

**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**  
**Classifica Assoluta**

| Pos | Team                    | Laps | Distance | Speed | Time         |
|-----|-------------------------|------|----------|-------|--------------|
| 1   | Delta Spedizioni        | 238  | 95200    | 3.47  | 06:00:47.550 |
| 2   | Atletica Levante - 1    | 223  | 89200    | 4.02  | 06:00:13.302 |
| 3   | Citta di Genova - 3     | 207  | 82800    | 4.21  | 06:00:51.801 |
| 4   | Citta di Genova - 2     | 207  | 82800    | 4.21  | 06:01:15.043 |
| 5   | Maratoneti Tigullio - 1 | 200  | 80000    | 4.31  | 06:01:45.790 |
| 6   | Atletica Levante - 2    | 197  | 78800    | 4.34  | 06:00:03.302 |
| 7   | Maratoneti Tigullio - 2 | 186  | 74400    | 4.50  | 06:00:11.062 |
| 8   | Zena Runners            | 186  | 74400    | 4.51  | 06:00:51.564 |
| 9   | Atletica Levante - 3    | 184  | 73600    | 4.54  | 06:01:09.294 |
| 10  | CUG                     | 177  | 70800    | 5.05  | 06:00:08.802 |
| 11  | Maratoneti Tigullio - 3 | 176  | 70400    | 5.07  | 06:00:31.301 |
| 12  | Citta di Genova - 1     | 156  | 62400    | 5.30  | 06:00:31.687 |

**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**  
**Classifica Maschile**

| Pos | Team                    | Laps | Distance | Speed | Time         |
|-----|-------------------------|------|----------|-------|--------------|
| 1   | Delta Spedizioni        | 238  | 95200    | 3.47  | 06:00:47.550 |
| 2   | Atletica Levante - 1    | 223  | 89200    | 4.02  | 06:00:13.302 |
| 3   | Citta di Genova - 3     | 207  | 82800    | 4.21  | 06:00:51.801 |
| 4   | Maratoneti Tigullio - 1 | 200  | 80000    | 4.31  | 06:01:45.790 |
| 5   | Atletica Levante - 2    | 197  | 78800    | 4.34  | 06:00:03.302 |
| 6   | Maratoneti Tigullio - 2 | 186  | 74400    | 4.50  | 06:00:11.062 |
| 7   | Citta di Genova - 1     | 156  | 62400    | 5.30  | 06:00:31.687 |

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**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**  
**Classifica Categoria Femminile**

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| Pos | Team                    | Laps | Distance | Speed | Time         |
|-----|-------------------------|------|----------|-------|--------------|
| 1   | Atletica Levante - 3    | 184  | 73600    | 4.54  | 06:01:09.294 |
| 2   | Maratoneti Tigullio - 3 | 176  | 70400    | 5.07  | 06:00:31.301 |

**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**  
**Classifica Mista**

| Pos | Team                | Laps | Distance | Speed | Time         |
|-----|---------------------|------|----------|-------|--------------|
| 1   | Citta di Genova - 2 | 207  | 82800    | 4.21  | 06:01:15.043 |
| 2   | Zena Runners        | 186  | 74400    | 4.51  | 06:00:51.564 |
| 3   | CUG                 | 177  | 70800    | 5.05  | 06:00:08.802 |

