	65	3	01:34	100	3	01:04	CL	3	00:29			
2	00.25.14	2	00.29.07	2	00.30.48	2	00.37.11	2	00.38.43	2	00.42.59	2	00.44.33	2	00.45.37	2	00.46.06												

3	Magenes Chiara	POL. BESANESE	00.50.18

45	2	01:32	33	3	02:41	34	4	02:01	36	6	01:55	38	4	03:05	41	3	02:53	61	3	03:08	62	6	02:59	64	3	02:45	63	2	01:06
2	00.01.32	3	00.04.13	3	00.06.14	3	00.08.09	3	00.11.14	3	00.14.07	3	00.17.15	3	00.20.14	3	00.22.59	3	00.24.05										
60	3	04:45	55	3	03:59	54	4	01:52	51	4	04:17	53	2	01:19	67	5	06:19	65	5	02:08	100	4	01:06	CL	1	00:28			
3	00.28.50	3	00.32.49	3	00.34.41	3	00.38.58	3	00.40.17	3	00.46.36	3	00.48.44	3	00.49.50	3	00.50.18												

4	Trifilenkova Anastasia	POL. PUNTO NORD	00.53.42

45	6	01:52	33	9	05:47	34	9	02:35	36	7	02:05	38	2	02:28	41	4	02:56	61	4	03:28	62	3	02:26	64	5	03:02	63	1	00:58
6	00.01.52	9	00.07.39	9	00.10.14	9	00.12.19	7	00.14.47	4	00.17.43	4	00.21.11	4	00.23.37	4	00.26.39	4	00.27.37										
60	4	05:20	55	5	04:43	54	2	01:35	51	3	03:58	53	5	01:43	67	3	05:00	65	4	01:45	100	7	01:21	CL	7	00:40			
4	00.32.57	4	00.37.40	4	00.39.15	4	00.43.13	4	00.44.56	4	00.49.56	4	00.51.41	4	00.53.02	4	00.53.42												

5	Cozzi Sofia	POL. PUNTO NORD	00.55.08

45	8	01:56	33	6	03:51	34	2	01:56	36	3	01:39	38	6	04:11	41	8	04:39	61	5	03:46	62	1	01:58	64	4	02:59	63	5	01:24
8	00.01.56	6	00.05.47	5	00.07.43	5	00.09.22	4	00.13.33	6	00.18.12	5	00.21.58	5	00.23.56	5	00.26.55	5	00.28.19										
60	5	06:16	55	4	04:26	54	6	02:29	51	1	03:33	53	3	01:28	67	4	05:33	65	2	01:28	100	2	01:03	CL	4	00:33			
5	00.34.35	5	00.39.01	5	00.41.30	5	00.45.03	5	00.46.31	5	00.52.04	5	00.53.32	5	00.54.35	5	00.55.08												

6	Cozzi Lisa	POL. PUNTO NORD	01.05.49

45	9	02:38	33	5	03:18	34	8	02:34	36	9	03:03	38	5	03:53	41	7	04:09	61	6	04:08	62	7	03:05	64	6	03:25	63	6	01:29
9	00.02.38	7	00.05.56	7	00.08.30	7	00.11.33	8	00.15.26	9	00.19.35	6	00.23.43	6	00.26.48	6	00.30.13	6	00.31.42										
60	8	09:51	55	6	05:09	54	5	02:05	51	5	04:41	53	6	01:49	67	6	06:21	65	6	02:15	100	6	01:20	CL	6	00:36			
6	00.41.33	6	00.46.42	6	00.48.47	6	00.53.28	6	00.55.17	6	01.01.38	6	01.03.53	6	01.05.13	6	01.05.49												

7	Cozzi Anita	POL. PUNTO NORD	01.14.54

45	5	01:41	33	4	02:59	34	5	02:16	36	4	01:49	38	9	05:15	41	6	03:46	61	8	06:44	62	5	02:53	64	7	03:26	63	8	06:00
5	00.01.41	4	00.04.40	4	00.06.56	4	00.08.45	5	00.14.00	5	00.17.46	7	00.24.30	7	00.27.23	7	00.30.49	8	00.36.49										
60	7	07:55	55	7	09:58	54	7	02:37	51	6	04:57	53	7	01:50	67	7	06:29	65	7	02:18	100	8	01:27	CL	5	00:34			
7	00.44.44	7	00.54.42	7	00.57.19	7	01.02.16	7	01.04.06	7	01.10.35	7	01.12.53	7	01.14.20	7	01.14.54												

8	Barenghi Lucilla	SCOM MENDRISIO	01.26.43

45	7	01:55	33	8	05:28	34	7	02:21	36	8	02:08	38	7	04:15	41	5	03:08	61	9	07:22	62	4	02:28	64	8	04:13	63	9	06:32
7	00.01.55	8	00.07.23	8	00.09.44	8	00.11.52	9	00.16.07	7	00.19.15	9	00.26.37	8	00.29.05	8	00.33.18	9	00.39.50										
60	6	07:37	55	8	11:16	54	8	02:47	51	7	05:05	53	8	02:06	67	8	06:31	65	8	09:32	100	5	01:19	CL	7	00:40			
9	00.47.27	8	00.58.43	8	01.01.30	8	01.06.35	8	01.08.41	8	01.15.12	8	01.24.44	8	01.26.03	8	01.26.43												

-	Foletti Nora	C.O. AGET LUGANO	Ritirato

45	3	01:34	33	7	03:54	34	6	02:17	36	5	01:50	38	8	04:32	41	9	05:26	61	7	06:31	62	9	03:23	64	9	04:33	63	7	01:31
3	00.01.34	5	00.05.28	6	00.07.45	6	00.09.35	6	00.14.07	8	00.19.33	8	00.26.04	9	00.29.27	9	00.34.00	7	00.35.31										
60	9	10:22	RI	-	18:54																								
8	00.45.53	9	01.04.47																										

Categoria: M 17/18

(Lunghezza 4600 m - Dislivello 80 m - Kmsf 5,40)

Pos.	Nome	Società	Tempo
1	Pellizzari Emilio	UNIONE LOMBARDA	00.58.32

45	3	02:44	33	2	02:20	34	2	02:04	36	1	01:59	38	3	07:51	41	1	02:42	61	1	03:30	62	1	01:47	64	2	04:20	63	2	01:21
3		00.02.44	2		00.05.04	2		00.07.08	2		00.09.07	2		00.16.58	1		00.19.40	1		00.23.10	1		00.24.57	1		00.29.17	1		00.30.38
60	1	06:41	55	1	04:11	54	2	01:39	51	1	04:13	53	1	01:17	67	4	06:36	65	1	01:53	100	1	00:56	CL	1	00:28			
1		00.37.19	1		00.41.30	1		00.43.09	1		00.47.22	1		00.48.39	1		00.55.15	1		00.57.08	1		00.58.04	1		00.58.32			

2	Marzaro Gabriele	DALLA CHIESA POL. SESTO C…	01.23.08

45	1	01:38	33	1	02:13	34	1	02:02	36	3	02:18	38	1	03:29	41	3	14:27	61	3	06:44	62	2	03:03	64	1	03:42	63	1	01:09
1		00.01.38	1		00.03.51	1		00.05.53	1		00.08.11	1		00.11.40	3		00.26.07	2		00.32.51	2		00.35.54	2		00.39.36	2		00.40.45
60	2	07:25	55	2	05:10	54	3	02:11	51	4	08:50	53	2	02:09	67	2	06:00	65	4	08:23	100	4	01:29	CL	4	00:46			
2		00.48.10	2		00.53.20	2		00.55.31	2		01.04.21	2		01.06.30	2		01.12.30	2		01.20.53	2		01.22.22	2		01.23.08			

3	Bazzacchi Francesco	UNIONE LOMBARDA	01.33.30

45	2	02:11	33	4	06:06	34	3	02:29	36	2	02:03	38	4	09:10	41	4	15:49	61	2	05:01	62	3	04:04	64	4	06:20	63	3	01:45
2		00.02.11	4		00.08.17	3		00.10.46	3		00.12.49	4		00.21.59	4		00.37.48	4		00.42.49	4		00.46.53	4		00.53.13	4		00.54.58
60	3	08:43	55	4	09:39	54	1	01:26	51	2	07:06	53	3	02:31	67	1	05:14	65	2	02:03	100	3	01:18	CL	3	00:32			
3		01.03.41	4		01.13.20	4		01.14.46	3		01.21.52	3		01.24.23	3		01.29.37	3		01.31.40	3		01.32.58	3		01.33.30			

4	Acquaviva Riccardo	POL. PUNTO NORD	01.35.41

45	4	04:24	33	3	03:19	34	4	03:16	36	4	03:34	38	2	05:52	41	2	03:32	61	4	13:13	62	4	09:05	64	3	06:12	63	4	02:08
4		00.04.24	3		00.07.43	4		00.10.59	4		00.14.33	3		00.20.25	2		00.23.57	3		00.37.10	3		00.46.15	3		00.52.27	3		00.54.35
60	4	11:02	55	3	06:37	54	4	02:26	51	3	07:39	53	4	02:32	67	3	06:19	65	3	02:45	100	2	01:16	CL	2	00:30			
4		01.05.37	3		01.12.14	3		01.14.40	4		01.22.19	4		01.24.51	4		01.31.10	4		01.33.55	4		01.35.11	4		01.35.41			

Categoria: M 35

(Lunghezza 4600 m - Dislivello 80 m - Kmsf 5,40)

Pos.	Nome	Società	Tempo
1	Khudiakov Aleksandr	POL. PUNTO NORD	00.49.54

45	4	01:34	33	4	02:22	34	2	02:07	36	4	01:57	38	1	02:56	41	1	02:21	61	8	08:34	62	3	02:02	64	2	02:48	63	5	01:39
4		00.01.34	3		00.03.56	3		00.06.03	2		00.08.00	1		00.10.56	1		00.13.17	3		00.21.51	3		00.23.53	3		00.26.41	3		00.28.20
60	1	04:16	55	1	03:51	54	2	01:25	51	2	03:01	53	1	01:10	67	1	04:03	65	5	02:24	100	1	00:56	CL	2	00:28			
2		00.32.36	2		00.36.27	2		00.37.52	1		00.40.53	1		00.42.03	1		00.46.06	1		00.48.30	1		00.49.26	1		00.49.54			

2	Brocco Valerio	ENEA CASACCIA ORIENTERING	00.50.18

45	2	01:33	33	2	02:14	34	1	01:55	36	6	02:31	38	5	04:12	41	2	02:23	61	2	03:23	62	5	02:47	64	1	02:05	63	1	01:10
2		00.01.33	2		00.03.47	1		00.05.42	4		00.08.13	2		00.12.25	2		00.14.48	1		00.18.11	1		00.20.58	1		00.23.03	1		00.24.13
60	4	05:54	55	3	04:18	54	1	01:20	51	3	05:43	53	3	01:13	67	3	04:34	65	1	01:21	100	5	01:10	CL	4	00:32			
1		00.30.07	1		00.34.25	1		00.35.45	2		00.41.28	2		00.42.41	2		00.47.15	2		00.48.36	2		00.49.46	2		00.50.18			

3	Magenes Giuseppe	SCOM MENDRISIO	00.52.01

45	1	01:32	33	5	02:29	34	3	02:17	36	2	01:42	38	8	06:27	41	9	05:58	61	2	03:23	62	2	02:00	64	4	02:57	63	3	01:34
1		00.01.32	4		00.04.01	4		00.06.18	2		00.08.00	4		00.14.27	4		00.20.25	4		00.23.48	4		00.25.48	4		00.28.45	5		00.30.19
60	1	04:16	55	2	03:58	54	2	01:25	51	1	02:59	53	1	01:10	67	2	04:09	65	3	02:11	100	2	01:01	CL	6	00:33			
3		00.34.35	3		00.38.33	3		00.39.58	3		00.42.57	3		00.44.07	3		00.48.16	3		00.50.27	3		00.51.28	3		00.52.01			

4	Migliore Andrea	POL. BESANESE	01.05.01

45	2	01:33	33	6	03:17	34	5	02:22	36	3	01:51	38	2	03:25	41	3	02:47	61	5	03:52	62	4	02:04	64	7	04:16	63	5	01:39
2		00.01.33	5		00.04.50	5		00.07.12	5		00.09.03	3		00.12.28	3		00.15.15	2		00.19.07	2		00.21.11	2		00.25.27	2		00.27.06
60	7	08:20	55	6	05:32	54	5	02:15	51	8	08:59	53	4	01:36	67	9	07:25	65	4	02:20	100	2	01:01	CL	1	00:27			
4		00.35.26	4		00.40.58	4		00.43.13	4		00.52.12	4		00.53.48	4		01.01.13	4		01.03.33	4		01.04.34	4		01.05.01			

5	Crivelli Diego	SCOM MENDRISIO	01.05.35

45	5	01:36	33	1	02:02	34	4	02:20	36	1	01:41	38	9	08:58	41	5	04:15	61	1	03:19	62	1	01:53	64	3	02:49	63	2	01:13
5		00.01.36	1		00.03.38	2		00.05.58	1		00.07.39	5		00.16.37	5		00.20.52	5		00.24.11	5		00.26.04	5		00.28.53	4		00.30.06
60	3	05:22	55	9	08:07	54	9	02:41	51	9	09:10	53	5	01:49	67	4	05:09	65	2	01:34	100	4	01:05	CL	4	00:32			
5		00.35.28	5		00.43.35	5		00.46.16	5		00.55.26	5		00.57.15	5		01.02.24	5		01.03.58	5		01.05.03	5		01.05.35			

6	Merlini Mauro	POL. BESANESE	01.12.07

45	7	02:34	33	3	02:19	34	9	05:50	36	5	02:29	38	4	04:05	41	8	05:56	61	4	03:45	62	9	05:03	64	5	03:14	63	9	02:20
7		00.02.34	6		00.04.53	7		00.10.43	6		00.13.12	7		00.17.17	7		00.23.13	6		00.26.58	7		00.32.01	6		00.35.15	6		00.37.35
60	5	06:45	55	5	05:29	54	4	01:40	51	4	06:10	53	7	02:12	67	6	06:29	65	9	02:56	100	9	02:11	CL	7	00:40			
6		00.44.20	6		00.49.49	6		00.51.29	6		00.57.39	6		00.59.51	6		01.06.20	6		01.09.16	6		01.11.27	6		01.12.07			

