

Workout 1-2-3 F Individual

HEAT	LANE	DIVISION	AGE	ID	ATHLETE		WARM-UP	START	FINISH
1	1	Beginner F	62	11015	NATALINI	ANTONELLA	10:00	10:30	10:52
	2	Beginner F	61	11049	MOTTARAN	FRANCESCA			
	3	Beginner F	60	11021	RONCHETTI	CATIA			
	4	Beginner F	58	11082	BONDAR	MONIKA ANNA			
	5	Beginner F	55	11018	ROCCHI	BARBARA			
	6	Beginner F	53	11033	SPANO	DANIELA			
	7	Beginner F	52	11022	CORRADI	CHIARA			
	8	Beginner F	51	11108	FRANZONI	VALENTINA			
	9	Beginner F	50	11086	BAIGUERA	PATRIZIA			
	10	Beginner F	50	11001	D'EUGENIO	ALESSANDRA			
	11	Beginner F	50	11105	SERVENTI	SUSANNA			
	12	Beginner F	50	11042	WANKA	EVA			
2	1	Beginner F	49	11062	DIAPERIO	KATIUSCIA	10:08	10:38	11:00
	2	Beginner F	48	11012	FRANCHINI	ANNA			
	3	Beginner F	48	11088	SIMONETTA	RIGATO			
	4	Beginner F	47	11058	PANTI	IRENE			
	5	Beginner F	47	11084	SAYA	NICOLE			
	6	Beginner F	46	11113	CUSINATO	VANIA			
	7	Beginner F	45	11106	BRUNO	TANIA (G.)			
	8	Beginner F	45	11032	MENEGATTI	DANIELA			
	9	Beginner F	45	11117	RODRIGUEZ	YADISLEIBYS MARIA			
	10	Beginner F	44	11014	MAGGIO	ANTONELLA			
	11	Beginner F	44	11098	MALVEZZI	SIMONA			
	12	Beginner F	44	11040	ZAMMONI	ELISA			
3	1	Beginner F	42	11074	DI MARTINO	MARTA	10:16	10:46	11:08
	2	Beginner F	42	11039	FADDA	ELISA			
	3	Beginner F	42	11118	SOSA CARRIERA	YAIREMYS			
	4	Beginner F	41	11079	AMODEO	MICHELA			
	5	Beginner F	41	11004	PAVONE	ALESSIA			
	6	Beginner F	41	11067	RENZACCI	LUCIA			
	7	Beginner F	41	11096	UBALDI	SILVIA			
	8	Beginner F	40	11119	ASTETE	YLENIA			
	9	Beginner F	40	11047	BRAZZOROTTO	FRANCESCA			
	10	Beginner F	40	11031	CATANZARO	DAMIANA			
	11	Beginner F	40	11017	SERREDI	ARABELLA			
	12	Beginner F	40	11045	SUSANNA	FERRARA			
4	1	Beginner F	39	11077	FRANCO	MARTINA	10:24	10:54	11:16
	2	Beginner F	39	11048	GIAMPAOLO	FRANCESCA			
	3	Beginner F	39	11030	SIBUEA	CYNTHIA CAROLINE			
	4	Beginner F	38	11026	DAMIANI	CLAUDIA			
	5	Beginner F	38	11061	DREISLAMPL	KATHARINA			
	6	Beginner F	38	11027	FANNI	CLAUDIA			
	7	Beginner F	38	11110	MARNINI	VALENTINA			
	8	Beginner F	38	11034	OBERMAIER-PETZ	DORIS			
	9	Beginner F	38	11080	PACCAGNELLA	MIRIAM			
	10	Beginner F	37	11072	ARENA	MARIA			
	11	Beginner F	37	11028	BERGAMO	CRISTINA			
	12	Beginner F	37	11043	CAVAZZUTI	FEDERICA			
5	1	Beginner F	37	11100	OTERA	SIMONA	10:32	11:02	11:24
	2	Beginner F	37	11009	VALENTI	ANDREA GIOVANNA			
	3	Beginner F	36	11029	BIASUTTI	CRISTINA			
	4	Beginner F	36	11019	GIRARDI	BENEDETTA			
	5	Beginner F	36	11008	KALACHEVA	ANASTASIIA			
	6	Beginner F	36	11002	MARINOSCI	ALESSANDRA			
	7	Beginner F	36	11116	POETI	WICHA ISABELLA			
	8	Beginner F	36	11063	SOMOGYI	KRISZTINA			
	9	Beginner F	36	11104	ULLMANN	STEPHANIE			
	10	Beginner F	35	11000	ACQUAVIVA	ALESSANDRA			
	11	Beginner F	35	11081	BUSDRAGHI	MIRTA			
	12	Beginner F	35	11089	CAMMARASANA	ROBERTA			
6	1	Beginner F	35	11112	FOX	VANESSA	10:40	11:10	11:32
	2	Beginner F	35	11024	REGGIANI	CHIARA			
	3	Beginner F	35	11095	SCARSELLI	SERENA			
	4	Beginner F	34	11109	AFFUSTO	VALENTINA GIOVANNA			
	5	Beginner F	34	11020	CESARI	CATERINA			
	6	Beginner F	34	11057	COCIMANO	IRENE MARIA			
	7	Beginner F	34	11064	DE ROSA	LAURA			
	8	Beginner F	34	11037	GRAZIOTTI	ELENA			
	9	Beginner F	34	11071	MARTINIANI	MARIA ANDREA			
	10	Beginner F	34	11111	SERGI	VALERIA			
	11	Beginner F	33	11107	ALFONSI	TARIN			
	12	Beginner F	33	11094	ARIGONI	SERENA			