**12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Delta Spedizioni

**Name:** Rity Mohamed

**Fraction:** 11

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:22.994 | 3.27  | 15:09:01.714 |
| 2  | 00:01:20.245 | 3.24  | 15:10:21.959 |
| 3  | 00:01:21.994 | 3.24  | 15:11:43.953 |
| 4  | 00:01:21.744 | 3.24  | 15:13:05.697 |
| 5  | 00:01:21.995 | 3.24  | 15:14:27.692 |
| 6  | 00:01:22.744 | 3.24  | 15:15:50.436 |
| 7  | 00:01:31.241 | 3.28  | 15:17:21.677 |
| 8  | 00:01:21.152 | 3.27  | 15:18:42.829 |
| 9  | 00:01:22.837 | 3.27  | 15:20:05.666 |
| 10 | 00:01:22.994 | 3.27  | 15:21:28.660 |
| 11 | 00:01:22.983 | 3.27  | 15:22:51.643 |
| 12 | 00:01:23.744 | 3.27  | 15:24:15.387 |
| 13 | 00:01:23.743 | 3.27  | 15:25:39.130 |
| 14 | 00:01:23.493 | 3.27  | 15:27:02.623 |
| 15 | 00:01:24.484 | 3.28  | 15:28:27.107 |
| 16 | 00:01:23.993 | 3.28  | 15:29:51.100 |
| 17 | 00:01:25.002 | 3.28  | 15:31:16.102 |
| 18 | 00:01:24.482 | 3.28  | 15:32:40.584 |
| 19 | 00:01:23.991 | 3.28  | 15:34:04.575 |
| 20 | 00:01:24.742 | 3.28  | 15:35:29.317 |
| 21 | 00:01:25.242 | 3.29  | 15:36:54.559 |
| 22 | 00:01:24.656 | 3.29  | 15:38:19.215 |
| 23 | 00:01:25.829 | 3.29  | 15:39:45.044 |
| 24 | 00:01:24.992 | 3.29  | 15:41:10.036 |
| 25 | 00:01:24.492 | 3.29  | 15:42:34.528 |
| 26 | 00:01:23.992 | 3.29  | 15:43:58.520 |
| 27 | 00:01:22.493 | 3.29  | 15:45:21.013 |
| 28 | 00:01:22.742 | 3.29  | 15:46:43.755 |
| 29 | 00:01:23.743 | 3.29  | 15:48:07.498 |
| 30 | 00:01:24.501 | 3.29  | 15:49:31.999 |

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

|    |              |      |              |
|----|--------------|------|--------------|
| 31 | 00:01:24.982 | 3.29 | 15:50:56.981 |
| 32 | 00:01:24.743 | 3.29 | 15:52:21.724 |
| 33 | 00:01:24.253 | 3.29 | 15:53:45.977 |
| 34 | 00:01:24.997 | 3.29 | 15:55:10.974 |
| 35 | 00:01:25.739 | 3.29 | 15:56:36.713 |
| 36 | 00:01:25.493 | 3.29 | 15:58:02.206 |
| 37 | 00:01:25.738 | 3.30 | 15:59:27.944 |
| 38 | 00:01:24.743 | 3.30 | 16:00:52.687 |
| 39 | 00:01:25.742 | 3.30 | 16:02:18.429 |
| 40 | 00:01:24.992 | 3.30 | 16:03:43.421 |
| 41 | 00:01:25.264 | 3.30 | 16:05:08.685 |
| 42 | 00:01:25.245 | 3.30 | 16:06:33.930 |
| 43 | 00:01:22.993 | 3.30 | 16:07:56.923 |
| 44 | 00:01:17.745 | 3.29 | 16:09:14.668 |

**Laps: 44**

**Distance: 17600**

**Tot. Time: 01:01:35.948**

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Maratoneti Tigullio - 1

**Name:** Pasquale

**Fraction:** 2

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:57.575 | 5.23  | 11:09:36.543 |
| 2  | 00:01:35.804 | 3.59  | 11:10:02.922 |
| 3  | 00:01:31.993 | 4.09  | 11:11:34.915 |
| 4  | 00:01:34.492 | 4.13  | 11:13:21.407 |
| 5  | 00:01:37.241 | 4.15  | 11:15:08.648 |
| 6  | 00:01:30.743 | 4.15  | 11:16:46.391 |
| 7  | 00:01:43.493 | 4.16  | 11:18:12.884 |
| 8  | 00:01:43.743 | 4.16  | 11:19:55.627 |
| 9  | 00:01:42.990 | 4.16  | 11:21:08.617 |
| 10 | 00:01:44.242 | 4.17  | 11:22:52.859 |
| 11 | 00:01:45.493 | 4.17  | 11:24:38.352 |
| 12 | 00:01:44.489 | 4.18  | 11:26:22.841 |
| 13 | 00:01:42.487 | 4.17  | 11:28:05.328 |
| 14 | 00:01:43.002 | 4.17  | 11:30:48.330 |
| 15 | 00:01:42.983 | 4.17  | 11:32:31.313 |
| 16 | 00:01:41.739 | 4.17  | 11:34:13.052 |
| 17 | 00:01:30.493 | 4.15  | 11:35:48.545 |
| 18 | 00:01:40.742 | 4.15  | 11:37:36.287 |
| 19 | 00:01:41.736 | 4.16  | 11:39:21.023 |
| 20 | 00:01:35.503 | 4.15  | 11:40:58.526 |
| 21 | 00:01:33.732 | 4.15  | 11:42:40.258 |
| 22 | 00:01:33.236 | 4.14  | 11:44:33.494 |
| 23 | 00:01:38.993 | 4.14  | 11:46:11.487 |
| 24 | 00:01:36.742 | 4.13  | 11:47:53.229 |
| 25 | 00:01:40.240 | 4.14  | 11:49:39.469 |
| 26 | 00:01:41.241 | 4.14  | 11:51:23.710 |
| 27 | 00:01:42.993 | 4.15  | 11:53:10.703 |
| 28 | 00:01:38.008 | 4.14  | 11:54:46.711 |
| 29 | 00:01:39.743 | 4.14  | 11:56:31.454 |
| 30 | 00:01:37.744 | 4.13  | 11:58:11.198 |
| 31 | 00:01:39.493 | 4.13  | 11:59:55.691 |