7	Longatti Davide	OR. COMO	01.18.26

45	6	02:03	33	8	05:30	34	7	02:47	36	7	02:53	38	3	04:00	41	7	05:46	61	6	05:28	62	7	03:30	64	9	04:56	63	7	01:47
6		00.02.03	7		00.07.33	6		00.10.20	7		00.13.13	6		00.17.13	6		00.22.59	7		00.28.27	6		00.31.57	7		00.36.53	7		00.38.40
60	8	08:45	55	8	05:54	54	7	02:29	51	7	08:32	53	9	02:48	67	6	06:29	65	6	02:28	100	8	01:39	CL	8	00:42			
7		00.47.25	7		00.53.19	7		00.55.48	7		01.04.20	7		01.07.08	7		01.13.37	7		01.16.05	7		01.17.44	7		01.18.26			

...Categoria: M 35

Pos.	Nome	Società	Tempo
8	Monzardo Matteo	L'ORMA S.S.D. A.R.L.	01.19.54

45	8	03:10	33	7	05:03	34	8	03:10	36	8	03:29	38	6	04:13	41	6	05:13	61	7	06:24	62	8	03:35	64	8	04:28	63	8	02:07
8	00.03.10	8	00.08.13	8	00.11.23	8	00.14.52	8	00.19.05	8	00.24.18	8	00.30.42	8	00.34.17	8	00.38.45	8	00.40.52										
60	9	08:56	55	7	05:51	54	7	02:29	51	6	08:16	53	8	02:39	67	8	06:33	65	8	02:37	100	6	01:11	CL	3	00:30			
8	00.49.48	8	00.55.39	8	00.58.08	8	01.06.24	8	01.09.03	8	01.15.36	8	01.18.13	8	01.19.24	8	01.19.54												

9	Menescardi Paolo	L'ORMA S.S.D. A.R.L.	01.30.20

45	9	07:42	33	9	08:09	34	6	02:44	36	9	03:57	38	7	04:56	41	4	03:27	61	9	16:21	62	6	02:52	64	6	04:14	63	4	01:35
9	00.07.42	9	00.15.51	9	00.18.35	9	00.22.32	9	00.27.28	9	00.30.55	9	00.47.16	9	00.50.08	9	00.54.22	9	00.55.57										
60	6	07:33	55	4	05:02	54	6	02:20	51	5	07:27	53	6	01:56	67	5	05:34	65	7	02:34	100	7	01:15	CL	8	00:42			
9	01.03.30	9	01.08.32	9	01.10.52	9	01.18.19	9	01.20.15	9	01.25.49	9	01.28.23	9	01.29.38	9	01.30.20												

-	Molteni Luca Emanuele	NIRVANA VERDE	Ritirato

33	-	07:37	35	-	03:21	38	-	04:31	40	-	02:39	41	-	06:15	61	-	03:20	62	-	02:10	64	-	05:23	63	-	01:09	60	-	05:11
-	00.07.37	-	00.10.58	-	00.15.29	-	00.18.08	-	00.24.23	-	00.27.43	-	00.29.53	-	00.35.16	-	00.36.25	-	00.41.36										
56	-	05:03	73	-	12:26	74	-	02:54	100	-	01:27	RI	-	-63:-26															
-	00.46.39	-	00.59.05	-	01.01.59	-	01.03.26	10	00.00.00																				

Categoria: M 45

(Lunghezza 4600 m - Dislivello 80 m - Kmsf 5,40)

Pos.	Nome	Società	Tempo
1	Grilli Alberto	POL. PUNTO NORD	00.52.08

45	7	02:50	33	1	01:54	34	5	02:15	36	2	01:55	38	2	02:49	41	1	02:16	61	9	05:46	62	10	04:20	64	4	02:55	63	3	01:09
7	00.02.50	3	00.04.44	3	00.06.59	3	00.08.54	3	00.11.43	1	00.13.59	4	00.19.45	4	00.24.05	4	00.27.00	4	00.28.09										
60	2	05:54	55	1	04:08	54	1	01:09	51	1	03:46	53	5	01:41	67	1	04:05	65	5	01:51	100	1	00:55	CL	1	00:30			
2	00.34.03	2	00.38.11	2	00.39.20	2	00.43.06	1	00.44.47	1	00.48.52	1	00.50.43	1	00.51.38	1	00.52.08												

2	Cattaneo Fabio	POL. PUNTO NORD	00.54.59

45	2	01:33	33	5	02:43	34	1	01:54	36	4	01:57	38	4	03:32	41	6	03:00	61	1	03:10	62	1	01:51	64	2	02:16	63	2	01:08
2	00.01.33	2	00.04.16	2	00.06.10	2	00.08.07	2	00.11.39	3	00.14.39	1	00.17.49	1	00.19.40	1	00.21.56	1	00.23.04										
60	1	05:11	55	11	07:25	54	2	01:17	51	7	05:24	53	11	03:13	67	2	04:08	65	12	03:45	100	3	01:02	CL	1	00:30			
1	00.28.15	1	00.35.40	1	00.36.57	1	00.42.21	2	00.45.34	2	00.49.42	2	00.53.27	2	00.54.29	2	00.54.59												

3	Visioli Andrea	ERIDANO ADVENTURE	00.59.43

45	1	01:32	33	2	02:21	34	2	02:04	36	1	01:49	38	1	02:41	41	11	04:05	61	5	03:43	62	9	04:08	64	1	02:14	63	9	01:32
1	00.01.32	1	00.03.53	1	00.05.57	1	00.07.46	1	00.10.27	2	00.14.32	2	00.18.15	3	00.22.23	2	00.24.37	2	00.26.09										
60	10	11:08	55	2	04:16	54	10	03:50	51	5	05:01	53	4	01:40	67	3	04:22	65	1	01:34	100	4	01:07	CL	7	00:36			
4	00.37.17	4	00.41.33	4	00.45.23	4	00.50.24	4	00.52.04	3	00.56.26	3	00.58.00	3	00.59.07	3	00.59.43												

4	Spagnoli Davide	NIRVANA VERDE	01.01.42

45	9	02:56	33	4	02:26	34	3	02:08	36	3	01:56	38	3	03:13	41	2	02:27	61	2	03:25	62	2	02:12	64	10	05:24	63	7	01:26
9	00.02.56	4	00.05.22	4	00.07.30	4	00.09.26	4	00.12.39	4	00.15.06	3	00.18.31	2	00.20.43	3	00.26.07	3	00.27.33										
60	8	07:42	55	3	04:29	54	3	01:21	51	4	04:16	53	12	05:26	67	11	07:22	65	7	02:07	100	1	00:55	CL	3	00:31			
3	00.35.15	3	00.39.44	3	00.41.05	3	00.45.21	3	00.50.47	4	00.58.09	4	01.00.16	4	01.01.11	4	01.01.42												

5	Bozzola Angelo	POL. PUNTO NORD	01.03.14

45	12	03:41	33	3	02:22	34	10	03:03	36	8	02:14	38	10	04:43	41	8	03:17	61	3	03:32	62	8	03:24	64	6	03:25	63	5	01:22
12	00.03.41	5	00.06.03	6	00.09.06	6	00.11.20	5	00.16.03	5	00.19.20	5	00.22.52	5	00.26.16	5	00.29.41	5	00.31.03										
60	11	11:53	55	7	05:02	54	4	01:51	51	3	04:00	53	5	01:41	67	4	04:26	65	2	01:35	100	6	01:09	CL	5	00:34			
6	00.42.56	6	00.47.58	5	00.49.49	5	00.53.49	5	00.55.30	5	00.59.56	5	01.01.31	5	01.02.40	5	01.03.14												

6	Barenghi Beniamino	SCOM MENDRISIO	01.05.29

45	3	01:43	33	11	08:21	34	4	02:11	36	5	02:05	38	7	04:27	41	2	02:27	61	6	03:50	62	3	02:36	64	3	02:48	63	12	02:04
3	00.01.43	10	00.10.04	10	00.12.15	10	00.14.20	9	00.18.47	8	00.21.14	7	00.25.04	6	00.27.40	6	00.30.28	6	00.32.32										
60	9	10:27	55	8	05:07	54	5	01:55	51	6	05:10	53	2	01:31	67	6	05:15	65	3	01:48	100	4	01:07	CL	8	00:37			
7	00.42.59	7	00.48.06	6	00.50.01	6	00.55.11	6	00.56.42	6	01.01.57	6	01.03.45	6	01.04.52	6	01.05.29												

7	Ravasio Gianbattista	AGOROSSO S.ALESSANDRO OR.	01.09.49

45	8	02:52	33	8	03:48	34	8	02:54	36	6	02:13	38	11	05:04	41	4	02:31	61	4	03:34	62	11	06:54	64	5	03:15	63	4	01:10
8	00.02.52	9	00.06.40	7	00.09.34	7	00.11.47	6	00.16.51	6	00.19.22	6	00.22.56	7	00.29.50	7	00.33.05	7	00.34.15										
60	3	06:58	55	9	05:40	54	12	09:02	51	2	03:49	53	3	01:38	67	5	04:47	65	4	01:50	100	9	01:17	CL	4	00:33			
5	00.41.13	5	00.46.53	8	00.55.55	7	00.59.44	7	01.01.22	7	01.06.09	7	01.07.59	7	01.09.16	7	01.09.49												

8	Fantin Luigi	POL. PUNTO NORD	01.14.09

45	5	02:07	33	10	08:17	34	6	02:37	36	11	03:30	38	6	03:49	41	9	03:34	61	10	07:20	62	4	02:40	64	8	04:07	63	11	01:45
5	00.02.07	11	00.10.24	11	00.13.01	11	00.16.31	10	00.20.20	10	00.23.54	8	00.31.14	8	00.33.54	8	00.38.01	8	00.39.46										
60	6	07:26	55	6	05:01	54	7	02:18	51	9	07:33	53	8	01:56	67	10	05:35	65	8	02:36	100	10	01:18	CL	10	00:40			
8	00.47.12	8	00.52.13	7	00.54.31	8	01.02.04	8	01.04.00	8	01.09.35	8	01.12.11	8	01.13.29	8	01.14.09												

...Categoria: M 45

Pos.	Nome	Società	Tempo
9	Pirola Diego	POL. BESANESE	01.15.48

45	4	01:58	33	12	14:45	34	9	02:57	36	6	02:13	38	5	03:39	41	7	03:15	61	8	04:12	62	5	02:48	64	9	04:40	63	6	01:24
4	00.01.58	12	00.16.43	12	00.19.40	12	00.21.53	11	00.25.32	11	00.28.47	9	00.32.59	9	00.35.47	9	00.40.27	9	00.41.51										
60	4	07:24	55	4	04:57	54	6	02:09	51	11	07:47	53	9	01:58	67	7	05:18	65	8	02:36	100	7	01:11	CL	8	00:37			
9	00.49.15	9	00.54.12	9	00.56.21	9	01.04.08	9	01.06.06	9	01.11.24	9	01.14.00	9	01.15.11	9	01.15.48												

10	Zanetello Roberto	NIRVANA VERDE	01.20.06

45	5	02:07	33	9	04:22	34	11	03:18	36	10	02:40	38	8	04:37	41	10	04:00	61	12	16:04	62	7	02:58	64	7	04:04	63	10	01:41
5	00.02.07	8	00.06.29	8	00.09.47	8	00.12.27	7	00.17.04	7	00.21.04	12	00.37.08	11	00.40.06	10	00.44.10	11	00.45.51										
60	7	07:28	55	5	05:00	54	8	02:24	51	8	07:31	53	7	01:52	67	9	05:28	65	10	02:38	100	11	01:19	CL	6	00:35			
10	00.53.19	10	00.58.19	10	01.00.43	10	01.08.14	10	01.10.06	10	01.15.34	10	01.18.12	10	01.19.31	10	01.20.06												

11	Merati Massimo	POL. PUNTO NORD	01.38.44

45	10	03:05	33	7	03:19	34	12	03:31	36	12	03:31	38	9	04:39	41	12	04:53	61	11	11:57	62	12	08:58	64	11	07:58	63	8	01:28
10	00.03.05	7	00.06.24	9	00.09.55	9	00.13.26	8	00.18.05	9	00.22.58	11	00.34.55	12	00.43.53	12	00.51.51	12	00.53.19										
60	5	07:25	55	10	07:10	54	9	02:26	51	9	07:33	53	10	02:40	67	12	12:02	65	11	03:39	100	12	01:29	CL	12	01:01			
12	01.00.44	11	01.07.54	11	01.10.20	11	01.17.53	11	01.20.33	11	01.32.35	11	01.36.14	11	01.37.43	11	01.38.44												

12	Bricalli Mauro	C.O. AGET LUGANO	01.46.51

45	11	03:12	33	6	02:52	34	7	02:38	36	9	02:18	38	12	15:37	41	5	02:58	61	7	03:58	62	6	02:50	64	12	08:21	63	1	01:04
11	00.03.12	6	00.06.04	5	00.08.42	5	00.11.00	12	00.26.37	12	00.29.35	10	00.33.33	10	00.36.23	11	00.44.44	10	00.45.48										
60	12	13:05	55	12	12:47	54	11	05:08	51	12	19:21	53	1	01:25	67	8	05:24	65	6	01:54	100	8	01:15	CL	11	00:44			
11	00.58.53	12	01.11.40	12	01.16.48	12	01.36.09	12	01.37.34	12	01.42.58	12	01.44.52	12	01.46.07	12	01.46.51												

Categoria: VIOLA

(Lunghezza 4600 m - Dislivello 80 m - Kmsf 5,40)

Pos.	Nome	Società	Tempo

Categoria: W 17/18

(Lunghezza 3900 m - Dislivello 90 m - Kmsf 4,80)

Pos.	Nome	Società	Tempo

Categoria: W 35

(Lunghezza 3900 m - Dislivello 90 m - Kmsf 4,80)

Pos.	Nome	Società	Tempo
1	Varotti Stella	ERIDANO ADVENTURE	01.01.15

33	4	06:39	35	2	04:15	38	3	06:34	40	2	01:58	41	3	02:38	61	4	05:03	62	4	03:35	64	3	03:40	63	1	01:18	60	1	07:47
4	00.06.39	4	00.10.54	4	00.17.28	2	00.19.26	2	00.22.04	2	00.27.07	3	00.30.42	3	00.34.22	2	00.35.40	1	00.43.27										
56	4	05:41	73	2	06:51	74	1	02:58	100	1	01:37	CL	2	00:41															
1	00.49.08	1	00.55.59	1	00.58.57	1	01.00.34	1	01.01.15																				