7	1	Beginner F	33	11035	BALDESSARI	ELENA	10:48	11:18	11:40
	2	Beginner F	33	11011	BARBANTI	ANNA			
	3	Beginner F	33	11016	BONFITTO	ANTONIETTA			
	4	Beginner F	33	11059	BOTTI	JENNIFER			
	5	Beginner F	33	11046	DI CAMPI	FLORIANA			
	6	Beginner F	33	11076	DI MARTINO	MARTINA			
	7	Beginner F	33	11010	EUSEBI	ANGELICA			
	8	Beginner F	33	11069	GIULIANO	LUISA			
	9	Beginner F	33	11007	IIRITI	AMANDA			
	10	Beginner F	33	11093	MALAGUTI	SELENA			
	11	Beginner F	33	11078	RODEGHIERO	MARTINA			
	12	Beginner F	32	11053	BORTOLOTTI	GRETA			
8	1	Beginner F	32	11041	IPPOLITO	ERICA	10:56	11:26	11:48
	2	Beginner F	32	11044	PALOMBA	FEDERICA			
	3	Beginner F	32	11075	PARISE	MARTA			
	4	Beginner F	32	11052	TOMASELLO	GIUSI			
	5	Beginner F	32	11005	TONO	ALESSIA			
	6	Beginner F	31	11092	BRICCHI	SARA			
	7	Beginner F	31	11066	MANTOVAN	LORENA			
	8	Beginner F	31	11099	MORTILLA	SIMONA			
	9	Beginner F	31	11006	MURTAS	ALICE			
	10	Beginner F	30	11025	BONDI	CLAUDIA			
	11	Beginner F	30	11070	BÜCHLER	MARCELINE			
	12	Beginner F	30	11065	DI RADO	LICIA			
9	1	Beginner F	30	11023	PUNTURIERO	CHIARA	11:04	11:34	11:56
	2	Beginner F	30	11115	ZANCO	VIRGINIA			
	3	Beginner F	29	11091	GIUNTA	ROBERTA			
	4	Beginner F	29	11103	MILITI	STEFANIA			
	5	Beginner F	28	11003	FEMIA	ALESSIA			
	6	Beginner F	28	11060	TOCCALINO	KAREN			
	7	Beginner F	28	11085	TOSI	NOEMI MARIA			
	8	Beginner F	28	11097	VALENTINI	SILVIA			
	9	Beginner F	27	11036	BELTRAME	ELENA			
	10	Beginner F	27	11090	CARÈ	ROBERTA			
	11	Beginner F	27	11054	GIACÒ	ILARIA			
	12	Beginner F	27	11073	IACHETTA	MARIKA			
10	1	Beginner F	27	11068	MICHELOTTI	LUCREZIA	11:12	11:42	12:04
	2	Beginner F	27	11013	SIPP	ANNE-CAROLINE			
	3	Beginner F	26	11050	GALLO	GIULIA			
	4	Beginner F	25	11056	BARONCINI	IRENE			
	5	Beginner F	25	11038	BRENNA	ELISA			
	6	Beginner F	25	11083	KAUPP	NELE			
	7	Beginner F	25	11114	PULZATO	VERDIANA			
	8	Beginner F	24	11087	ZANAGA	REBECCA			
	9	Beginner F	23	11102	FERRARI	SOFIA			
	10	Beginner F	23	11055	MONTANA	ILEANA			
	11	Beginner F	21	11101	CINIERI	SOFIA			
	12	Beginner F	21	11051	FIGORE	GIULIANA			

Workout 1-2-3 M Individual

HEAT	LANE	DIVISION	AGE	ID	ATHLETE		WARM-UP	START	FINISH
11	1	Beginner M	67	21123	VANCINI	ROBERTO	11:20	11:50	12:12
	2	Beginner M	59	21098	CASADIO	MAURO			
	3	Beginner M	58	21022	SANTARELLA	CARMINE			
	4	Beginner M	58	21060	SANTONI	GIORGIO			
	5	Beginner M	57	21074	RIGATTI	LUCA			
	6	Beginner M	57	21113	RISOLA	PAOLO			
	7	Beginner M	56	21016	MARINO	ANTONIO			
	8	Beginner M	54	21110	CANTARUTTI	OLAF			
	9	Beginner M	54	21130	RICCIARDI	SIMONE			
	10	Beginner M	53	21090	HENGSTLER	MARKUS			
	11	Beginner M	53	21143	RICCHIARDONE	ZENO			
	12	Beginner M	52	21041	CUEL	FABRIZIO			
12	1	Beginner M	52	21007	DONATI	ANDREA	11:28	11:58	12:20
	2	Beginner M	51	21104	FANTONE	MIRKO			
	3	Beginner M	51	21105	GELLI	MIRKO			
	4	Beginner M	51	21005	PUSATERI	ALESSIO EDUARDO			
	5	Beginner M	51	21087	UNALI	MARCO			
	6	Beginner M	50	21056	ALGERI	GIOACCHINO			
	7	Beginner M	50	21117	CARLUCCI	PIERO			
	8	Beginner M	50	21021	LOSURDO	CARLO			
	9	Beginner M	50	21141	MAESTRINI	VALENTINO			
	10	Beginner M	50	21073	MANCINI	LUCA			
	11	Beginner M	49	21099	BAGLIONE	MICHELE			
	12	Beginner M	49	21093	BERTONI	MATTEO			