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

|    |              |      |              |
|----|--------------|------|--------------|
| 32 | 00:01:43.244 | 4.14 | 12:01:42.935 |
| 33 | 00:01:42.994 | 4.14 | 12:03:25.929 |
| 34 | 00:01:42.994 | 4.15 | 12:05:08.923 |
| 35 | 00:01:43.994 | 4.15 | 12:06:52.917 |
| 36 | 00:01:43.944 | 4.15 | 12:08:25.939 |
| 37 | 00:01:44.789 | 4.15 | 12:09:08.947 |
| 38 | 00:01:43.979 | 4.14 | 12:10:52.952 |

**Laps:** 38

**Distance:** 15200

**Tot. Time:** 01:01:42.575

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE



**12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Citta di Genova - 1

**Name:** Musella

**Fraction:** 3

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:49.254 | 4.33  | 11:09:00.420 |
| 2  | 00:01:40.743 | 4.22  | 11:10:41.163 |
| 3  | 00:01:45.233 | 4.22  | 11:12:26.396 |
| 4  | 00:01:43.743 | 4.21  | 11:14:10.139 |
| 5  | 00:01:42.744 | 4.20  | 11:15:52.883 |
| 6  | 00:01:42.744 | 4.20  | 11:17:35.627 |
| 7  | 00:01:43.745 | 4.20  | 11:19:19.372 |
| 8  | 00:01:43.492 | 4.19  | 11:21:02.864 |
| 9  | 00:01:44.993 | 4.20  | 11:22:47.857 |
| 10 | 00:01:44.493 | 4.20  | 11:24:32.350 |
| 11 | 00:01:44.742 | 4.20  | 11:26:17.092 |
| 12 | 00:01:45.493 | 4.20  | 11:28:02.585 |
| 13 | 00:01:44.244 | 4.20  | 11:29:46.829 |
| 14 | 00:01:44.745 | 4.20  | 11:31:31.574 |
| 15 | 00:01:44.493 | 4.20  | 11:33:16.067 |
| 16 | 00:01:44.493 | 4.20  | 11:35:00.560 |
| 17 | 00:01:45.003 | 4.20  | 11:36:45.563 |
| 18 | 00:01:45.494 | 4.21  | 11:38:31.057 |
| 19 | 00:01:45.745 | 4.21  | 11:40:16.802 |
| 20 | 00:01:43.746 | 4.21  | 11:42:00.548 |
| 21 | 00:01:42.243 | 4.20  | 11:43:42.791 |
| 22 | 00:01:43.244 | 4.20  | 11:45:26.035 |
| 23 | 00:01:43.245 | 4.20  | 11:47:09.280 |
| 24 | 00:01:44.744 | 4.20  | 11:48:54.024 |
| 25 | 00:01:45.244 | 4.20  | 11:50:39.268 |
| 26 | 00:01:44.745 | 4.20  | 11:52:24.013 |
| 27 | 00:01:43.754 | 4.20  | 11:54:07.767 |
| 28 | 00:01:42.985 | 4.20  | 11:55:50.752 |
| 29 | 00:01:45.247 | 4.20  | 11:57:35.999 |
| 30 | 00:01:44.995 | 4.20  | 11:59:20.994 |
| 31 | 00:01:43.744 | 4.20  | 12:01:04.738 |

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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|    |              |      |              |
|----|--------------|------|--------------|
| 32 | 00:01:45.005 | 4.20 | 12:02:49.743 |
| 33 | 00:01:44.237 | 4.20 | 12:04:33.980 |
| 34 | 00:01:45.493 | 4.20 | 12:06:19.473 |
| 35 | 00:01:40.243 | 4.20 | 12:07:59.716 |
| 36 | 00:02:13.497 | 4.22 | 12:10:13.213 |