2	Galimberti Nadia	POL. PUNTO NORD	01.06.23

33	1	04:28	35	4	04:33	38	1	05:33	40	3	05:51	41	2	02:34	61	2	04:51	62	2	02:42	64	1	03:07	63	3	06:05	60	2	08:18
1	00.04.28	2	00.09.01	1	00.14.34	3	00.20.25	3	00.22.59	3	00.27.50	2	00.30.32	2	00.33.39	3	00.39.44	3	00.48.02										
56	3	05:02	73	1	06:44	74	4	04:01	100	3	01:46	CL	4	00:48															
3	00.53.04	2	00.59.48	2	01.03.49	2	01.05.35	2	01.06.23																				

3	Police Eugenia	UNIONE LOMBARDA	01.08.08

33	2	05:05	35	1	03:47	38	2	06:01	40	1	01:36	41	4	04:51	61	1	04:00	62	1	01:54	64	4	03:58	63	2	02:39	60	4	11:45
2	00.05.05	1	00.08.52	2	00.14.53	1	00.16.29	1	00.21.20	1	00.25.20	1	00.27.14	1	00.31.12	1	00.33.51	2	00.45.36										
56	1	03:42	73	4	12:51	74	3	03:32	100	4	01:48	CL	1	00:39															
2	00.49.18	3	01.02.09	3	01.05.41	3	01.07.29	3	01.08.08																				

4	Giuganino Barbara	POL. BESANESE	01.08.40

33	3	05:12	35	3	04:16	38	4	07:04	40	4	05:57	41	1	02:25	61	3	04:54	62	3	02:49	64	2	03:14	63	4	06:06	60	3	08:24
3	00.05.12	3	00.09.28	3	00.16.32	4	00.22.29	4	00.24.54	4	00.29.48	4	00.32.37	4	00.35.51	4	00.41.57	4	00.50.21										
56	2	04:48	73	3	07:52	74	2	03:09	100	2	01:43	CL	3	00:47															
4	00.55.09	4	01.03.01	4	01.06.10	4	01.07.53	4	01.08.40																				

Categoria: W 45

(Lunghezza 3900 m - Dislivello 90 m - Kmsf 4,80)

Pos.	Nome	Società	Tempo
1	Rampado Elena	POL. PUNTO NORD	00.58.59

33	1	03:56	35	6	06:06	38	1	05:11	40	5	02:03	41	1	02:36	61	3	05:14	62	4	02:39	64	2	03:13	63	3	01:24	60	1	06:38
1		00.03.56	2		00.10.02	1		00.15.13	2		00.17.16	1		00.19.52	1		00.25.06	1		00.27.45	1		00.30.58	1		00.32.22	1		00.39.00
56	2	04:32	73	5	08:31	74	3	04:19	100	5	01:56	CL	3	00:41															
1		00.43.32	2		00.52.03	2		00.56.22	2		00.58.18	1		00.58.59															

Pos.	Nome	Società	Tempo
2	Sedran Anna	POL. BESANESE	01.00.09

33	4	05:35	35	3	04:36	38	2	05:23	40	1	01:41	41	5	03:04	61	7	06:56	62	1	02:31	64	5	03:28	63	4	01:27	60	4	07:27
4		00.05.35	3		00.10.11	2		00.15.34	1		00.17.15	2		00.20.19	2		00.27.15	2		00.29.46	2		00.33.14	2		00.34.41	2		00.42.08
56	3	04:41	73	1	06:48	74	2	04:14	100	2	01:32	CL	6	00:46															
2		00.46.49	3		00.53.37	3		00.57.51	3		00.59.23	2		01.00.09															

Pos.	Nome	Società	Tempo
3	Titoli Emanuela	NIRVANA VERDE	01.11.03

33	2	04:49	35	7	06:07	38	3	05:33	40	4	02:00	41	3	02:50	61	9	09:04	62	2	02:33	64	3	03:15	63	6	01:40	60	6	08:19
2		00.04.49	4		00.10.56	3		00.16.29	3		00.18.29	3		00.21.19	3		00.30.23	3		00.32.56	3		00.36.11	3		00.37.51	4		00.46.10
56	1	04:22	73	3	07:22	74	9	10:41	100	4	01:47	CL	3	00:41															
3		00.50.32	4		00.57.54	4		01.08.35	4		01.10.22	3		01.11.03															

Pos.	Nome	Società	Tempo
4	Palamara Stefania	NIRVANA VERDE	01.18.06

33	11	657:19	35	5	05:18	38	6	08:13	40	7	02:17	41	7	03:45	61	8	09:02	62	7	03:34	64	11	06:15	63	7	01:47	60	5	07:46
11		10.57.19	11		11.02.37	11		11.10.50	11		11.13.07	11		11.16.52	11		11.25.54	11		11.29.28	11		11.35.43	11		11.37.30	11		11.45.16
56	9	07:27	73	11	--:--	74	4	04:25	100	9	03:09	CL	11	69:37															
11		11.52.43	1		00.00.55	1		00.05.20	1		00.08.29	4		01.18.06															

Pos.	Nome	Società	Tempo
5	Daudaraviciene Vita	DALLA CHIESA POL. SESTO C…	01.21.58

33	8	06:30	35	10	08:12	38	4	07:11	40	2	01:42	41	4	03:01	61	1	04:23	62	6	03:02	64	4	03:24	63	1	01:12	60	3	07:08
8		00.06.30	7		00.14.42	6		00.21.53	6		00.23.35	5		00.26.36	5		00.30.59	4		00.34.01	4		00.37.25	4		00.38.37	3		00.45.45
56	10	08:45	73	10	22:04	74	1	03:26	100	1	01:24	CL	1	00:34															
4		00.54.30	7		01.16.34	6		01.20.00	5		01.21.24	5		01.21.58															

Pos.	Nome	Società	Tempo
6	Titoli Michela	POL. PUNTO NORD	01.22.30

33	7	06:11	35	4	05:12	38	5	07:31	40	8	02:39	41	11	05:59	61	4	05:38	62	8	04:03	64	10	05:52	63	9	02:19	60	7	09:42
7		00.06.11	5		00.11.23	5		00.18.54	5		00.21.33	6		00.27.32	6		00.33.10	5		00.37.13	6		00.43.05	5		00.45.24	5		00.55.06
56	8	06:51	73	8	11:10	74	6	05:03	100	10	03:15	CL	10	01:05															
5		01.01.57	6		01.13.07	5		01.18.10	6		01.21.25	6		01.22.30															

Pos.	Nome	Società	Tempo
7	Milesi Ombretta	POL. PUNTO NORD	01.23.48

33	5	05:43	35	9	07:26	38	10	15:49	40	11	03:27	41	6	03:42	61	5	06:05	62	4	02:39	64	1	03:07	63	5	01:32	60	2	06:57
5		00.05.43	6		00.13.09	9		00.28.58	9		00.32.25	9		00.36.07	7		00.42.12	7		00.44.51	7		00.47.58	7		00.49.30	6		00.56.27
56	5	05:44	73	2	07:06	74	10	12:10	100	2	01:32	CL	7	00:49															
6		01.02.11	5		01.09.17	7		01.21.27	7		01.22.59	7		01.23.48															

Pos.	Nome	Società	Tempo
8	Marson Marta	SCOM MENDRISIO	01.32.47

33	10	18:45	35	2	04:16	38	11	19:31	40	6	02:11	41	2	02:37	61	2	04:35	62	3	02:38	64	6	03:31	63	2	01:19	60	9	10:46
10		00.18.45	10		00.23.01	10		00.42.32	10		00.44.43	10		00.47.20	10		00.51.55	8		00.54.33	8		00.58.04	8		00.59.23	8		01.10.09
56	4	04:55	73	4	08:19	74	7	06:38	100	7	02:08	CL	2	00:38															
7		01.15.04	8		01.23.23	9		01.30.01	8		01.32.09	8		01.32.47															

Pos.	Nome	Società	Tempo
9	Colombo Roberta	NIRVANA VERDE	01.36.30

33	6	05:55	35	1	03:54	38	8	08:43	40	3	01:52	41	8	03:50	61	6	06:12	62	10	08:38	64	7	03:38	63	11	06:47	60	11	17:18
6		00.05.55	1		00.09.49	4		00.18.32	4		00.20.24	4		00.24.14	4		00.30.26	6		00.39.04	5		00.42.42	6		00.49.29	7		01.06.47
56	11	08:46	73	7	09:32	74	5	04:49	100	11	05:54	CL	5	00:42															
8		01.15.33	9		01.25.05	8		01.29.54	9		01.35.48	9		01.36.30															

Pos.	Nome	Società	Tempo
10	Valli Elisa	OR. COMO	01.43.52

33	9	12:22	35	8	07:01	38	7	08:22	40	10	02:59	41	10	04:50	61	10	12:34	62	9	06:27	64	8	05:18	63	8	02:03	60	10	12:43
9		00.12.22	9		00.19.23	8		00.27.45	8		00.30.44	8		00.35.34	8		00.48.08	9		00.54.35	9		00.59.53	9		01.01.56	9		01.14.39
56	7	06:12	73	9	11:29	74	8	08:32	100	6	02:04	CL	8	00:56															
9		01.20.51	10		01.32.20	10		01.40.52	10		01.42.56	10		01.43.52															

Pos.	Nome	Società	Tempo
11	Bricalli Corinna	C.O. AGET LUGANO	01.57.15

33	3	05:33	35	11	10:20	38	9	10:14	40	9	02:52	41	9	04:27	61	11	18:14	62	11	13:56	64	9	05:42	63	10	02:24	60	8	10:21
3		00.05.33	8		00.15.53	7		00.26.07	7		00.28.59	7		00.33.26	9		00.51.40	10		01.05.36	10		01.11.18	10		01.13.42	10		01.24.03
56	6	05:58	73	6	09:17	74	11	14:50	100	8	02:09	CL	9	00:58															
10		01.30.01	11		01.39.18	11		01.54.08	11		01.56.17	11		01.57.15															

Categoria: M 55

(Lunghezza 3900 m - Dislivello 90 m - Kmsf 4,80)

Pos.	Nome	Società	Tempo
1	Di Stefano Gianluca	POL. BESANESE	00.48.12

33	2	03:47	35	2	03:20	38	3	04:59	40	5	01:45	41	11	03:42	61	1	03:23	62	7	03:45	64	4	02:47	63	1	00:57	60	1	04:29
2	00.03.47	2	00.07.07	2	00.12.06	2	00.13.51	2	00.17.33	2	00.20.56	1	00.24.41	1	00.27.28	1	00.28.25	1	00.32.54										
56	5	05:06	73	2	05:18	74	2	02:51	100	3	01:22	CL	6	00:41															
1	00.38.00	1	00.43.18	1	00.46.09	1	00.47.31	1	00.48.12																				

Pos.	Nome	Società	Tempo
2	Tettamanti Roberto	SCOM MENDRISIO	00.48.18

33	1	03:03	35	1	02:47	38	1	03:47	40	1	01:25	41	4	03:04	61	9	06:46	62	11	05:32	64	1	02:12	63	2	01:06	60	5	05:36
1	00.03.03	1	00.05.50	1	00.09.37	1	00.11.02	1	00.14.06	1	00.20.52	2	00.26.24	2	00.28.36	2	00.29.42	2	00.35.18										
56	1	03:23	73	1	05:04	74	1	02:37	100	2	01:17	CL	4	00:39															
2	00.38.41	2	00.43.45	2	00.46.22	2	00.47.39	2	00.48.18																				

Pos.	Nome	Società	Tempo
3	Pessina Eugenio	POL. PUNTO NORD	00.54.05

33	6	04:08	35	4	03:33	38	5	05:38	40	12	02:48	41	3	03:01	61	10	07:00	62	2	02:35	64	2	02:34	63	6	01:30	60	4	05:33
6	00.04.08	4	00.07.41	3	00.13.19	5	00.16.07	6	00.19.08	6	00.26.08	6	00.28.43	5	00.31.17	4	00.32.47	4	00.38.20										
56	4	04:27	73	6	06:26	74	3	03:07	100	1	01:13	CL	1	00:32															
3	00.42.47	3	00.49.13	3	00.52.20	3	00.53.33	3	00.54.05																				

Pos.	Nome	Società	Tempo
4	Gatti Giorgio Ernesto	POL. PUNTO NORD	00.55.36

33	8	04:40	35	5	03:42	38	5	05:38	40	2	01:30	41	5	03:09	61	4	04:10	62	8	03:46	64	3	02:40	63	4	01:20	60	3	05:23
8	00.04.40	6	00.08.22	5	00.14.00	3	00.15.30	4	00.18.39	3	00.22.49	3	00.26.35	3	00.29.15	3	00.30.35	3	00.35.58										
56	9	07:41	73	3	06:19	74	5	03:30	100	5	01:28	CL	5	00:40															
4	00.43.39	4	00.49.58	4	00.53.28	4	00.54.56	4	00.55.36																				

Pos.	Nome	Società	Tempo
5	Bocchiola Paolo	POL. PUNTO NORD	00.57.41

33	10	05:45	35	7	03:47	38	4	05:23	40	3	01:34	41	1	02:36	61	5	04:38	62	9	03:56	64	7	03:45	63	5	01:27	60	7	07:24
10	00.05.45	8	00.09.32	7	00.14.55	6	00.16.29	5	00.19.05	4	00.23.43	5	00.27.39	6	00.31.24	5	00.32.51	5	00.40.15										
56	2	03:39	73	3	06:19	74	7	03:38	100	11	03:08	CL	7	00:42															
5	00.43.54	5	00.50.13	5	00.53.51	5	00.56.59	5	00.57.41																				

Pos.	Nome	Società	Tempo
6	Serra Sandro	UNIONE LOMBARDA	01.00.22

33	3	03:49	35	12	06:27	38	11	07:32	40	4	01:41	41	7	03:15	61	6	04:57	62	3	02:41	64	6	03:39	63	8	01:47	60	6	06:33
3	00.03.49	9	00.10.16	10	00.17.48	10	00.19.29	9	00.22.44	7	00.27.41	8	00.30.22	7	00.34.01	7	00.35.48	8	00.42.21										
56	3	04:24	73	7	06:35	74	8	03:43	100	10	02:30	CL	10	00:49															
7	00.46.45	6	00.53.20	6	00.57.03	6	00.59.33	6	01.00.22																				