13	1	Beginner M	49	21048	PETRACHI	GABRIELE	11:36	12:06	12:28
	2	Beginner M	48	21076	FAGIOLI	LUCAS			
	3	Beginner M	47	21072	FIORI	LUCA			
	4	Beginner M	47	21006	KOVACH	ALEXANDER			
	5	Beginner M	47	21004	SERRA	ALESSANDRO			
	6	Beginner M	46	21125	PERCIBALLI	SANDRO			
	7	Beginner M	46	21047	PIZZORNI	FRANCESCO			
	8	Beginner M	46	21024	STORTI	CHRISTIAN			
	9	Beginner M	45	21026	CORONA	CRISTIAN			
	10	Beginner M	45	21043	ORRÚ	FILIPPO			
	11	Beginner M	45	21001	PACINI	ALBERTO			
	12	Beginner M	45	21088	PAPPALARDO	MARIO			
14	1	Beginner M	45	21121	PERRONE	RICCARDO	11:44	12:14	12:36
	2	Beginner M	45	21097	VALIANI	MAURIZIO			
	3	Beginner M	44	21019	CAMPO	ANTONY			
	4	Beginner M	44	21023	OLARIU	CEZAR GABRIEL			
	5	Beginner M	44	21126	TONINI	SERGIO			
	6	Beginner M	43	21014	ANDALORO	ANTONIO			
	7	Beginner M	43	21131	BARETTA	STEFANO			
	8	Beginner M	43	21133	ONEILL	THOMAS			
	9	Beginner M	43	21050	ROSSETTI	GERARDO			
	10	Beginner M	41	21053	COLLEVECCHIO	GIACOMO			
	11	Beginner M	41	21039	INFANTI	FABIO			
	12	Beginner M	40	21040	IPPOLITI	FABIO			
15	1	Beginner M	40	21049	MARAVIGLIA	GAETANO	11:52	12:22	12:44
	2	Beginner M	40	21085	MILO	MARCO			
	3	Beginner M	40	21028	OMANSEN	DAMIAN			
	4	Beginner M	40	21084	TORTORELLI	MARCO MATTEO			
	5	Beginner M	39	21078	ALLEGRETTO	MARCO			
	6	Beginner M	39	21015	ESPOSITO	ANTONIO			
	7	Beginner M	39	21108	FUSAI	NICOLA			
	8	Beginner M	39	21077	LAVELLO	LUIGI			
	9	Beginner M	39	21046	MARLETTA	FRANCESCO			
	10	Beginner M	39	21096	SANTAGIULIANA	MATTIA			
	11	Beginner M	39	21075	TROTTA	LUCA			
	12	Beginner M	39	21033	VESELLA	DIEGO			
16	1	Beginner M	39	21062	VITALI	GIUSEPPE	12:00	12:30	12:52
	2	Beginner M	38	21013	EGLI	ANDREAS			
	3	Beginner M	38	21083	GUIDA	MARCO			
	4	Beginner M	38	21111	MOLTENI	OMAR			
	5	Beginner M	38	21106	NEPA	MIRKO			
	6	Beginner M	38	21057	ZALLOCCO	GIONATAN			
	7	Beginner M	37	21038	BATTISTELLA	EROS			
	8	Beginner M	37	21025	BRAGA	CHRISTOPHER			
	9	Beginner M	37	21037	CRESCINI	ERMANNIO			
	10	Beginner M	37	21114	DREISLAMPL	PATRIK			
	11	Beginner M	37	21066	MINUTI	LORENZO			
	12	Beginner M	36	21065	CARUSO	LEONARDO			
17	1	Beginner M	36	21128	DE ANGELIS	SIMONE	12:08	12:38	13:00
	2	Beginner M	36	21044	DE LUCIA	FRANCESCO			
	3	Beginner M	36	21132	FABRIS MONTERUMICI	STEFANO			
	4	Beginner M	36	21064	FOX	JONAS			
	5	Beginner M	36	21027	HOFMANN	CYRILL			
	6	Beginner M	36	21059	LA GATTUTA	GIORGIO			
	7	Beginner M	36	21137	MAZZOLA	TOMMASO			
	8	Beginner M	36	21142	MAZZONI	YURI			
	9	Beginner M	36	21127	RICHERT	SIMON			
	10	Beginner M	36	21011	RINARELLI	ANDREA			
	11	Beginner M	36	21116	ROSSI	PIERANGELO			
	12	Beginner M	36	21135	RÜEGSEGGER	TOBIAS			
18	1	Beginner M	35	21115	CASACHAHUA LA ROSA	PAUL HENRY	12:16	12:46	13:08
	2	Beginner M	35	21029	CHIMENTI	DANIELE			
	3	Beginner M	35	21118	COACCIOLI	PIETRO			
	4	Beginner M	35	21101	LATINI	MICHELE			
	5	Beginner M	35	21000	PAOLUCCI	AIMONE EDMAR			
	6	Beginner M	34	21030	BELLINA	DANILO			
	7	Beginner M	34	21051	BELTRAME	GIACOMO			
	8	Beginner M	34	21080	BRANDIMARTE	MARCO			
	9	Beginner M	34	21070	CAMPANAI	LUCA			
	10	Beginner M	34	21054	DATTERI	GIACOMO			
	11	Beginner M	34	21045	LENTI	FRANCESCO			
	12	Beginner M	34	21002	MANZO	ALESSANDRO			
19	1	Beginner M	34	21089	TORRISI	MARIO SIMONE	12:24	12:54	13:16
	2	Beginner M	33	21079	BAMBARA	MARCO			
	3	Beginner M	33	21071	DEGIORGI	LUCA			
	4	Beginner M	33	21107	DI LUOZZO	NICOLA			
	5	Beginner M	33	21100	FINADRI	MICHELE			
	6	Beginner M	33	21034	TLDAY	EFE			
	7	Beginner M	33	21086	PASSERI	MARCO			
	8	Beginner M	33	21091	PUGLIESE	MARTINO			
	9	Beginner M	32	21068	ANGIARGIA	LUCA			
	10	Beginner M	32	21069	ANSELM	LUCA			
	11	Beginner M	32	21112	CALABRIA	PAOLO			
	12	Beginner M	32	21032	DE NICOLA	DIEGO			