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**Laps:** 36

**Distance:** 14400

**Tot. Time:** 01:03:02.047

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Maratoneti Tigullio - 1

**Name:** Fornacca

**Fraction:** 1

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:35.804 | 3.59  | 10:10:02.922 |
| 2  | 00:01:43.993 | 4.09  | 10:11:46.915 |
| 3  | 00:01:44.492 | 4.13  | 10:13:31.407 |
| 4  | 00:01:44.241 | 4.15  | 10:15:15.648 |
| 5  | 00:01:42.743 | 4.15  | 10:16:58.391 |
| 6  | 00:01:43.493 | 4.16  | 10:18:41.884 |
| 7  | 00:01:43.743 | 4.16  | 10:20:25.627 |
| 8  | 00:01:42.990 | 4.16  | 10:22:08.617 |
| 9  | 00:01:44.242 | 4.17  | 10:23:52.859 |
| 10 | 00:01:45.493 | 4.17  | 10:25:38.352 |
| 11 | 00:01:44.489 | 4.18  | 10:27:22.841 |
| 12 | 00:01:42.487 | 4.17  | 10:29:05.328 |
| 13 | 00:01:43.002 | 4.17  | 10:30:48.330 |
| 14 | 00:01:42.983 | 4.17  | 10:32:31.313 |
| 15 | 00:01:41.739 | 4.17  | 10:34:13.052 |
| 16 | 00:01:42.493 | 4.17  | 10:35:55.545 |
| 17 | 00:01:43.742 | 4.17  | 10:37:39.287 |
| 18 | 00:01:43.736 | 4.17  | 10:39:23.023 |
| 19 | 00:01:43.503 | 4.17  | 10:41:06.526 |
| 20 | 00:01:43.732 | 4.17  | 10:42:50.258 |
| 21 | 00:01:43.236 | 4.17  | 10:44:33.494 |
| 22 | 00:01:42.993 | 4.17  | 10:46:16.487 |
| 23 | 00:01:42.742 | 4.17  | 10:47:59.229 |
| 24 | 00:01:43.240 | 4.17  | 10:49:42.469 |
| 25 | 00:01:44.241 | 4.17  | 10:51:26.710 |
| 26 | 00:01:42.993 | 4.17  | 10:53:09.703 |
| 27 | 00:01:42.008 | 4.17  | 10:54:51.711 |
| 28 | 00:01:41.743 | 4.17  | 10:56:33.454 |
| 29 | 00:01:42.744 | 4.17  | 10:58:16.198 |
| 30 | 00:01:43.493 | 4.17  | 10:59:59.691 |
| 31 | 00:01:43.244 | 4.17  | 11:01:42.935 |

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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|    |              |      |              |
|----|--------------|------|--------------|
| 32 | 00:01:42.994 | 4.17 | 11:03:25.929 |
| 33 | 00:01:42.994 | 4.17 | 11:05:08.923 |
| 34 | 00:01:43.994 | 4.17 | 11:06:52.917 |

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**Laps: 34**

**Distance: 13600**

**Tot. Time: 00:58:25.799**

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Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Maratoneti Tigullio - 1