Pos.	Nome	Società	Tempo
7	Donadini Fabrizio	VARESE OR.	01.04.00

33	13	07:36	35	3	03:31	38	2	04:35	40	6	01:53	41	13	06:56	61	2	03:35	62	1	01:56	64	9	05:17	63	3	01:13	60	2	04:42
13	00.07.36	11	00.11.07	9	00.15.42	9	00.17.35	10	00.24.31	8	00.28.06	7	00.30.02	8	00.35.19	8	00.36.32	7	00.41.14										
56	6	05:12	73	11	12:16	74	4	03:14	100	6	01:32	CL	1	00:32															
6	00.46.26	7	00.58.42	7	01.01.56	7	01.03.28	7	01.04.00																				

Pos.	Nome	Società	Tempo
8	Sanvito Gabriele	POL. BESANESE	01.06.19

33	5	03:59	35	9	04:25	38	9	06:52	40	9	02:11	41	6	03:10	61	3	03:58	62	4	02:46	64	5	03:20	63	11	02:11	60	8	08:21
5	00.03.59	7	00.08.24	8	00.15.16	8	00.17.27	8	00.20.37	5	00.24.35	4	00.27.21	4	00.30.41	6	00.32.52	6	00.41.13										
56	12	12:18	73	5	06:22	74	9	03:47	100	7	01:57	CL	7	00:42															
8	00.53.31	8	00.59.53	8	01.03.40	8	01.05.37	8	01.06.19																				

Pos.	Nome	Società	Tempo
9	Volpi Davide	UNIONE LOMBARDA	01.27.56

33	11	05:57	35	13	06:40	38	10	07:15	40	8	02:02	41	7	03:15	61	7	04:59	62	6	03:11	64	8	04:37	63	12	02:37	60	11	17:20
11	00.05.57	13	00.12.37	11	00.19.52	11	00.21.54	11	00.25.09	9	00.30.08	9	00.33.19	9	00.37.56	9	00.40.33	9	00.57.53										
56	11	08:29	73	8	08:06	74	11	07:45	100	12	04:50	CL	12	00:53															
9	01.06.22	9	01.14.28	9	01.22.13	9	01.27.03	9	01.27.56																				

Pos.	Nome	Società	Tempo
10	Foletti Alfredo	C.O. AGET LUGANO	01.36.46

33	4	03:54	35	5	03:42	38	7	05:49	40	10	02:15	41	2	02:56	61	12	22:08	62	5	02:55	64	12	15:21	63	7	01:32	60	9	13:23
4	00.03.54	3	00.07.36	4	00.13.25	4	00.15.40	3	00.18.36	10	00.40.44	10	00.43.39	11	00.59.00	11	01.00.32	10	01.13.55										
56	7	05:26	73	10	11:45	74	6	03:35	100	4	01:27	CL	3	00:38															
10	01.19.21	10	01.31.06	10	01.34.41	10	01.36.08	10	01.36.46																				

Pos.	Nome	Società	Tempo
11	Pedroncelli Davide	OR. COMO	01.43.51

33	9	05:40	35	11	05:02	38	12	15:20	40	11	02:28	41	12	04:40	61	11	09:48	62	12	12:26	64	10	05:58	63	10	02:03	60	10	14:57
9	00.05.40	10	00.10.42	12	00.26.02	12	00.28.30	12	00.33.10	12	00.42.58	12	00.55.24	12	01.01.22	12	01.03.25	12	01.18.22										
56	10	08:22	73	9	08:41	74	10	05:35	100	8	02:01	CL	11	00:50															
12	01.26.44	11	01.35.25	11	01.41.00	11	01.43.01	11	01.43.51																				

Pos.	Nome	Società	Tempo
12	Bertellini Nicola	POL. BESANESE	01.51.21

33	12	06:51	35	10	05:00	38	13	16:08	40	13	03:36	41	7	03:15	61	8	06:25	62	10	04:49	64	11	10:34	63	9	01:57	60	12	17:55
12	00.06.51	12	00.11.51	13	00.27.59	13	00.31.35	13	00.34.50	11	00.41.15	11	00.46.04	10	00.56.38	10	00.58.35	11	01.16.30										
56	8	06:35	73	12	13:42	74	12	11:32	100	9	02:15	CL	9	00:47															
11	01.23.05	12	01.36.47	12	01.48.19	12	01.50.34	12	01.51.21																				

...Categoria: M 55

Pos.	Nome	Società	Tempo
-	Baitieri Roberto	OR. COMO	Ritirato

33	6	04:08	35	8	03:54	38	8	06:33	40	7	01:55	41	10	03:27	100	-	67:05	RI	-	02:38									
6	00.04.08		5	00.08.02		6	00.14.35		7	00.16.30		7	00.19.57		-	01.27.02		13	01.29.40										

Categoria: AZZURRO

(Lunghezza 3900 m - Dislivello 90 m - Kmsf 4,80)

Pos.	Nome	Società	Tempo
1	Tomiello Elisa	POL. PUNTO NORD	01.58.56

33	1	06:17	35	1	07:54	38	1	16:16	40	1	04:13	41	1	11:57	61	1	06:58	62	1	13:48	64	1	05:05	63	1	03:08	60	1	10:24
1	00.06.17		1	00.14.11		1	00.30.27		1	00.34.40		1	00.46.37		1	00.53.35		1	01.07.23		1	01.12.28		1	01.15.36		1	01.26.00	
56	1	06:05	73	1	09:07	74	1	13:04	100	1	03:47	CL	1	00:53															
1	01.32.05		1	01.41.12		1	01.54.16		1	01.58.03		1	01.58.56																

Categoria: W 55

(Lunghezza 3100 m - Dislivello 40 m - Kmsf 3,50)

Pos.	Nome	Società	Tempo
1	Anuchkina Larisa	TOL TERLANER ORIENTIERU…	00.39.44

47	2	01:32	36	4	04:03	35	3	01:50	34	2	01:01	33	4	03:32	39	1	05:52	40	4	01:57	50	2	04:00	53	1	02:22	57	5	04:31
2	00.01.32		3	00.05.35		3	00.07.25		3	00.08.26		3	00.11.58		2	00.17.50		2	00.19.47		1	00.23.47		1	00.26.09		1	00.30.40	
67	3	03:32	65	3	02:53	100	6	01:48	CL	6	00:51																		
1	00.34.12		1	00.37.05		1	00.38.53		1	00.39.44																			

2	Milesi Nicoletta	AGOROSSO S.ALESSANDRO OR.	00.42.19

47	6	02:05	36	1	03:21	35	2	01:47	34	1	00:58	33	1	03:07	39	6	06:58	40	9	04:51	50	1	03:59	53	2	02:40	57	3	04:14
6	00.02.05		2	00.05.26		2	00.07.13		2	00.08.11		1	00.11.18		3	00.18.16		5	00.23.07		4	00.27.06		3	00.29.46		3	00.34.00	
67	2	02:52	65	4	03:09	100	3	01:34	CL	4	00:44																		
2	00.36.52		2	00.40.01		2	00.41.35		2	00.42.19																			

3	Turolla Cristina	POL. BESANESE	00.43.51

47	3	01:39	36	5	04:29	35	4	02:08	34	5	01:18	33	5	03:40	39	5	06:33	40	1	01:26	50	5	05:13	53	4	02:51	57	2	03:51
3	00.01.39		5	00.06.08		5	00.08.16		5	00.09.34		5	00.13.14		5	00.19.47		4	00.21.13		3	00.26.26		2	00.29.17		2	00.33.08	
67	4	03:50	65	8	04:30	100	5	01:38	CL	5	00:45																		
3	00.36.58		3	00.41.28		3	00.43.06		3	00.43.51																			

4	Elli Cristina	POL. PUNTO NORD	00.43.53

47	1	01:25	36	3	03:48	35	1	01:41	34	4	01:06	33	3	03:23	39	2	05:55	40	5	02:19	50	7	08:35	53	2	02:40	57	1	03:25
1	00.01.25		1	00.05.13		1	00.06.54		1	00.08.00		2	00.11.23		1	00.17.18		1	00.19.37		5	00.28.12		4	00.30.52		4	00.34.17	
67	7	04:36	65	1	02:49	100	2	01:30	CL	2	00:41																		
4	00.38.53		4	00.41.42		4	00.43.12		4	00.43.53																			

5	Poli Elena	POL. BESANESE	00.45.15

47	7	02:07	36	2	03:37	35	5	02:22	34	3	01:04	33	1	03:07	39	3	05:59	40	2	01:33	50	3	04:02	53	9	08:36	57	7	05:30
7	00.02.07		4	00.05.44		4	00.08.06		4	00.09.10		4	00.12.17		3	00.18.16		3	00.19.49		2	00.23.51		5	00.32.27		5	00.37.57	
67	1	02:24	65	2	02:52	100	1	01:24	CL	1	00:38																		
5	00.40.21		5	00.43.13		5	00.44.37		5	00.45.15																			

6	Pozzi Ambrogina	POL. BESANESE	00.58.14

47	5	01:42	36	9	11:15	35	6	03:05	34	9	03:01	33	7	04:46	39	4	06:16	40	3	01:56	50	4	04:13	53	8	05:27	57	8	06:18
5	00.01.42		9	00.12.57		9	00.16.02		9	00.19.03		9	00.23.49		7	00.30.05		6	00.32.01		6	00.36.14		6	00.41.41		7	00.47.59	
67	6	04:23	65	5	03:22	100	4	01:37	CL	7	00:53																		
7	00.52.22		6	00.55.44		6	00.57.21		6	00.58.14																			

7	Quarto Anna	POL. PUNTO NORD	00.59.18

47	8	02:11	36	7	04:56	35	8	04:01	34	6	01:30	33	8	05:02	39	7	12:26	40	6	02:25	50	6	06:00	53	6	03:38	57	6	05:04
8	00.02.11		7	00.07.07		7	00.11.08		7	00.12.38		7	00.17.40		8	00.30.06		7	00.32.31		7	00.38.31		7	00.42.09		6	00.47.13	
67	8	04:44	65	6	04:11	100	8	02:12	CL	8	00:58																		
6	00.51.57		7	00.56.08		7	00.58.20		7	00.59.18																			

8	Motta Annalisa	POL. BESANESE	01.02.45

47	4	01:41	36	6	04:44	35	9	04:07	34	8	01:49	33	6	04:43	39	8	12:36	40	8	03:05	50	8	11:23	53	5	03:08	57	4	04:28
4	00.01.41		6	00.06.25		6	00.10.32		6	00.12.21		6	00.17.04		6	00.29.40		8	00.32.45		8	00.44.08		8	00.47.16		8	00.51.44	
67	5	04:12	65	7	04:12	100	7	01:55	CL	3	00:42																		
8	00.55.56		8	01.00.08		8	01.02.03		8	01.02.45																			

...Categoria: W 55

Pos.	Nome	Società	Tempo
9	Magenes Linda	POL. PUNTO NORD	01.26.52

47	9	02:12	36	8	06:51	35	7	03:15	34	7	01:47	33	9	06:38	39	9	18:07	40	7	02:41	50	9	13:36	53	7	04:35	57	9	10:40
9	00.02.12	8	00.09.03	8	00.12.18	8	00.14.05	8	00.20.43	9	00.38.50	9	00.41.31	9	00.55.07	9	00.59.42	9	01.10.22										
67	9	06:00	65	9	05:37	100	9	03:31	CL	9	01:22																		
9	01.16.22	9	01.21.59	9	01.25.30	9	01.26.52																						

Categoria: W 65

(Lunghezza 3100 m - Dislivello 40 m - Kmsf 3,50)

Pos.	Nome	Società	Tempo
1	Arn Bea	SCOM MENDRISIO	00.59.12

47	2	01:48	36	2	05:15	35	1	02:27	34	1	01:43	33	2	04:25	39	1	08:48	40	2	02:01	50	2	11:16	53	2	03:35	57	1	05:11
2	00.01.48	2	00.07.03	1	00.09.30	1	00.11.13	1	00.15.38	1	00.24.26	1	00.26.27	1	00.37.43	1	00.41.18	1	00.46.29										
67	1	05:22	65	1	03:37	100	2	02:33	CL	2	01:11																		
1	00.51.51	1	00.55.28	1	00.58.01	1	00.59.12																						

2	Crippa Loredana	POL. BESANESE	01.09.02

47	1	01:44	36	1	04:45	35	2	05:12	34	2	06:40	33	1	03:41	39	2	14:26	40	1	01:31	50	1	06:01	53	1	03:02	57	2	05:22
1	00.01.44	1	00.06.29	2	00.11.41	2	00.18.21	2	00.22.02	2	00.36.28	2	00.37.59	2	00.44.00	2	00.47.02	2	00.52.24										
67	2	08:54	65	2	05:08	100	1	01:42	CL	1	00:54																		
2	01.01.18	2	01.06.26	2	01.08.08	2	01.09.02																						

Categoria: M 65

(Lunghezza 3100 m - Dislivello 40 m - Kmsf 3,50)

Pos.	Nome	Società	Tempo
1	Manzoni Alessandro	POL. BESANESE	00.33.45

47	1	01:16	36	1	02:51	35	2	01:46	34	4	01:28	33	1	02:50	39	1	04:47	40	3	02:06	50	1	03:03	53	1	01:56	57	1	03:19
1	00.01.16	1	00.04.07	1	00.05.53	1	00.07.21	1	00.10.11	1	00.14.58	1	00.17.04	1	00.20.07	1	00.22.03	1	00.25.22										
67	3	03:57	65	1	02:35	100	1	01:12	CL	1	00:39																		
1	00.29.19	1	00.31.54	1	00.33.06	1	00.33.45																						

2	Carli Claudio	DALLA CHIESA POL. SESTO C…	00.45.07

47	3	01:45	36	3	04:21	35	1	01:43	34	1	01:00	33	2	03:46	39	2	06:35	40	1	01:23	50	3	04:53	53	2	03:22	57	2	04:00
3	00.01.45	3	00.06.06	3	00.07.49	3	00.08.49	2	00.12.35	2	00.19.10	2	00.20.33	2	00.25.26	2	00.28.48	2	00.32.48										
67	4	06:30	65	2	03:39	100	2	01:23	CL	3	00:47																		
2	00.39.18	2	00.42.57	2	00.44.20	2	00.45.07																						