20	1	Beginner M	32	21008	FILIPPI	ANDREA	12:32	13:02	13:24
	2	Beginner M	32	21102	MONTANARI	MICHELE			
	3	Beginner M	32	21063	TOSO	JACOPO			
	4	Beginner M	31	21139	AITI	UMBERTO			
	5	Beginner M	31	21119	FRACASSI	RICCARDO			
	6	Beginner M	31	21129	MARZICO	SIMONE			
	7	Beginner M	31	21020	YZEIRAJ	AVENIR			
	8	Beginner M	30	21136	BAGAGLI	TOMMASO			
	9	Beginner M	30	21081	BUCCI	MARCO			
	10	Beginner M	30	21052	CACIOLI	GIACOMO			
	11	Beginner M	30	21082	CIPRIETTI	MARCO			
	12	Beginner M	30	21120	GENERALI	RICCARDO			
21	1	Beginner M	30	21009	MIGNOGNA	ANDREA	12:40	13:10	13:32
	2	Beginner M	30	21055	PAPALINETTI	GIANMARCO			
	3	Beginner M	30	21036	SCANDOLA	ERIK			
	4	Beginner M	30	21067	ZATTINI	LORENZO			
	5	Beginner M	29	21058	ANTONUCCI	GIORDANO			
	6	Beginner M	29	21031	PISTORE	DAVIDE			
	7	Beginner M	28	21042	AIELLI	FILIPPO			
	8	Beginner M	28	21109	ORSINI	NICOLA			
	9	Beginner M	28	21017	RABBIA	ANTONIO			
	10	Beginner M	28	21018	SUSI	ANTONIO			
	11	Beginner M	27	21124	FIENGO	SALVATORE			
	12	Beginner M	27	21003	RINALDI	ALESSANDRO			
22	1	Beginner M	27	21103	SCHINTU	MICHELE	12:48	13:18	13:40
	2	Beginner M	26	21061	APRILE	GIUSEPPE			
	3	Beginner M	26	21092	FELICE	MASSIMILIANO			
	4	Beginner M	25	21035	NARDINI	EMANUELE			
	5	Beginner M	25	21012	SANGERMANO	ANDREA			
	6	Beginner M	25	21140	SETTI	UMBERTO			
	7	Beginner M	25	21095	STASI	MATTEO			
	8	Beginner M	23	21094	GENONI	MATTEO			
	9	Beginner M	21	21010	NANNI	ANDREA			
	10	Beginner M	21	21138	ZUCCHINI	TOMMASO			
	11	Beginner M	20	21122	MANZO	ROBERTO			
	12	Beginner M	20	21134	MAURI	TIZIANO			

Workout 2-3 F Individual

HEAT	LANE	DIVISION	AGE	ID	ATHLETE		WARM-UP	START	FINISH
23	1	Intermediate F	64	12030	PERRET GENTIL	JEANNETTE	13:30	14:00	14:12
	2	Intermediate F	61	12029	KLOSSNER	JACQUELINE			
	3	Intermediate F	58	12014	SCARPELLI	EMANUELA			
	4	Intermediate F	55	12008	ARCHER	CRISTINA			
	5	Intermediate F	55	12066	KEIJAMA	ULLA			
	6	Intermediate F	54	12002	LARI	BARBARA			
	7	Intermediate F	54	12054	NERI	PAMELA			
	8	Intermediate F	51	12017	RUS	EVA			
	9	Intermediate F	50	12055	GIUNCO	PAOLA			
	10	Intermediate F	47	12033	AGOSTINELLI	LAURA			
	11	Intermediate F	47	12012	MARTINELLA	ELENA			
	12	Intermediate F	45	12043	WEISZ	MARIA MONIKA			
	13	Intermediate F	43	12001	ARGENTIERI	ANNALISA			
	14	Intermediate F	42	12041	LANDINI	MANUELA			
	15	Intermediate F	42	12013	MICHELLINI	ELENA			
	16	Intermediate F	42	12021	SPENNATO PARISI	FRANCESCA			
	17	Intermediate F	41	12046	BUSOLI	MARTINA			
	18	Intermediate F	41	12009	OBERTI	CRISTINA			
	19	Intermediate F	41	12070	SCHNEFF	VERA			
	20	Intermediate F	40	12067	BUGINI	VALENTINA			
	21	Intermediate F	40	12006	MORELLATO	CLAUDIA			
	22	Intermediate F	40	12052	NEUBERGER	NINA			
	23	Intermediate F	40	12031	ROSS	JESSICA			
	24	Intermediate F	39	12062	CARLETTI	SIMONA			
24	1	Intermediate F	38	12020	RESNATI	FRANCESCA	13:45	14:15	14:27
	2	Intermediate F	38	12063	TIRABORRELLI	SIMONA			
	3	Intermediate F	37	12048	AZAROVA	MARYNA			
	4	Intermediate F	36	12022	MUSCIO	GAIA			
	5	Intermediate F	36	12058	RAIMONDI	SARA			
	6	Intermediate F	36	12036	VILLAN	LAURA			
	7	Intermediate F	35	12016	LANGIANESE	ERIKA			
	8	Intermediate F	35	12069	SCOLA	VALENTINA			
	9	Intermediate F	34	12007	MERLINO	CLIZIA			
	10	Intermediate F	33	12057	CAVAZZINI	SARA			
	11	Intermediate F	33	12061	HANNES	SILVIA			
	12	Intermediate F	33	12010	NUNES	DORIANA			
	13	Intermediate F	33	12032	SEIDEL	JULIA			
	14	Intermediate F	32	12060	CERCATILLO	SILVIA			
	15	Intermediate F	31	12064	BARBIERI	STEFANIA			
	16	Intermediate F	31	12042	BRANNETTI	MARIA CHIARA			
	17	Intermediate F	31	12045	CAVALLINI	MARTA			
	18	Intermediate F	31	12044	CORNETI	MARIA VITTORIA			
	19	Intermediate F	31	12034	GIANINONI	LAURA			
	20	Intermediate F	31	12039	GUERRINI	LINDA			
	21	Intermediate F	31	12037	RICCI MACCARINI	LIA			
	22	Intermediate F	30	12004	AMBROSIO	CAMILLA			
	23	Intermediate F	30	12056	CORTELLI	RITA			
	24	Intermediate F	30	12028	ZANICHELLI	IRENE			
25	1	Intermediate F	29	12027	ADONCECCHI	IRENE	14:00	14:30	14:42
	2	Intermediate F	29	12024	BRETTI	GIORGIA			
	3	Intermediate F	29	12015	CAVALLINI	ENYA			
	4	Intermediate F	29	12011	COLABIANCHI	ELENA			
	5	Intermediate F	29	12049	LANDIS	MELINA			
	6	Intermediate F	29	12019	MILANI	FEDERICA			
	7	Intermediate F	29	12047	TRIOLA	MARTINA			
	8	Intermediate F	29	12000	VISENTIN	ALICE			
	9	Intermediate F	28	12018	DE MARTINO	FABIANA			
	10	Intermediate F	28	12051	GRAY	NATASCHA			
	11	Intermediate F	28	12050	ILIEVSKA	MILENA			
	12	Intermediate F	28	12035	LELII	LAURA			
	13	Intermediate F	28	12025	MEREU	GIORGIA			
	14	Intermediate F	28	12053	MOHII	NOURHAN			
	15	Intermediate F	27	12059	BONARDO	SILVIA			
	16	Intermediate F	27	12068	MILAN	VALENTINA			
	17	Intermediate F	27	12038	SCHIAVO	LIDIA			
	18	Intermediate F	26	12065	RUSSO	TERESA			
	19	Intermediate F	25	12005	CIACA	CLARA			
	20	Intermediate F	25	12040	DOLCE	LUCIA			
	21	Intermediate F	23	12071	TRIPODO	VERONICA			
	22	Intermediate F	22	12003	SIMON	BORI			
	23	Intermediate F	21	12023	GRASSO	GIADA			
	24	Intermediate F	20	12026	BOEVINK	ILSE			