3	Benini Ivano	POL. BESANESE	00.59.48

47	2	01:34	36	2	03:41	35	3	02:14	34	2	01:04	33	3	04:20	39	3	09:51	40	4	02:14	50	2	04:52	53	4	04:22	57	4	15:20
2	00.01.34	2	00.05.15	2	00.07.29	2	00.08.33	3	00.12.53	3	00.22.44	3	00.24.58	3	00.29.50	3	00.34.12	3	00.49.32										
67	1	02:59	65	3	03:59	100	4	02:39	CL	1	00:39																		
3	00.52.31	3	00.56.30	3	00.59.09	3	00.59.48																						

4	Bona Mario Fiorenzo	POL. BESANESE	01.09.51

47	4	01:52	36	4	04:50	35	4	02:16	34	3	01:25	33	4	09:41	39	4	20:59	40	2	01:35	50	4	06:53	53	3	03:47	57	3	05:04
4	00.01.52	4	00.06.42	4	00.08.58	4	00.10.23	4	00.20.04	4	00.41.03	4	00.42.38	4	00.49.31	4	00.53.18	4	00.58.22										
67	2	03:27	65	4	05:06	100	3	02:04	CL	4	00:52																		
4	01.01.49	4	01.06.55	4	01.08.59	4	01.09.51																						

-	Vassallo Gary	DALLA CHIESA POL. SESTO C…	Punz. Mancante

36	-	09:16	35	-	01:50	34	-	01:00	33	-	03:49	39	-	19:35	40	-	01:23	50	-	11:19	53	-	02:16	57	-	03:42	67	-	02:38
-	00.09.16	-	00.11.06	-	00.12.06	-	00.15.55	-	00.35.30	-	00.36.53	-	00.48.12	-	00.50.28	-	00.54.10	-	00.56.48										
65	-	04:16	100	-	01:19	PM	-	00:38																					
-	01.01.04	-	01.02.23	5	01.03.01																								

Categoria: M 70

(Lunghezza 3100 m - Dislivello 40 m - Kmsf 3,50)

Pos.	Nome	Società	Tempo
1	Crivelli Raffaele	SCOM MENDRISIO	00.37.01

47	1	01:35	36	1	03:29	35	2	02:03	34	2	00:59	33	1	02:32	39	1	06:32	40	1	01:05	50	1	03:29	53	2	03:43	57	2	04:00
1	00.01.35	1	00.05.04	2	00.07.07	2	00.08.06	1	00.10.38	1	00.17.10	1	00.18.15	1	00.21.44	1	00.25.27	1	00.29.27										
67	2	02:28	65	1	02:44	100	2	01:32	CL	3	00:50																		
1	00.31.55	1	00.34.39	1	00.36.11	1	00.37.01																						

...Categoria: M 70

Pos.	Nome	Società	Tempo
2	Arosio Roberto	POL. PUNTO NORD	00.41.48

47	3	01:40	36	2	03:39	35	1	01:46	34	1	00:54	33	3	04:44	39	2	07:03	40	2	01:30	50	2	03:33	53	3	03:52	57	1	03:48
3	00.01.40	2	00.05.19	1	00.07.05	1	00.07.59	2	00.12.43	2	00.19.46	2	00.21.16	2	00.24.49	2	00.28.41	2	00.32.29										
67	1	02:19	65	2	03:27	100	5	02:54	CL	1	00:39																		
2	00.34.48	2	00.38.15	2	00.41.09	2	00.41.48																						

3	Pellegrini Vincenzo	C.O. AGET LUGANO	00.53.54

47	4	01:54	36	4	04:04	35	4	02:43	34	4	01:30	33	4	04:50	39	3	08:12	40	4	02:41	50	5	08:06	53	1	03:18	57	4	05:11
4	00.01.54	4	00.05.58	4	00.08.41	4	00.10.11	4	00.15.01	4	00.23.13	4	00.25.54	4	00.34.00	4	00.37.18	4	00.42.29										
67	3	03:50	65	4	04:43	100	3	01:56	CL	4	00:56																		
3	00.46.19	3	00.51.02	3	00.52.58	3	00.53.54																						

4	Nessi Carlo	VARESE OR.	00.55.45

47	2	01:39	36	3	03:42	35	3	02:18	34	3	01:13	33	2	04:22	39	4	09:57	40	3	02:03	50	3	04:37	53	5	07:15	57	3	04:40
2	00.01.39	3	00.05.21	3	00.07.39	3	00.08.52	3	00.13.14	3	00.23.11	3	00.25.14	3	00.29.51	3	00.37.06	3	00.41.46										
67	4	07:26	65	3	04:21	100	1	01:27	CL	2	00:45																		
4	00.49.12	4	00.53.33	4	00.55.00	4	00.55.45																						

5	Miniotti Corrado	CRAL G.T.T.	01.19.30

47	5	02:10	36	5	05:28	35	5	03:27	34	5	01:57	33	5	06:35	39	5	15:25	40	5	02:51	50	4	06:24	53	4	07:14	57	5	06:26
5	00.02.10	5	00.07.38	5	00.11.05	5	00.13.02	5	00.19.37	5	00.35.02	5	00.37.53	5	00.44.17	5	00.51.31	5	00.57.57										
67	5	11:55	65	5	05:48	100	4	02:36	CL	5	01:14																		
5	01.09.52	5	01.15.40	5	01.18.16	5	01.19.30																						

-	Bellò Lino	DALLA CHIESA POL. SESTO C…	Ritirato

47	6	03:17	36	6	17:42	35	6	27:52	34	6	02:47	100	-	57:45	RI	-	00:46												
6	00.03.17	6	00.20.59	6	00.48.51	6	00.51.38	-	01.49.23	6	01.50.09																		

Categoria: ROSSO

(Lunghezza 3100 m - Dislivello 40 m - Kmsf 3,50)

Pos.	Nome	Società	Tempo
1	Ghezzi Gianni	C.O. AGET LUGANO	00.40.54

47	1	01:33	36	1	04:06	35	2	04:37	34	1	01:08	33	1	03:05	39	1	05:55	40	2	01:58	50	1	04:10	53	1	02:30	57	3	04:20
1	00.01.33	1	00.05.39	2	00.10.16	1	00.11.24	1	00.14.29	1	00.20.24	1	00.22.22	1	00.26.32	1	00.29.02	1	00.33.22										
67	1	02:44	65	1	02:25	100	3	01:36	CL	1	00:47																		
1	00.36.06	1	00.38.31	1	00.40.07	1	00.40.54																						

2	Maistrello Barbara	POL. PUNTO NORD	00.58.40

47	2	01:57	36	3	05:09	35	1	02:57	34	3	07:44	33	2	04:41	39	2	09:26	40	3	02:10	50	3	04:58	53	3	05:41	57	1	03:47
2	00.01.57	3	00.07.06	1	00.10.03	2	00.17.47	2	00.22.28	2	00.31.54	2	00.34.04	2	00.39.02	2	00.44.43	2	00.48.30										
67	2	03:41	65	2	03:59	100	2	01:35	CL	3	00:55																		
2	00.52.11	2	00.56.10	2	00.57.45	2	00.58.40																						

3	Bello' Federica	CRAL G.T.T.	01.31.53

47	3	02:10	36	2	04:44	35	3	09:44	34	2	01:56	33	3	08:46	39	3	27:43	40	1	01:38	50	2	04:45	53	2	04:06	57	2	03:48
3	00.02.10	2	00.06.54	3	00.16.38	3	00.18.34	3	00.27.20	3	00.55.03	3	00.56.41	3	01.01.26	3	01.05.32	3	01.09.20										
67	3	04:43	65	3	15:36	100	1	01:27	CL	1	00:47																		
3	01.14.03	3	01.29.39	3	01.31.06	3	01.31.53																						

Categoria: W 15/16

(Lunghezza 3300 m - Dislivello 50 m - Kmsf 3,80)

Pos.	Nome	Società	Tempo
1	Riva Lucia	POL. BESANESE	00.33.28

37	1	03:10	35	1	03:04	34	1	00:43	33	1	02:25	47	1	02:32	50	1	03:19	51	2	02:33	53	2	01:56	56	1	01:43	67	1	03:45
1	00.03.10	1	00.06.14	1	00.06.57	1	00.09.22	1	00.11.54	1	00.15.13	1	00.17.46	1	00.19.42	1	00.21.25	1	00.25.10										
72	2	02:12	73	1	01:46	65	2	02:34	100	2	01:17	CL	1	00:29															
1	00.27.22	1	00.29.08	1	00.31.42	1	00.32.59	1	00.33.28																				

2	Pirola Anita	POL. BESANESE	00.46.13

37	3	04:19	35	3	03:44	34	1	00:43	33	2	03:54	47	2	04:09	50	2	04:20	51	1	02:27	53	3	02:09	56	3	02:31	67	3	08:02
3	00.04.19	3	00.08.03	2	00.08.46	2	00.12.40	2	00.16.49	2	00.21.09	2	00.23.36	2	00.25.45	2	00.28.16	2	00.36.18										
72	3	02:24	73	2	02:24	65	3	03:22	100	1	01:15	CL	2	00:30															
2	00.38.42	2	00.41.06	2	00.44.28	2	00.45.43	2	00.46.13																				

...Categoria: W 15/16

Pos.	Nome	Società	Tempo
3	Bergamini Clara	AGOROSSO S.ALESSANDRO OR.	00.46.34

37	2	04:01	35	2	03:19	34	3	01:28	33	3	04:02	47	3	04:41	50	3	04:48	51	3	05:38	53	1	01:47	56	2	02:28	67	2	05:08
2	00.04.01	2	00.07.20	3	00.08.48	3	00.12.50	3	00.17.31	3	00.22.19	3	00.27.57	3	00.29.44	3	00.32.12	3	00.37.20										
72	1	01:57	73	3	02:40	65	1	02:33	100	3	01:31	CL	3	00:33															
3	00.39.17	3	00.41.57	3	00.44.30	3	00.46.01	3	00.46.34																				

Categoria: M 15/16

(Lunghezza 3300 m - Dislivello 50 m - Kmsf 3,80)

Pos.	Nome	Società	Tempo
1	Brambilla Carlo	POL. BESANESE	00.34.04

37	2	03:07	35	1	01:58	34	4	00:56	33	1	02:38	47	4	03:25	50	5	04:26	51	2	02:30	53	5	01:49	56	1	01:52	67	5	04:27
2	00.03.07	1	00.05.05	1	00.06.01	1	00.08.39	2	00.12.04	2	00.16.30	1	00.19.00	1	00.20.49	1	00.22.41	1	00.27.08										
72	1	01:47	73	1	01:29	65	1	02:16	100	1	00:55	CL	4	00:29															
1	00.28.55	1	00.30.24	1	00.32.40	1	00.33.35	1	00.34.04																				

2	Costa Tommaso	DALLA CHIESA POL. SESTO C…	00.39.20

37	3	03:18	35	2	02:18	34	2	00:54	33	2	02:41	47	2	02:51	50	3	04:16	51	5	05:10	53	2	01:48	56	2	02:16	67	7	04:44
3	00.03.18	2	00.05.36	2	00.06.30	2	00.09.11	1	00.12.02	1	00.16.18	2	00.21.28	2	00.23.16	2	00.25.32	2	00.30.16										
72	2	02:06	73	2	01:46	65	5	03:31	100	4	01:11	CL	5	00:30															
2	00.32.22	2	00.34.08	2	00.37.39	2	00.38.50	2	00.39.20																				

3	Volpi Dario	NIRVANA VERDE	00.43.12

37	4	04:12	35	4	03:56	34	5	00:59	33	4	03:20	47	5	03:53	50	4	04:18	51	3	03:08	53	7	03:01	56	3	02:26	67	4	04:24
4	00.04.12	4	00.08.08	4	00.09.07	4	00.12.27	4	00.16.20	4	00.20.38	3	00.23.46	4	00.26.47	4	00.29.13	4	00.33.37										
72	6	02:52	73	3	01:59	65	4	02:55	100	5	01:22	CL	1	00:27															
4	00.36.29	3	00.38.28	3	00.41.23	3	00.42.45	3	00.43.12																				

4	Schiavo Alessio	POL. BESANESE	00.44.33

37	6	04:26	35	3	03:08	34	2	00:54	33	3	02:58	47	3	03:24	50	5	04:26	51	6	05:26	53	2	01:48	56	5	02:36	67	1	03:59
6	00.04.26	3	00.07.34	3	00.08.28	3	00.11.26	3	00.14.50	3	00.19.16	4	00.24.42	3	00.26.30	3	00.29.06	3	00.33.05										
72	4	02:35	73	5	04:01	65	3	02:48	100	6	01:28	CL	7	00:36															
3	00.35.40	4	00.39.41	4	00.42.29	4	00.43.57	4	00.44.33																				

5	Bocchiola Riccardo	POL. PUNTO NORD	00.50.16

37	1	02:47	35	8	05:46	34	8	03:44	33	8	08:42	47	1	02:29	50	1	02:45	51	1	02:09	53	1	01:40	56	8	06:55	67	2	04:00
1	00.02.47	5	00.08.33	8	00.12.17	8	00.20.59	8	00.23.28	6	00.26.13	5	00.28.22	5	00.30.02	5	00.36.57	5	00.40.57										
72	3	02:18	73	4	02:43	65	2	02:41	100	2	01:10	CL	1	00:27															
5	00.43.15	5	00.45.58	5	00.48.39	5	00.49.49	5	00.50.16																				

6	Palma Leonardo Remo	L'ORMA S.S.D. A.R.L.	00.56.05

37	7	04:32	35	5	04:01	34	6	01:11	33	7	04:34	47	8	08:27	50	7	04:32	51	7	05:30	53	2	01:48	56	6	02:38	67	6	04:35
7	00.04.32	5	00.08.33	5	00.09.44	6	00.14.18	7	00.22.45	8	00.27.17	7	00.32.47	6	00.34.35	6	00.37.13	6	00.41.48										
72	7	04:17	73	6	04:08	65	6	03:42	100	7	01:38	CL	6	00:32															
6	00.46.05	6	00.50.13	6	00.53.55	6	00.55.33	6	00.56.05																				

7	Dottor Simone	POL. BESANESE	01.00.56

37	5	04:22	35	7	05:37	34	1	00:49	33	6	04:23	47	6	05:37	50	8	05:44	51	4	05:00	53	8	07:06	56	7	02:39	67	3	04:17
5	00.04.22	8	00.09.59	7	00.10.48	7	00.15.11	6	00.20.48	7	00.26.32	6	00.31.32	8	00.38.38	8	00.41.17	7	00.45.34										
72	8	04:23	73	7	04:28	65	7	04:53	100	2	01:10	CL	3	00:28															
8	00.49.57	7	00.54.25	7	00.59.18	7	01.00.28	7	01.00.56																				