26	1	Rx F	47	13002	POLLUTRI	ANNA RITA	14:15	14:45	14:57
	2	Rx F	46	13010	ROGGIO	GIULIA			
	3	Rx F	44	13022	BAZZANA	VERA			
	4	Rx F	42	13021	TIBERI	VALENTINA			
	5	Rx F	42	13016	VANTAGGIATO	MARTA			
	6	Rx F	39	13009	MONTAGNA	ELISA			
	7	Rx F	38	13012	CASASCO	ILARIA			
	8	Rx F	38	13014	TOMASELLI	LUANA			
	9	Rx F	37	13018	CAPASSO	RAMONA			
	10	Rx F	36	13001	FRAU	ANASTASIA			
	11	Rx F	35	13019	ALTON	TAYLOR			
	12	Rx F	35	13015	SIRI	LUCREZIA			
	13	Rx F	34	13000	D'AGOSTINO	ALICE GIULIA			
	14	Rx F	33	13013	MCCORMICK	JASMINE			
	15	Rx F	33	13005	SUDATI	CHIARA			
	16	Rx F	32	13007	FAGIOLI	CRISTINA			
	17	Rx F	32	13008	MARIANI	ELISA			
	18	Rx F	32	13004	MODESTO	AURORA			
	19	Rx F	29	13017	PINI	MAZIE			
	20	Rx F	29	13011	SINIGAGLIA	GLORIA			
	21	Rx F	28	13003	RYZHONKOVA	ANNA			
	22	Rx F	27	13020	MILAN	VALENTINA			
	23	Rx F	23	13006	STERCHELE	CLARISSA			
	24								

Workout 2-3 M Individual

HEAT	LANE	DIVISION	AGE	ID	ATHLETE		WARM-UP	START	FINISH
27	1	Intermediate M	67	22069	CARRETTA	GIANLUCA	14:42	15:12	15:24
	2	Intermediate M	65	22096	CECCARINI	LUCA			
	3	Intermediate M	63	22122	RASETTI	MASSIMO			
	4	Intermediate M	61	22026	GIOACCHINI	CORRADO			
	5	Intermediate M	61	22121	PARADISI	MASSIMO			
	6	Intermediate M	60	22190	MARCONI	VINCENZO			
	7	Intermediate M	60	22103	VENTURINI	LUCA			
	8	Intermediate M	60	22187	VOLPATO	TIZIANO			
	9	Intermediate M	57	22135	VALLOCCHIA	MAURIZIO			
	10	Intermediate M	56	22098	GIACOMELLI	LUCA			
	11	Intermediate M	55	22012	BORRELLO	ANDREA			
	12	Intermediate M	54	22083	COSENTINO	ILARIO			
	13	Intermediate M	54	22095	ROCCHI	LORENZO			
	14	Intermediate M	52	22035	CASTAGNARI	DAVIDE			
	15	Intermediate M	52	22056	GARZELLI	FEDERICO			
	16	Intermediate M	51	22133	ESPA	MAURIZIO			
	17	Intermediate M	51	22157	MEGGIOLARO	PARIDE			
	18	Intermediate M	51	22161	SAVOIA	RAFFAELE			
	19	Intermediate M	50	22142	ALBERTI	MIRCO			
	20	Intermediate M	50	22105	BORRIELLO	LUIGI			
	21	Intermediate M	50	22181	DONZELLI	STEFANO			
	22	Intermediate M	49	22114	DI MAURO	MARCO			
	23	Intermediate M	49	22070	MURRALI	GIANSALVATORE			
	24	Intermediate M	49	22004	RAPONI	ALESSANDRO			
28	1	Intermediate M	49	22154	SESTU	OMAR	14:57	15:27	15:39
	2	Intermediate M	48	22134	FARINELLI	MAURIZIO			
	3	Intermediate M	48	22053	PANIZZOLI	FABIO			
	4	Intermediate M	47	22048	BALESTRA	ENRICO			
	5	Intermediate M	47	22063	CINELLI	GABRIELE NATALE			
	6	Intermediate M	47	22052	FENI	FABIO			
	7	Intermediate M	47	22029	KYSELA	DANIEL			
	8	Intermediate M	47	22003	LACAGNINA	ALESSANDRO			
	9	Intermediate M	47	22170	MARTELLI	SALVATORE			
	10	Intermediate M	47	22100	PLEVANO	LUCA			
	11	Intermediate M	47	22132	VESCOVI	MATTIA			
	12	Intermediate M	45	22111	BARONTINI	MARCO			
	13	Intermediate M	45	22168	COTO HERNANDEZ	RUBEN			
	14	Intermediate M	45	22106	FELIZIANI	LUIGI			
	15	Intermediate M	45	22084	MORETTI	ILARIO			
	16	Intermediate M	45	22175	ROBERTI	SIMON			
	17	Intermediate M	44	22185	BRUNNER	TIMO			
	18	Intermediate M	43	22183	MASSIDDA	STEFANO			
	19	Intermediate M	42	22094	IMBRIACO	LORENZO			
	20	Intermediate M	42	22041	VAGNETTI	DAVIDE			
	21	Intermediate M	41	22074	BARRANO	GIUSEPPE			
	22	Intermediate M	41	22020	CANNAS	ANTONELLO			
	23	Intermediate M	41	22080	GABRIELE	GORETTI			
	24	Intermediate M	41	22182	MALAGUTI	STEFANO			