8	Marzari Daniele	UNIONE LOMBARDA	01.02.26

37	8	04:45	35	6	04:03	34	7	01:16	33	5	03:30	47	7	06:59	50	2	04:14	51	8	10:52	53	6	02:19	56	4	02:34	67	8	05:52
8	00.04.45	7	00.08.48	6	00.10.04	5	00.13.34	5	00.20.33	5	00.24.47	8	00.35.39	7	00.37.58	7	00.40.32	8	00.46.24										
72	5	02:48	73	8	05:26	65	8	05:06	100	8	02:01	CL	8	00:41															
7	00.49.12	8	00.54.38	8	00.59.44	8	01.01.45	8	01.02.26																				

Categoria: VERDE

(Lunghezza 3300 m - Dislivello 50 m - Kmsf 3,80)

Pos.	Nome	Società	Tempo
1	Borroni Roberta	UNIONE LOMBARDA	01.05.46

37	3	04:40	35	1	02:56	34	8	03:57	33	3	03:59	47	2	06:19	50	3	04:19	51	1	02:35	53	7	04:10	56	7	12:49	67	2	05:28
3	00.04.40	1	00.07.36	3	00.11.33	2	00.15.32	1	00.21.51	2	00.26.10	1	00.28.45	1	00.32.55	4	00.45.44	3	00.51.12										
72	3	03:36	73	4	02:36	65	4	05:25	100	6	02:04	CL	6	00:53															
2	00.54.48	1	00.57.24	1	01.02.49	1	01.04.53	1	01.05.46																				

...Categoria: VERDE

Pos.	Nome	Società	Tempo
2	Savoldelli Dennis	POL. PUNTO NORD	01.07.11

37	8	07:07	35	7	07:58	34	1	00:57	33	5	04:35	47	5	08:35	50	6	05:23	51	3	04:24	53	5	03:13	56	3	04:03	67	5	07:55
8	00.07.07	7	00.15.05	7	00.16.02	6	00.20.37	6	00.29.12	6	00.34.35	5	00.38.59	5	00.42.12	5	00.46.15	4	00.54.10										
72	5	04:44	73	1	02:04	65	2	03:52	100	3	01:48	CL	2	00:33															
3	00.58.54	3	01.00.58	2	01.04.50	2	01.06.38	2	01.07.11																				

3	Dell'arciprete Diana	UNIONE LOMBARDA	01.08.37

37	4	05:14	35	2	03:42	34	7	03:22	33	4	04:18	47	1	06:03	50	5	05:11	51	2	03:41	53	3	02:10	56	5	06:08	67	6	11:14
4	00.05.14	3	00.08.56	6	00.12.18	4	00.16.36	3	00.22.39	3	00.27.50	2	00.31.31	2	00.33.41	1	00.39.49	2	00.51.03										
72	4	03:38	73	5	03:47	65	6	07:18	100	5	02:02	CL	4	00:49															
1	00.54.41	2	00.58.28	3	01.05.46	3	01.07.48	3	01.08.37																				

4	Pfister Simon James	POL. BESANESE	01.10.40

37	2	04:18	35	6	05:25	34	2	00:59	33	8	10:29	47	7	12:12	50	1	03:21	51	6	08:56	53	2	01:51	56	4	05:24	67	1	03:36
2	00.04.18	4	00.09.43	2	00.10.42	7	00.21.11	7	00.33.23	7	00.36.44	7	00.45.40	7	00.47.31	6	00.52.55	5	00.56.31										
72	6	05:25	73	2	02:09	65	3	04:23	100	2	01:43	CL	1	00:29															
5	01.01.56	5	01.04.05	4	01.08.28	4	01.10.11	4	01.10.40																				

5	Tomiello Irene	POL. PUNTO NORD	01.17.30

37	5	05:34	35	5	04:33	34	6	02:05	33	2	03:37	47	4	07:40	50	8	06:57	51	4	05:21	53	4	02:13	56	1	03:14	67	4	07:18
5	00.05.34	6	00.10.07	5	00.12.12	3	00.15.49	4	00.23.29	5	00.30.26	4	00.35.47	4	00.38.00	3	00.41.14	1	00.48.32										
72	7	10:41	73	6	04:15	65	7	10:09	100	7	02:29	CL	7	01:24															
4	00.59.13	4	01.03.28	5	01.13.37	5	01.16.06	5	01.17.30																				

6	Pirovano Elena	POL. BESANESE	01.18.25

37	6	05:50	35	3	03:55	34	5	01:48	33	6	05:36	47	3	06:47	50	4	05:05	51	8	11:41	53	8	04:26	56	6	09:34	67	3	06:10
6	00.05.50	5	00.09.45	3	00.11.33	5	00.17.09	5	00.23.56	4	00.29.01	6	00.40.42	6	00.45.08	7	00.54.42	6	01.00.52										
72	2	03:31	73	7	04:48	65	5	06:30	100	4	01:53	CL	5	00:51															
6	01.04.23	6	01.09.11	6	01.15.41	6	01.17.34	6	01.18.25																				

7	Korol Mykyta	POL. PUNTO NORD	01.22.29

37	1	03:36	35	4	04:12	34	3	01:02	33	1	03:28	47	6	09:35	50	2	03:32	51	7	09:47	53	1	01:45	56	2	03:17	67	7	32:03
1	00.03.36	2	00.07.48	1	00.08.50	1	00.12.18	2	00.21.53	1	00.25.25	3	00.35.12	3	00.36.57	2	00.40.14	7	01.12.17										
72	1	02:33	73	3	02:22	65	1	03:29	100	1	01:07	CL	3	00:41															
7	01.14.50	7	01.17.12	7	01.20.41	7	01.21.48	7	01.22.29																				

-	Rosati Maria Grazia	NIRVANA VERDE	Ritirato

37	7	06:52	35	8	09:05	34	4	01:32	33	7	08:46	47	8	16:22	50	7	06:23	51	5	07:07	53	6	03:44	100	-	30:24	RI	-	01:38
7	00.06.52	8	00.15.57	8	00.17.29	8	00.26.15	8	00.42.37	8	00.49.00	8	00.56.07	8	00.59.51	-	01.30.15	8	01.31.53										

Categoria: W 13/14

(Lunghezza 2600 m - Dislivello 30 m - Kmsf 2,90)

Pos.	Nome	Società	Tempo
1	Ruggiero Ines	NIRVANA VERDE	00.27.26

47	1	01:14	37	1	02:43	36	2	01:16	39	1	03:00	50	1	04:36	53	1	02:40	58	1	03:01	70	1	06:07	100	1	02:15	CL	1	00:34
1	00.01.14	1	00.03.57	1	00.05.13	1	00.08.13	1	00.12.49	1	00.15.29	1	00.18.30	1	00.24.37	1	00.26.52	1	00.27.26										

2	Casaglia Cecilia	POL. PUNTO NORD	00.47.20

47	2	01:34	37	2	03:46	36	3	02:07	39	2	05:39	50	3	08:05	53	4	05:42	58	3	08:44	70	4	08:36	100	2	02:31	CL	2	00:36
2	00.01.34	2	00.05.20	2	00.07.27	2	00.13.06	2	00.21.11	2	00.26.53	2	00.35.37	2	00.44.13	2	00.46.44	2	00.47.20										

3	Negri Benedetta	NIRVANA VERDE	00.55.03

47	3	02:40	37	4	08:05	36	1	01:14	39	4	07:20	50	2	06:07	53	3	05:28	58	4	12:33	70	3	08:19	100	3	02:35	CL	4	00:42
3	00.02.40	3	00.10.45	3	00.11.59	3	00.19.19	3	00.25.26	3	00.30.54	3	00.43.27	3	00.51.46	3	00.54.21	3	00.55.03										

-	Beretta Lucia	POL. BESANESE	Punz. Mancante

47	4	653:14	37	3	04:32	36	4	02:36	39	3	05:55	50	4	10:25	53	2	02:53	58	2	03:20	70	2	08:06	100	4	03:02	PM	3	00:38
4	10.53.14	4	10.57.46	4	11.00.22	4	11.06.17	4	11.16.42	4	11.19.35	4	11.22.55	4	11.31.01	4	11.34.03	4	11.34.41										

Categoria: M 13/14

(Lunghezza 2600 m - Dislivello 30 m - Kmsf 2,90)

Pos.	Nome	Società	Tempo
1	Maiocchi Alessandro	POL. PUNTO NORD	00.27.14

47	1	01:18	37	3	02:59	36	1	01:03	39	3	03:05	50	2	05:31	53	1	02:09	58	1	02:38	70	4	06:18	100	2	01:53	CL	1	00:20
1	00.01.18	2	00.04.17	1	00.05.20	2	00.08.25	2	00.13.56	2	00.16.05	1	00.18.43	1	00.25.01	1	00.26.54	1	00.27.14										

2	Pagani Pietro	DALLA CHIESA POL. SESTO C…	00.29.47

47	2	01:25	37	1	02:30	36	5	02:07	39	1	02:14	50	1	05:27	53	2	02:21	58	6	06:26	70	1	04:43	100	3	01:59	CL	5	00:35
2	00.01.25	1	00.03.55	3	00.06.02	1	00.08.16	1	00.13.43	1	00.16.04	2	00.22.30	2	00.27.13	2	00.29.12	2	00.29.47										

3	Costa Mattia	DALLA CHIESA POL. SESTO C…	00.30.13

47	4	01:47	37	2	02:48	36	2	01:15	39	4	05:42	50	3	05:35	53	3	02:24	58	3	03:02	70	2	05:27	100	1	01:47	CL	2	00:26
4	00.01.47	3	00.04.35	2	00.05.50	3	00.11.32	3	00.17.07	3	00.19.31	3	00.22.33	3	00.28.00	3	00.29.47	3	00.30.13										

4	Valnegri Leonardo Dalmazio	POL. BESANESE	00.34.47

47	3	01:27	37	6	05:15	36	4	01:52	39	2	02:58	50	5	05:37	53	6	05:34	58	2	02:52	70	3	05:53	100	6	02:51	CL	3	00:28
3	00.01.27	5	00.06.42	5	00.08.34	3	00.11.32	4	00.17.09	4	00.22.43	4	00.25.35	4	00.31.28	4	00.34.19	4	00.34.47										

5	Visalli Filippo	POL. PUNTO NORD	00.37.01

47	5	01:57	37	4	04:34	36	3	01:41	39	5	06:29	50	3	05:35	53	4	03:14	58	4	04:28	70	5	06:24	100	4	02:05	CL	4	00:34
5	00.01.57	4	00.06.31	4	00.08.12	5	00.14.41	5	00.20.16	5	00.23.30	5	00.27.58	5	00.34.22	5	00.36.27	5	00.37.01										

6	Melino Alessio	DALLA CHIESA POL. SESTO C…	01.07.03

47	6	03:42	37	5	04:54	36	6	06:07	39	6	17:42	50	6	13:24	53	5	04:57	58	5	05:10	70	6	07:56	100	5	02:29	CL	6	00:42
6	00.03.42	6	00.08.36	6	00.14.43	6	00.32.25	6	00.45.49	6	00.50.46	6	00.55.56	6	01.03.52	6	01.06.21	6	01.07.03										

Categoria: W 70

(Lunghezza 2600 m - Dislivello 30 m - Kmsf 2,90)

Pos.	Nome	Società	Tempo
1	Frigerio Daniela	POL. BESANESE	00.33.39

47	2	02:10	37	1	03:39	36	1	01:46	39	1	03:21	50	1	06:00	53	3	03:22	58	1	03:32	70	1	06:34	100	1	02:22	CL	1	00:53
2	00.02.10	2	00.05.49	2	00.07.35	2	00.10.56	1	00.16.56	1	00.20.18	1	00.23.50	1	00.30.24	1	00.32.46	1	00.33.39										

2	Arnaudo Ornella	PRO TEAM NORD-OVEST	00.36.47

47	3	02:15	37	3	04:05	36	3	01:59	39	3	03:42	50	2	06:34	53	2	03:12	58	2	03:42	70	3	07:27	100	3	02:54	CL	2	00:57
3	00.02.15	3	00.06.20	3	00.08.19	3	00.12.01	2	00.18.35	2	00.21.47	2	00.25.29	2	00.32.56	2	00.35.50	2	00.36.47										

3	Pellegrini Rita	C.O. AGET LUGANO	00.37.39

47	1	01:53	37	2	03:44	36	2	01:49	39	2	03:28	50	3	09:10	53	1	02:39	58	3	03:48	70	2	07:11	100	2	02:53	CL	3	01:04
1	00.01.53	1	00.05.37	1	00.07.26	1	00.10.54	3	00.20.04	3	00.22.43	3	00.26.31	3	00.33.42	3	00.36.35	3	00.37.39										

4	Nembrini Lidia	C.O. AGET LUGANO	00.52.44

47	4	02:33	37	4	04:44	36	4	02:19	39	4	04:37	50	4	11:42	53	4	04:08	58	4	07:15	70	4	09:40	100	4	04:12	CL	4	01:34
4	00.02.33	4	00.07.17	4	00.09.36	4	00.14.13	4	00.25.55	4	00.30.03	4	00.37.18	4	00.46.58	4	00.51.10	4	00.52.44										

Categoria: ARANCIONE

(Lunghezza 2600 m - Dislivello 30 m - Kmsf 2,90)

Pos.	Nome	Società	Tempo
1	Bana Leda	NIRVANA VERDE	00.53.11

47	2	03:05	37	4	05:15	36	2	03:52	39	2	06:12	50	1	07:43	53	2	04:12	58	1	04:13	70	2	15:09	100	1	02:42	CL	2	00:48
2	00.03.05	3	00.08.20	2	00.12.12	2	00.18.24	1	00.26.07	1	00.30.19	1	00.34.32	1	00.49.41	1	00.52.23	1	00.53.11										

2	Toppi Serena	OR. COMO	00.58.32

47	3	04:08	37	3	04:11	36	1	01:45	39	1	04:59	50	2	14:45	53	1	03:42	58	2	07:57	70	1	13:25	100	2	03:05	CL	1	00:35
3	00.04.08	2	00.08.19	1	00.10.04	1	00.15.03	2	00.29.48	2	00.33.30	2	00.41.27	2	00.54.52	2	00.57.57	2	00.58.32										

-	Palombi Barbara	POL. PUNTO NORD	Ritirato

47	1	02:10	37	2	04:10	50	-	25:06	58	-	11:46	70	-	14:15	100	-	04:34	RI	-	01:17									
1	00.02.10	1	00.06.20	-	00.31.26	-	00.43.12	-	00.57.27	-	01.02.01	3	01.03.18																

-	Visalli Marcello	POL. PUNTO NORD	Ritirato

47	4	07:37	37	1	03:34	36	3	08:58	70	-	52:29	100	-	03:05	RI	-	01:26												
4	00.07.37	4	00.11.11	3	00.20.09	-	01.12.38	-	01.15.43	4	01.17.09																		

Categoria: W 12

(Lunghezza 3100 m - Dislivello 40 m - Kmsf 3,50)

Pos.	Nome	Società	Tempo
1	Dipace Marta	POL. BESANESE	00.31.11
2	Bricalli Viola	C.O. AGET LUGANO	00.31.38
3	Franco Emma	DALLA CHIESA POL. SESTO C…	00.37.30
4	Negri Cecilia	NIRVANA VERDE	01.15.22
-	Oceana Maya	NIRVANA VERDE	Ritirato

44	2	02:52	43	1	01:54	42	3	02:33	48	2	04:22	50	2	03:59	52	2	02:06	58	2	03:19	57	1	01:18	71	1	02:34	72	1	02:32
2		00.02.52	2		00.04.46	2		00.07.19	2		00.11.41	2		00.15.40	2		00.17.46	2		00.21.05	2		00.22.23	2		00.24.57	2		00.27.29
100	2	03:09	CL	2	00:33																								
1		00.30.38	1		00.31.11																								
44	1	01:37	43	2	02:07	42	4	02:51	48	1	04:09	50	1	03:10	52	2	02:06	58	3	03:54	57	3	01:38	71	3	03:01	72	2	02:54
1		00.01.37	1		00.03.44	1		00.06.35	1		00.10.44	1		00.13.54	1		00.16.00	1		00.19.54	1		00.21.32	1		00.24.33	1		00.27.27
100	3	03:42	CL	1	00:29																								
2		00.31.09	2		00.31.38																								
44	3	02:56	43	4	02:35	42	1	02:11	48	4	08:55	50	3	05:21	52	1	01:24	58	1	03:04	57	2	01:19	71	2	02:43	72	3	03:18
3		00.02.56	3		00.05.31	3		00.07.42	3		00.16.37	3		00.21.58	3		00.23.22	3		00.26.26	3		00.27.45	3		00.30.28	3		00.33.46
100	1	03:07	CL	3	00:37																								
3		00.36.53	3		00.37.30																								
44	5	07:12	43	3	02:33	42	2	02:13	48	3	08:44	50	4	05:36	52	4	19:36	58	4	06:51	57	4	02:37	71	4	06:52	72	4	05:18
5		00.07.12	4		00.09.45	4		00.11.58	4		00.20.42	4		00.26.18	4		00.45.54	4		00.52.45	4		00.55.22	4		01.02.14	4		01.07.32
100	4	07:13	CL	3	00:37																								
4		01.14.45	4		01.15.22																								
44	4	06:20	43	5	13:15	42	5	09:09	RI	-	-28:-44																		
4		00.06.20	5		00.19.35	5		00.28.44	5		00.00.00																		

Categoria: M 12

(Lunghezza 3100 m - Dislivello 40 m - Kmsf 3,50)

Pos.	Nome	Società	Tempo
1	Pedroncelli Giorgio	OR. COMO	00.30.29
2	Brambilla Paolo	POL. BESANESE	00.37.38
3	Mc Cafferty Rua Dante	NIRVANA VERDE	00.39.43
4	Visioli Leonardo	ERIDANO ADVENTURE	00.44.11
5	Spagnoli Zeno	NIRVANA VERDE	00.44.29
6	Motterlini Gianluca	POL. BESANESE	00.49.24

44	1	01:33	43	4	02:01	42	1	01:11	48	1	03:17	50	4	03:42	52	1	01:29	58	5	06:24	57	1	01:24	71	2	02:35	72	2	03:02
1		00.01.33	2		00.03.34	1		00.04.45	1		00.08.02	1		00.11.44	1		00.13.13	1		00.19.37	1		00.21.01	1		00.23.36	1		00.26.38
100	1	03:21	CL	2	00:30																								
1		00.29.59	1		00.30.29																								
44	6	07:32	43	2	01:31	42	3	02:00	48	5	03:50	50	5	04:33	52	3	02:02	58	1	03:18	57	3	01:28	71	1	02:28	72	5	04:31
6		00.07.32	6		00.09.03	5		00.11.03	5		00.14.53	5		00.19.26	5		00.21.28	4		00.24.46	3		00.26.14	3		00.28.42	2		00.33.13
100	2	03:48	CL	3	00:37																								
2		00.37.01	2		00.37.38																								
44	7	07:46	43	6	02:02	42	6	03:00	48	4	03:45	50	3	03:24	52	4	03:01	58	2	03:35	57	2	01:25	71	4	03:12	72	3	03:46
7		00.07.46	7		00.09.48	6		00.12.48	6		00.16.33	6		00.19.57	6		00.22.58	5		00.26.33	5		00.27.58	5		00.31.10	4		00.34.56
100	4	04:03	CL	4	00:44																								
4		00.38.59	3		00.39.43																								
44	3	02:05	43	7	02:26	42	7	03:14	48	7	05:10	50	1	03:07	52	6	03:37	58	4	04:49	57	4	01:50	71	6	04:02	72	4	04:18
3		00.02.05	3		00.04.31	3		00.07.45	3		00.12.55	2		00.16.02	4		00.19.39	3		00.24.28	4		00.26.18	4		00.30.20	3		00.34.38
100	2	03:48	CL	6	05:45																								
3		00.38.26	4		00.44.11																								
44	2	01:44	43	1	01:26	42	2	01:43	48	3	03:42	50	7	07:47	52	2	01:57	58	6	11:24	57	6	02:13	71	5	03:13	72	1	03:00
2		00.01.44	1		00.03.10	2		00.04.53	2		00.08.35	4		00.16.22	2		00.18.19	6		00.29.43	6		00.31.56	6		00.35.09	5		00.38.09
100	5	05:52	CL	1	00:28																								
5		00.44.01	5		00.44.29																								
44	5	05:15	43	4	02:01	42	4	02:11	48	2	03:38	50	2	03:15	52	5	03:02	58	3	03:41	57	4	01:50	71	2	02:35	72	6	12:42
5		00.05.15	4		00.07.16	4		00.09.27	4		00.13.05	3		00.16.20	3		00.19.22	2		00.23.03	2		00.24.53	2		00.27.28	6		00.40.10
100	6	08:16	CL	5	00:58																								
6		00.48.26	6		00.49.24																								

...Categoria: M 12

Pos.	Nome	Società	Tempo
-	Annoni Lorenzo	POL. BESANESE	Punz. Mancante

44	8	14:06	43	3	01:58	42	5	02:15	48	6	03:57	58	-	09:52	57	-	01:35	71	-	06:11	72	-	07:15	100	-	03:06	PM	-	00:37
8	00.14.06	8	00.16.04	7	00.18.19	7	00.22.16	-	00.32.08	-	00.33.43	-	00.39.54	-	00.47.09	-	00.50.15	7	00.50.52										

-	Fumagalli Gioele Perseo	NIRVANA VERDE	Punz. Mancante

44	4	04:25	43	8	02:57	48	-	24:31	49	-	01:36	50	6	05:18	58	-	20:26	57	-	02:14	71	-	05:21	72	-	08:53	100	-	06:12
4	00.04.25	5	00.07.22	-	00.31.53	-	00.33.29	7	00.38.47	-	00.59.13	-	01.01.27	-	01.06.48	-	01.15.41	-	01.21.53										
PM	-	00:53																											
8	01.22.46																												

Categoria: GIALLO

(Lunghezza 3100 m - Dislivello 40 m - Kmsf 3,50)

Pos.	Nome	Società	Tempo

Categoria: M 10

(Lunghezza 2500 m - Dislivello 30 m - Kmsf 2,80)

Pos.	Nome	Società	Tempo
1	Guarino Leo	UNIONE LOMBARDA	00.20.49

46	2	01:13	48	2	01:44	49	3	01:05	52	2	03:32	59	1	02:03	58	1	01:25	57	1	01:32	71	2	03:06	70	1	01:44	100	1	02:42
2	00.01.13	2	00.02.57	2	00.04.02	3	00.07.34	2	00.09.37	1	00.11.02	1	00.12.34	1	00.15.40	1	00.17.24	1	00.20.06										
CL	5	00:43																											
1	00.20.49																												

2	Molteni Riccardo	NIRVANA VERDE	00.21.07

46	1	01:06	48	1	01:36	49	1	00:56	52	3	03:52	59	2	02:17	58	2	01:34	57	2	01:33	71	1	02:48	70	2	02:07	100	2	02:45
1	00.01.06	1	00.02.42	1	00.03.38	2	00.07.30	3	00.09.47	2	00.11.21	2	00.12.54	2	00.15.42	2	00.17.49	2	00.20.34										
CL	2	00:33																											
2	00.21.07																												

3	Ruggiero Enea	NIRVANA VERDE	00.24.07

46	3	01:25	48	3	01:56	49	1	00:56	52	1	02:50	59	3	02:23	58	3	02:24	57	3	02:03	71	3	03:13	70	3	02:32	100	3	03:57
3	00.01.25	3	00.03.21	3	00.04.17	1	00.07.07	1	00.09.30	3	00.11.54	3	00.13.57	3	00.17.10	3	00.19.42	3	00.23.39										
CL	1	00:28																											
3	00.24.07																												

4	Arnese Daniele	NIRVANA VERDE	00.36.32

46	4	01:39	48	5	02:55	49	5	02:03	52	4	05:52	59	5	04:05	58	4	02:44	57	4	02:41	71	4	05:23	70	5	04:20	100	5	04:13
4	00.01.39	4	00.04.34	5	00.06.37	4	00.12.29	4	00.16.34	4	00.19.18	4	00.21.59	4	00.27.22	4	00.31.42	4	00.35.55										
CL	3	00:37																											
4	00.36.32																												

5	Colombo Matteo	NIRVANA VERDE	00.36.41

46	5	01:44	48	4	02:51	49	4	01:53	52	5	06:06	59	4	04:03	58	5	02:47	57	4	02:41	71	5	05:54	70	4	03:52	100	4	04:09
5	00.01.44	5	00.04.35	4	00.06.28	5	00.12.34	5	00.16.37	5	00.19.24	5	00.22.05	5	00.27.59	5	00.31.51	5	00.36.00										
CL	4	00:41																											
5	00.36.41																												

Categoria: W 10

(Lunghezza 2500 m - Dislivello 30 m - Kmsf 2,80)

Pos.	Nome	Società	Tempo
1	Rodriguez Alvarado Dinitri Renata	NIRVANA VERDE	00.25.23

46	2	01:20	48	3	01:45	49	3	01:30	52	1	04:14	59	2	02:42	58	2	02:11	57	3	01:49	71	2	03:28	70	2	02:35	100	2	03:06
2	00.01.20	3	00.03.05	3	00.04.35	1	00.08.49	1	00.11.31	1	00.13.42	1	00.15.31	1	00.18.59	1	00.21.34	1	00.24.40										
CL	2	00:43																											
1	00.25.23																												

2	Dipace Chiara	NIRVANA VERDE	00.27.36

46	1	01:10	48	2	01:22	49	2	01:25	52	2	06:06	59	3	04:09	58	3	02:26	57	1	01:31	71	3	03:30	70	1	02:16	100	1	03:03
1	00.01.10	1	00.02.32	2	00.03.57	2	00.10.03	2	00.14.12	3	00.16.38	3	00.18.09	3	00.21.39	2	00.23.55	2	00.26.58										
CL	1	00:38																											
2	00.27.36																												

...Categoria: W 10

Pos.	Nome	Società	Tempo
3	Spagnoli Vera	NIRVANA VERDE	00.28.50

46	3	01:26	48	1	01:18	49	1	00:59	52	4	09:12	59	1	02:06	58	1	01:24	57	2	01:42	71	1	02:58	70	3	02:56	100	3	04:04
3	00.01.26	2	00.02.44	1	00.03.43	4	00.12.55	3	00.15.01	2	00.16.25	2	00.18.07	2	00.21.05	3	00.24.01	3	00.28.05										
CL	3	00:45																											
3	00.28.50																												

4	Colombo Alice	NIRVANA VERDE	00.39.19

46	4	01:40	48	4	02:35	49	4	01:51	52	3	06:10	59	4	04:35	58	4	02:41	57	4	03:19	71	4	06:05	70	4	04:01	100	4	04:52
4	00.01.40	4	00.04.15	4	00.06.06	3	00.12.16	4	00.16.51	4	00.19.32	4	00.22.51	4	00.28.56	4	00.32.57	4	00.37.49										
CL	4	01:30																											
4	00.39.19																												

Categoria: ESO Corto

(Lunghezza 2500 m - Dislivello 30 m - Kmsf 2,80)

Pos.	Nome	Società	Tempo
1	Brambilla Luca	Senza Società	00.18.52

46	1	00:59	48	1	01:17	49	1	00:53	52	1	03:01	59	1	01:59	58	1	01:33	57	1	01:22	71	1	02:42	70	1	02:07	100	2	02:17
1	00.00.59	1	00.02.16	1	00.03.09	1	00.06.10	1	00.08.09	1	00.09.42	1	00.11.04	1	00.13.46	1	00.15.53	1	00.18.10										
CL	2	00:42																											
1	00.18.52																												

2	Longoni Carlo	Senza Società	00.34.17

46	2	01:30	48	2	01:30	49	2	01:16	52	4	06:26	59	2	03:04	58	2	02:34	57	3	01:57	71	3	03:49	70	6	08:38	100	3	02:20
2	00.01.30	2	00.03.00	2	00.04.16	2	00.10.42	2	00.13.46	2	00.16.20	2	00.18.17	2	00.22.06	3	00.30.44	2	00.33.04										
CL	5	01:13																											
2	00.34.17																												