29	1	Intermediate M	41	22019	PRETE	ANGELO	15:12	15:42	15:54
	2	Intermediate M	41	22071	RAGAINI	GIOVANNI			
	3	Intermediate M	41	22117	TRAVERSO	MARCO			
	4	Intermediate M	41	22172	VERDECCHIA	SANDRO			
	5	Intermediate M	41	22104	VISCIANO	LUCA			
	6	Intermediate M	40	22016	GIANCROCE	ANDREA			
	7	Intermediate M	40	22050	SICHIROLLO	ENRICO			
	8	Intermediate M	40	22139	VANCINI	MICHAEL			
	9	Intermediate M	40	22163	VENEGAS GLEZ	RICARDO			
	10	Intermediate M	40	22091	WANKA	KEVIN			
	11	Intermediate M	39	22162	ALYAMMAHI	RASHID			
	12	Intermediate M	39	22049	CARCAPEDE	ENRICO			
	13	Intermediate M	39	22075	CASATI	GIUSEPPE			
	14	Intermediate M	39	22120	CORTESI	MASSIMO			
	15	Intermediate M	39	22180	CRIPPA	STEFANO			
	16	Intermediate M	39	22000	GORCSOS	AKOS			
	17	Intermediate M	39	22033	PEZZO	DAVID			
	18	Intermediate M	38	22047	ARCHS	ENRIC			
	19	Intermediate M	38	22066	DONATI	GIACOMO			
	20	Intermediate M	38	22140	GIULIANINI	MICHELE			
	21	Intermediate M	38	22082	HERRERA	GUSTAVO			
	22	Intermediate M	38	22127	NICOLINI	MATTEO			
	23	Intermediate M	38	22028	NIDES	DAN			
	24	Intermediate M	38	22184	ROBERTO	TAMIRI			
30	1	Intermediate M	38	22040	ROSSI	DAVIDE	15:27	15:57	16:09
	2	Intermediate M	38	22072	SIROCCHI	GIOVANNI			
	3	Intermediate M	38	22042	STOJKOVSKI	DEAN			
	4	Intermediate M	38	22167	TROVATO	ROBERTO			
	5	Intermediate M	37	22160	CASTALDO	RAFFAELE			
	6	Intermediate M	37	22148	LENDARO	NICOLA			
	7	Intermediate M	37	22057	MAMELI	FEDERICO			
	8	Intermediate M	37	22126	MONACI	MATTEO			
	9	Intermediate M	37	22086	PETRACCARO	IVAN			
	10	Intermediate M	37	22144	RAVERA	MORENO			
	11	Intermediate M	36	22011	ASSI	ANDREA			
	12	Intermediate M	36	22165	BONFIRRARO	RICCARDO			
	13	Intermediate M	36	22174	BÜCHLER	SEVERIN			
	14	Intermediate M	36	22130	CHIESI SACCARDO	MATTIA			
	15	Intermediate M	36	22156	CRISTAUDO	PAOLO			
	16	Intermediate M	36	22109	FARGHALY	MAHMOUD			
	17	Intermediate M	36	22062	GARCIA	FREDERIC			
	18	Intermediate M	36	22097	GENOVESE	LUCA			
	19	Intermediate M	36	22118	MENI	MARIO			
	20	Intermediate M	36	22101	PREGNOLATO	LUCA			
	21	Intermediate M	36	22006	SAPOROSO	ALESSANDRO			
	22	Intermediate M	36	22186	TORRE	TIMOTHY			
	23	Intermediate M	35	22155	CORNELLI	PAOLO			
	24	Intermediate M	35	22037	COSTA	DAVIDE			
31	1	Intermediate M	35	22176	DEMARTINO	SIMONE	15:42	16:12	16:24
	2	Intermediate M	35	22010	FRIXIONE	ALESSIO			
	3	Intermediate M	35	22067	MARCONI	GIACOMO			
	4	Intermediate M	34	22123	COLOMBO	MATTEO			
	5	Intermediate M	34	22131	GRILLINI	MATTIA			
	6	Intermediate M	34	22065	MADONE	GASPARE			
	7	Intermediate M	34	22088	PEJCL	JARO			
	8	Intermediate M	34	22018	PODDA	ANDREA			
	9	Intermediate M	34	22107	RICCI	LUIGI			
	10	Intermediate M	34	22005	ROFI	ALESSANDRO			
	11	Intermediate M	34	22166	RUARO	RICCARDO			
	12	Intermediate M	34	22021	SERAFINI	ANTONIO			
	13	Intermediate M	34	22081	SORINO	GUIDO			
	14	Intermediate M	34	22007	SORU	ALESSANDRO			
	15	Intermediate M	34	22008	TAMAI	ALESSANDRO			
	16	Intermediate M	33	22090	ASSENZA	JONATHAN CHRISTIAN			
	17	Intermediate M	33	22119	BENEDETTI	MASSIMO			
	18	Intermediate M	33	22073	BERTOLINO	GIULIO			
	19	Intermediate M	33	22031	BERTULLACELLI	DANIELE			
	20	Intermediate M	33	22024	BOSHKOV	BOBAN			
	21	Intermediate M	33	22013	CALVISE	ANDREA			
	22	Intermediate M	33	22038	CARMINATI	DAVIDE LORENZO			
	23	Intermediate M	33	22189	CHIRCO	VINCENZO			
	24	Intermediate M	33	22014	COTUGNO	ANDREA			