3	Sirtori Beatrice	Senza Società	00.34.18

46	3	02:18	48	4	02:36	49	4	02:02	52	3	05:49	59	5	04:14	58	5	03:02	57	4	02:22	71	4	04:21	70	4	03:48	100	4	02:33
3	00.02.18	4	00.04.54	4	00.06.56	3	00.12.45	3	00.16.59	3	00.20.01	3	00.22.23	3	00.26.44	2	00.30.32	3	00.33.05										
CL	5	01:13																											
3	00.34.18																												

4	Donati Silvia	DALLA CHIESA POL. SESTO C…	00.37.05

46	5	02:43	48	3	01:45	49	3	01:19	52	6	13:06	59	3	03:47	58	2	02:34	57	2	01:54	71	2	03:31	70	2	03:08	100	1	02:08
5	00.02.43	3	00.04.28	3	00.05.47	6	00.18.53	6	00.22.40	5	00.25.14	5	00.27.08	5	00.30.39	5	00.33.47	4	00.35.55										
CL	3	01:10																											
4	00.37.05																												

4	Negrelli Christian	Senza Società	00.37.05

46	4	02:27	48	5	02:45	49	6	03:04	52	2	05:21	59	4	03:51	58	4	02:51	57	6	03:01	71	5	05:38	70	3	03:20	100	5	03:37
4	00.02.27	5	00.05.12	5	00.08.16	4	00.13.37	4	00.17.28	4	00.20.19	4	00.23.20	4	00.28.58	4	00.32.18	4	00.35.55										
CL	3	01:10																											
4	00.37.05																												

6	Longoni Santiago	Senza Società	00.49.26

46	6	05:11	48	6	02:55	49	5	02:15	52	5	06:57	59	6	05:12	58	6	03:54	57	5	02:51	71	6	09:06	70	5	03:52	100	6	06:32
6	00.05.11	6	00.08.06	6	00.10.21	5	00.17.18	5	00.22.30	6	00.26.24	6	00.29.15	6	00.38.21	6	00.42.13	6	00.48.45										
CL	1	00:41																											
6	00.49.26																												

Categoria: BIANCO

(Lunghezza 2500 m - Dislivello 30 m - Kmsf 2,80)

Pos.	Nome	Società	Tempo
1	Margaira Rita	C.U.S. TORINO	00.50.20

46	1	03:02	48	1	03:14	49	1	02:20	52	1	07:10	59	1	05:13	58	1	03:20	57	1	05:15	71	1	07:58	70	1	05:01	100	1	05:47
1	00.03.02	1	00.06.16	1	00.08.36	1	00.15.46	1	00.20.59	1	00.24.19	1	00.29.34	1	00.37.32	1	00.42.33	1	00.48.20										
CL	1	02:00																											
1	00.50.20																												

Categoria: ESO Lungo

(Lunghezza 4100 m - Dislivello 50 m - Kmsf 4,60)

Pos.	Nome	Società	Tempo
1	Silvestri Matteo	LIBERI	00.37.36

44	4	03:02	43	1	01:35	42	2	01:43	31	2	01:50	32	2	02:27	34	1	02:52	37	3	03:25	46	1	03:30	48	2	01:30	52	1	03:42
4	00.03.02	2	00.04.37	2	00.06.20	1	00.08.10	1	00.10.37	1	00.13.29	1	00.16.54	1	00.20.24	1	00.21.54	1	00.25.36										
59	3	02:24	58	4	01:22	71	1	03:56	70	1	01:44	100	2	01:57	CL	4	00:37												
1	00.28.00	1	00.29.22	1	00.33.18	1	00.35.02	1	00.36.59	1	00.37.36																		

2	Impellizzeri Francesco	LIBERI	00.46.53

44	8	03:39	43	2	01:41	42	5	01:52	31	6	02:50	32	4	02:48	34	2	03:40	37	2	03:21	46	6	05:25	48	4	01:55	52	3	04:30
8	00.03.39	5	00.05.20	5	00.07.12	4	00.10.02	4	00.12.50	2	00.16.30	3	00.19.51	3	00.25.16	3	00.27.11	3	00.31.41										
59	14	05:11	58	1	01:11	71	3	04:01	70	3	01:46	100	4	02:09	CL	8	00:54												
3	00.36.52	3	00.38.03	3	00.42.04	2	00.43.50	2	00.45.59	2	00.46.53																		

3	La Lumia Nicola	LIBERI	00.47.00

44	7	03:36	43	3	01:42	42	3	01:47	31	7	02:54	32	3	02:46	34	3	03:45	37	1	03:20	46	4	04:36	48	11	02:43	52	4	04:31
7	00.03.36	4	00.05.18	3	00.07.05	3	00.09.59	3	00.12.45	2	00.16.30	2	00.19.50	2	00.24.26	2	00.27.09	2	00.31.40										
59	13	05:10	58	1	01:11	71	2	03:57	70	5	01:52	100	6	02:32	CL	5	00:38												
2	00.36.50	2	00.38.01	2	00.41.58	2	00.43.50	3	00.46.22	3	00.47.00																		

4	Guarino Stefano	UNIONE LOMBARDA	00.52.14

44	11	05:04	43	14	05:31	42	12	04:34	31	4	02:40	32	9	04:05	34	4	03:57	37	4	03:40	46	3	04:28	48	3	01:41	52	2	04:11
11	00.05.04	13	00.10.35	13	00.15.09	13	00.17.49	12	00.21.54	9	00.25.51	6	00.29.31	5	00.33.59	5	00.35.40	4	00.39.51										
59	2	02:12	58	5	01:28	71	4	04:03	70	4	01:51	100	4	02:09	CL	7	00:40												
4	00.42.03	4	00.43.31	4	00.47.34	4	00.49.25	4	00.51.34	4	00.52.14																		

5	Tavola Anna	Senza Società	00.58.24

44	3	02:55	43	6	02:36	42	9	02:50	31	5	02:49	32	7	03:53	34	7	04:33	37	13	09:27	46	7	05:39	48	9	02:35	52	5	05:55
3	00.02.55	6	00.05.31	6	00.08.21	6	00.11.10	5	00.15.03	6	00.19.36	5	00.29.03	6	00.34.42	6	00.37.17	6	00.43.12										
59	5	02:36	58	1	01:11	71	6	04:56	70	11	03:19	100	7	02:36	CL	2	00:34												
6	00.45.48	6	00.46.59	6	00.51.55	6	00.55.14	5	00.57.50	5	00.58.24																		

6	Sanvito Annamaria	Senza Società	01.08.26

44	2	02:18	43	4	02:02	42	1	01:37	31	3	02:14	32	5	03:20	34	14	06:38	37	8	06:57	46	5	04:46	48	15	04:06	52	6	06:23
2	00.02.18	1	00.04.20	1	00.05.57	2	00.08.11	2	00.11.31	4	00.18.09	4	00.25.06	4	00.29.52	4	00.33.58	5	00.40.21										
59	6	02:55	58	7	01:59	71	7	05:31	70	6	02:20	100	16	14:03	CL	13	01:17												
5	00.43.16	5	00.45.15	5	00.50.46	5	00.53.06	6	01.07.09	6	01.08.26																		

7	Magni Magda Gallo Federica	LIBERI	01.09.01

44	6	03:32	43	8	02:52	42	8	02:29	31	9	03:12	32	10	04:23	34	9	04:42	37	11	09:14	46	13	08:07	48	6	02:01	52	9	06:32
6	00.03.32	7	00.06.24	8	00.08.53	7	00.12.05	8	00.16.28	8	00.21.10	7	00.30.24	8	00.38.31	7	00.40.32	7	00.47.04										
59	10	04:07	58	9	02:11	71	11	07:40	70	8	03:01	100	11	03:42	CL	12	01:16												
7	00.51.11	7	00.53.22	7	01.01.02	7	01.04.03	7	01.07.45	7	01.09.01																		

8	Bertaccin Sara	LIBERI	01.09.02

44	9	03:41	43	7	02:51	42	6	02:20	31	10	03:21	32	10	04:23	34	6	04:32	37	12	09:23	46	14	08:09	48	7	02:02	52	8	06:30
9	00.03.41	8	00.06.32	7	00.08.52	8	00.12.13	9	00.16.36	7	00.21.08	8	00.30.31	9	00.38.40	8	00.40.42	8	00.47.12										
59	8	04:00	58	10	02:17	71	12	07:41	70	9	03:10	100	8	03:28	CL	10	01:14												
8	00.51.12	8	00.53.29	8	01.01.10	8	01.04.20	8	01.07.48	8	01.09.02																		

9	Moeys Serem	Senza Società	01.12.32

44	14	06:23	43	11	03:17	42	4	01:50	31	1	01:49	32	1	02:12	34	15	24:17	37	9	07:00	46	2	03:31	48	1	01:20	52	14	08:23
14	00.06.23	12	00.09.40	9	00.11.30	9	00.13.19	7	00.15.31	15	00.39.48	14	00.46.48	12	00.50.19	11	00.51.39	12	01.00.02										
59	1	02:01	58	6	01:29	71	5	04:31	70	2	01:45	100	3	02:08	CL	3	00:36												
11	01.02.03	11	01.03.32	11	01.08.03	9	01.09.48	9	01.11.56	9	01.12.32																		

10	Gruppo Ferranti Alice 4 x2	LIBERI	01.16.48

44	5	03:27	43	13	04:06	42	11	04:16	31	15	04:11	32	13	05:16	34	10	05:07	37	5	05:19	46	9	06:47	48	13	03:14	52	13	08:06
5	00.03.27	9	00.07.33	10	00.11.49	10	00.16.00	10	00.21.16	11	00.26.23	9	00.31.42	7	00.38.29	9	00.41.43	9	00.49.49										
59	11	04:20	58	15	02:56	71	14	09:11	70	12	03:33	100	15	05:31	CL	14	01:28												
9	00.54.09	9	00.57.05	9	01.06.16	10	01.09.49	10	01.15.20	10	01.16.48																		

11	Gruppo Ferranti Alice 3 x2	LIBERI	01.17.25

44	12	05:09	43	12	03:49	42	10	03:17	31	14	04:06	32	14	05:42	34	12	06:25	37	7	06:32	46	10	06:49	48	5	02:00	52	12	07:40
12	00.05.09	11	00.08.58	11	00.12.15	11	00.16.21	13	00.22.03	12	00.28.28	10	00.35.00	10	00.41.49	10	00.43.49	10	00.51.29										
59	12	04:53	58	14	02:48	71	10	07:36	70	14	04:04	100	14	04:57	CL	15	01:38												
10	00.56.22	10	00.59.10	10	01.06.46	11	01.10.50	11	01.15.47	11	01.17.25																		

12	Henriquez Luis	UNIONE LOMBARDA	01.19.04

44	13	05:52	43	5	02:17	42	14	05:54	31	12	03:31	32	6	03:44	34	8	04:39	37	14	17:52	46	12	07:37	48	8	02:33	52	7	06:25
13	00.05.52	10	00.08.09	12	00.14.03	12	00.17.34	11	00.21.18	10	00.25.57	12	00.43.49	13	00.51.26	13	00.53.59	13	01.00.24										
59	4	02:26	58	8	02:03	71	8	07:01	70	7	02:50	100	9	03:41	CL	6	00:39												
13	01.02.50	12	01.04.53	12	01.11.54	12	01.14.44	13	01.18.25	12	01.19.04																		

...Categoria: ESO Lungo

Pos.	Nome	Società	Tempo
13	Martarelli Andrea x2	LIBERI	01.21.44

44	15	09:37	43	10	03:07	42	13	04:39	31	13	03:34	32	8	04:00	34	11	05:56	37	6	06:24	46	15	11:27	48	14	04:00	52	10	06:33
15	00.09.37	15	00.12.44	14	00.17.23	14	00.20.57	14	00.24.57	13	00.30.53	11	00.37.17	11	00.48.44	12	00.52.44	11	00.59.17										
59	7	03:20	58	12	02:29	71	9	07:11	70	15	04:33	100	9	03:41	CL	9	01:13												
12	01.02.37	13	01.05.06	13	01.12.17	13	01.16.50	14	01.20.31	13	01.21.44																		

14	Gruppo Ferranti Alice 2 x3	LIBERI	01.28.28

44	10	04:41	43	15	06:45	42	15	08:45	31	8	02:58	32	15	09:36	34	12	06:25	37	10	07:25	46	11	07:19	48	12	02:48	52	11	06:48
10	00.04.41	14	00.11.26	15	00.20.11	15	00.23.09	15	00.32.45	14	00.39.10	13	00.46.35	14	00.53.54	14	00.56.42	14	01.03.30										
59	15	05:36	58	11	02:25	71	13	07:56	70	10	03:13	100	13	04:05	CL	16	01:43												
14	01.09.06	14	01.11.31	14	01.19.27	14	01.22.40	15	01.26.45	14	01.28.28																		

15	Baitieri Lorenzo Longhi Michele	Senza Società	01.36.01

44	1	01:55	43	8	02:52	42	7	02:24	31	11	03:28	32	12	04:25	34	5	04:31	37	15	28:52	46	8	06:09	48	10	02:38	52	15	10:49
1	00.01.55	3	00.04.47	4	00.07.11	5	00.10.39	6	00.15.04	5	00.19.35	15	00.48.27	15	00.54.36	15	00.57.14	15	01.08.03										
59	9	04:06	58	12	02:29	71	15	12:06	70	13	03:59	100	12	04:04	CL	10	01:14												
15	01.12.09	15	01.14.38	15	01.26.44	15	01.30.43	16	01.34.47	15	01.36.01																		

-	Gruppo Ferranti Alice 1 x3	LIBERI	Punz. Errata

40	-	03:37	41	-	24:14	51	-	02:49	97	-	01:36	52	-	01:48	53	-	05:54	43	-	05:38	44	-	04:28	42	-	02:51	45	-	03:41
-	00.03.37	-	00.27.51	-	00.30.40	-	00.32.16	-	00.34.04	-	00.39.58	-	00.45.36	-	00.50.04	-	00.52.55	-	00.56.36										
47	-	08:26	48	-	03:32	49	-	05:33	50	-	02:41	100	1	00:58	PE	1	00:30												
-	01.05.02	-	01.08.34	-	01.14.07	-	01.16.48	12	01.17.46	16	01.18.16																		

-	Gallone Simone Gaudioso Gina	LIBERI	Ritirato

44	16	35:49	RI	-	-35:-49																								
16	00.35.49	17	00.00.00																										