32	1	Intermediate M	33	22188	GIANDOMENICO PASSERI	VALENTINO	15:57	16:27	16:39
	2	Intermediate M	33	22150	GIOACCHINI	NICOLÒ			
	3	Intermediate M	33	22115	GUIOTTO	MARCO			
	4	Intermediate M	33	22151	MANDATO	NICOLÒ			
	5	Intermediate M	33	22099	MAROZZI	LUCA			
	6	Intermediate M	33	22054	PICCIRILLO	FABRIZIO			
	7	Intermediate M	33	22158	ROSSI	PIERGIOORGIO			
	8	Intermediate M	33	22078	VALLE	GIUSEPPE			
	9	Intermediate M	33	22128	VIAPPANI	MATTEO			
	10	Intermediate M	32	22027	ANGELINO	CRISTIAN			
	11	Intermediate M	32	22046	BERTONCELLO	EMANUELE			
	12	Intermediate M	32	22179	CERQUONE	STEFANO			
	13	Intermediate M	32	22147	GAGLIANI	NICOLA			
	14	Intermediate M	32	22032	GENNA	DARIO			
	15	Intermediate M	32	22173	GULINA	SEBASTIANO			
	16	Intermediate M	32	22017	PEDULLÀ	ANDREA			
	17	Intermediate M	32	22129	PETZ	MATTHIAS			
	18	Intermediate M	32	22149	SERVADEI	NICOLA			
	19	Intermediate M	32	22116	SPAGNUOLO	MARCO			
	20	Intermediate M	32	22061	TOSI	FRANCESCO			
	21	Intermediate M	31	22051	BARTOLINI	FABIO			
	22	Intermediate M	31	22085	DJASHIKOV	IVAN			
	23	Intermediate M	31	22159	GERACE	PIETRO			
	24	Intermediate M	31	22030	PHILIPPS	DANIEL			
33	1	Intermediate M	31	22153	QUARATI	NICOLO	16:12	16:42	16:54
	2	Intermediate M	31	22169	ROBOTTI	RUGGERO			
	3	Intermediate M	31	22034	VETRANO	DAVIDE ANTONINO			
	4	Intermediate M	30	22055	BERTOCCHI	FEDERICO			
	5	Intermediate M	30	22015	DI STEFANO	ANDREA			
	6	Intermediate M	30	22068	FAVA	GIANCARLO			
	7	Intermediate M	30	22089	HOLY	JIRI			
	8	Intermediate M	30	22108	MODI	LUIS			
	9	Intermediate M	30	22043	NOVELLO	DENIS			
	10	Intermediate M	30	22039	PELLIZZONI	DAVIDE			
	11	Intermediate M	30	22178	ZEN	SIMONE			
	12	Intermediate M	29	22143	CEDRINI	MIRKO			
	13	Intermediate M	29	22002	KRUSHAREV	ALEKSANDAR			
	14	Intermediate M	29	22060	MAGRI	FRANCESCO			
	15	Intermediate M	29	22141	SPAZIANI	MICHELE			
	16	Intermediate M	29	22077	TOMASELLI	GIUSEPPE			
	17	Intermediate M	29	22064	UBERTI	GABRIELE			
	18	Intermediate M	28	22138	BORSA	MICHAEL			
	19	Intermediate M	28	22059	DE ANGELIS	FRANCESCO			
	20	Intermediate M	28	22044	DIENG	DJIBRIL			
	21	Intermediate M	28	22191	EL JARARI CHARQUI	YOUNES			
	22	Intermediate M	28	22177	GUALDERONI	SIMONE			
	23	Intermediate M	28	22022	IMAMOVIC	ARNES			
	24	Intermediate M	28	22076	SALERNO	GIUSEPPE			
34	1	Intermediate M	28	22093	SERINELLI	LEONARDO	16:27	16:57	17:09
	2	Intermediate M	28	22087	STOJICEVIC	IVAN			
	3	Intermediate M	28	22110	TOSKU	MAKSUT			
	4	Intermediate M	27	22145	BEHA	MORITZ			
	5	Intermediate M	27	22113	BREVI	MARCO			
	6	Intermediate M	27	22125	MATACENA	MATTEO			
	7	Intermediate M	27	22102	TONONI	LUCA			
	8	Intermediate M	26	22112	BELLONE	MARCO			
	9	Intermediate M	26	22124	DE LUCA	MATTEO			
	10	Intermediate M	26	22001	PACE	ALBERTO			
	11	Intermediate M	25	22023	BALAISH	BAR			
	12	Intermediate M	25	22164	BARELLI	RICCARDO			
	13	Intermediate M	25	22146	DE SANTIS	NICOLA			
	14	Intermediate M	25	22152	MANZO	NICOLÒ			
	15	Intermediate M	24	22025	CHIUSELLI	CHRISTIAN			
	16	Intermediate M	24	22058	QUINTILIANI	FILIPPO			
	17	Intermediate M	24	22079	ZAMMATARO	GIUSEPPE			
	18	Intermediate M	23	22171	AVANZO	SAMUELE			
	19	Intermediate M	22	22045	BALLARINI	EDOARDO			
	20	Intermediate M	22	22136	D'ALANNO	MAURO			
	21	Intermediate M	22	22092	IANNUZZI	LEONARDO			
	22	Intermediate M	21	22036	CASTELLI	DAVIDE			
	23	Intermediate M	20	22137	URBANY	MAX			
	24	Intermediate M	19	22009	FONTANA	ALESSIO			

35	1	Rx M	61	23025	PASTORE	DOMENICO	16:42	17:12	17:24
	2	Rx M	60	23084	CASTRIOTA SKANDERBEG	ROBERTO			
	3	Rx M	58	23070	GUERRA	MAURIZIO			
	4	Rx M	58	23089	WHITTAKER	TIM			
	5	Rx M	55	23028	TROMBETTA	EMILIO			
	6	Rx M	54	23016	SBRICCOLI	ARNALDO			
	7	Rx M	54	23013	SEGRETO	ANGELO			
	8	Rx M	51	23069	GERLA	MAURIZIO			
	9	Rx M	51	23029	ROCCHI	ENRICO			
	10	Rx M	51	23039	SERAFINO	GIANNI			
	11	Rx M	51	23032	VETRANO	FABRIZIO MASSIMILIANO			
	12	Rx M	50	23061	CATARISANO	MATTEO			
	13	Rx M	50	23031	ERRIU	FABRIZIO			
	14	Rx M	50	23064	MANCINI	MATTEO			
	15	Rx M	50	23051	MATTEONI	LUCA			
	16	Rx M	50	23041	SPINELLI	GIORDANO			
	17	Rx M	49	23044	COLTRO	GIOVANNI			
	18	Rx M	49	23003	DOMENICI	ALDO			
	19	Rx M	49	23006	PERIN	ALESSANDRO			
	20	Rx M	47	23004	CREMONESI	ALESSANDRO			
	21	Rx M	47	23008	SIMIONATO	ALESSANDRO			
	22	Rx M	47	23052	ZUCCHINI	LUCA			
	23	Rx M	46	23036	CAPUTANO	GENNARO			
	24	Rx M	46	23049	ZANIBONI	LORENZO			
36	1	Rx M	45	23092	MONTELEONE	VALERIO	16:57	17:27	17:39
	2	Rx M	45	23057	PALANA	MARCO			
	3	Rx M	45	23068	TERENZI	MATTIA			
	4	Rx M	44	23085	ANTONACI ENDEMIONE	SANTO STEFANO			
	5	Rx M	44	23080	PALUMBO	PASQUALE			
	6	Rx M	43	23083	FRISONE	RICCARDO			
	7	Rx M	43	23086	GONZALEZ	SAUMEL			
	8	Rx M	43	23005	GRIGGIO	ALESSANDRO			
	9	Rx M	43	23040	ZAMPONI	GIONATA			
	10	Rx M	42	23082	CASOLI	RAFFAELE			
	11	Rx M	42	23073	GALLAZZI	MICHELE			
	12	Rx M	42	23090	TIBERI	TOMAS			
	13	Rx M	41	23030	MANNINO	FABIO			
	14	Rx M	41	23017	MIHAJLOVSKI	ATANAS			
	15	Rx M	41	23007	PINNA	ALESSANDRO			
	16	Rx M	41	23014	RIILLO	ANTONIO			
	17	Rx M	40	23072	DAMBROSIO	MICHELE			
	18	Rx M	40	23081	IMERI	PIETRO			
	19	Rx M	40	23056	MAGNOLO	MARCO			
	20	Rx M	40	23058	SANTANGELO	MARCO			
	21	Rx M	39	23010	BELOTTI	ANDREA			
	22	Rx M	39	23088	CAPECE	STEFANO			
	23	Rx M	39	23042	PIERGIACOMI	GIORGIO			
	24	Rx M	38	23087	ARIOLI	SIMONE			
37	1	Rx M	37	23038	FABBRINI	GIANMARIA	17:12	17:42	17:54
	2	Rx M	37	23066	FONTANOT	MATTIA			
	3	Rx M	37	23045	GALASSO	GIROLAMO			
	4	Rx M	36	23001	GASPARINI	ALBERTO			
	5	Rx M	36	23055	GUERRIERO	MARCO			
	6	Rx M	36	23063	LUPI	MATTEO			
	7	Rx M	36	23024	SCUDERI	DAVIDE			
	8	Rx M	35	23023	GIUSTI	DAVIDE			
	9	Rx M	35	23059	PISTORE	MATTEO ANTONIO			
	10	Rx M	35	23067	ROSSI	MATTIA			
	11	Rx M	35	23033	WEBER	FLORIAN			
	12	Rx M	34	23050	CORDA	LUCA			
	13	Rx M	34	23071	COSTANTINO	MICHEL			
	14	Rx M	34	23079	DI GIUSEPPE	PAOLO			
	15	Rx M	33	23034	ASARO	FRANCESCO			
	16	Rx M	33	23046	DI TURRO	GIUSEPPE			
	17	Rx M	33	23048	MERCURIO	JONATHAN			
	18	Rx M	32	23021	CAETANO	DAVID			
	19	Rx M	32	23054	CECCHETTI	MARCO			
	20	Rx M	32	23022	CORTESI	DAVIDE			
	21	Rx M	32	23075	ELIAS	MUANDA			
	22	Rx M	32	23091	TUFO	VALERIO			
	23	Rx M	31	23078	CAPPELLI	PAOLO			
	24	Rx M	31	23020	GHERBI	DANIEL			

38	1	Rx M	31	23002	PACI	ALBERTO	17:27	17:57	18:09
	2	Rx M	31	23012	RUSSO	ANDREA			
	3	Rx M	30	23026	ALESSI	EMANUELE			
	4	Rx M	30	23062	GATTI	MATTEO			
	5	Rx M	30	23093	SCHWARTZ	VINCENT			
	6	Rx M	30	23037	ZICCARELLI	GIANLUCA			
	7	Rx M	29	23015	BUGLIONE	ANTONIO ROCCO			
	8	Rx M	29	23027	DI MASCIO	EMANUELE			
	9	Rx M	29	23000	RAMA	ADEM			
	10	Rx M	28	23035	BASSO	FRANCESCO			
	11	Rx M	28	23094	HERMANN	YANNICK			
	12	Rx M	28	23047	POLLINA	IGNAZIO			
	13	Rx M	28	23019	VAN RENTERGHEM	BRENT			
	14	Rx M	28	23074	VISAGGI	MICHELE			
	15	Rx M	27	23043	CANNIZZARO	GIOVANNI			
	16	Rx M	27	23095	MARANTA	YURI			
	17	Rx M	27	23065	MASCOLO	MATTEO			
	18	Rx M	26	23053	AL HADDAD	MAJID			
	19	Rx M	26	23009	BASSO	ANDREA			
	20	Rx M	26	23060	BELOTTI	MATTEO			
	21	Rx M	26	23077	BEQIRAJ	PAOLO			
	22	Rx M	25	23076	LECCHI	NICOLÒ			
	23	Rx M	25	23018	NORDJORE	BJØNN			
	24	Rx M	24	23011	POLIZZI	ANDREA			