**Name:** Raffo

**Fraction:** 4

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:52.233 | 4.40  | 13:10:05.241 |
| 2  | 00:01:40.244 | 4.25  | 13:11:45.485 |
| 3  | 00:01:41.744 | 4.21  | 13:13:27.229 |
| 4  | 00:01:41.494 | 4.19  | 13:15:08.723 |
| 5  | 00:01:40.693 | 4.18  | 13:16:49.416 |
| 6  | 00:01:41.547 | 4.17  | 13:18:30.963 |
| 7  | 00:01:42.487 | 4.17  | 13:20:13.450 |
| 8  | 00:01:42.488 | 4.17  | 13:21:55.938 |
| 9  | 00:01:43.741 | 4.17  | 13:23:39.679 |
| 10 | 00:01:43.241 | 4.17  | 13:25:22.920 |
| 11 | 00:01:44.496 | 4.17  | 13:27:07.416 |
| 12 | 00:01:44.242 | 4.18  | 13:28:51.658 |
| 13 | 00:01:44.002 | 4.18  | 13:30:35.660 |
| 14 | 00:01:43.727 | 4.18  | 13:32:19.387 |
| 15 | 00:01:43.740 | 4.18  | 13:34:03.127 |
| 16 | 00:01:43.741 | 4.18  | 13:35:46.868 |
| 17 | 00:01:43.258 | 4.18  | 13:37:30.126 |
| 18 | 00:01:45.991 | 4.18  | 13:39:16.117 |
| 19 | 00:01:45.743 | 4.19  | 13:41:01.860 |
| 20 | 00:01:45.253 | 4.19  | 13:42:47.113 |
| 21 | 00:01:45.745 | 4.19  | 13:44:32.858 |
| 22 | 00:01:47.494 | 4.19  | 13:46:20.352 |
| 23 | 00:01:46.995 | 4.20  | 13:48:07.347 |
| 24 | 00:01:42.993 | 4.20  | 13:49:50.340 |
| 25 | 00:01:46.995 | 4.20  | 13:51:37.335 |
| 26 | 00:01:46.494 | 4.20  | 13:53:23.829 |
| 27 | 00:01:46.745 | 4.20  | 13:55:10.574 |
| 28 | 00:01:45.743 | 4.21  | 13:56:56.317 |
| 29 | 00:01:44.744 | 4.21  | 13:58:41.061 |
| 30 | 00:00:48.294 | 4.20  | 14:00:25.055 |
| 31 | 00:01:45.742 | 4.20  | 14:02:10.797 |

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

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**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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|    |              |      |              |
|----|--------------|------|--------------|
| 32 | 00:01:47.221 | 4.21 | 14:03:58.018 |
| 33 | 00:01:46.742 | 4.21 | 14:05:44.760 |
| 34 | 00:01:45.991 | 4.21 | 14:07:30.751 |

**Laps:** 34

**Distance:** 13600

**Tot. Time:** 00:58:22.043

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Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Maratoneti Tigullio - 1

**Name:** Risetto

**Fraction:** 6

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:46.493 | 4.26  | 15:08:53.465 |
| 2  | 00:01:44.253 | 4.23  | 15:10:37.718 |
| 3  | 00:01:50.482 | 4.27  | 15:12:28.200 |
| 4  | 00:01:46.742 | 4.27  | 15:14:14.942 |
| 5  | 00:01:50.243 | 4.29  | 15:16:05.185 |
| 6  | 00:01:51.490 | 4.30  | 15:17:56.675 |
| 7  | 00:01:50.993 | 4.31  | 15:19:47.668 |
| 8  | 00:01:49.991 | 4.32  | 15:21:37.659 |
| 9  | 00:01:51.981 | 4.32  | 15:23:29.640 |
| 10 | 00:01:55.242 | 4.34  | 15:25:24.882 |
| 11 | 00:01:53.240 | 4.35  | 15:27:18.122 |
| 12 | 00:01:53.731 | 4.36  | 15:29:11.853 |
| 13 | 00:01:54.240 | 4.36  | 15:31:06.093 |
| 14 | 00:01:55.242 | 4.37  | 15:33:01.335 |
| 15 | 00:01:56.485 | 4.38  | 15:34:57.820 |
| 16 | 00:01:53.490 | 4.38  | 15:36:51.310 |
| 17 | 00:01:54.989 | 4.39  | 15:38:46.299 |
| 18 | 00:01:54.991 | 4.39  | 15:40:41.290 |
| 19 | 00:01:51.238 | 4.39  | 15:42:32.528 |
| 20 | 00:01:53.990 | 4.39  | 15:44:26.518 |
| 21 | 00:01:51.990 | 4.39  | 15:46:18.508 |
| 22 | 00:01:51.739 | 4.39  | 15:48:10.247 |
| 23 | 00:01:52.489 | 4.39  | 15:50:02.736 |
| 24 | 00:01:49.490 | 4.39  | 15:51:52.226 |
| 25 | 00:01:50.000 | 4.39  | 15:53:42.226 |
| 26 | 00:01:47.993 | 4.39  | 15:55:30.219 |
| 27 | 00:01:48.492 | 4.38  | 15:57:18.711 |
| 28 | 00:01:50.489 | 4.38  | 15:59:09.200 |
| 29 | 00:01:48.986 | 4.38  | 16:00:58.186 |
| 30 | 00:01:50.240 | 4.38  | 16:02:48.426 |
| 31 | 00:01:53.261 | 4.38  | 16:04:41.687 |

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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|    |              |      |              |
|----|--------------|------|--------------|
| 32 | 00:01:53.241 | 4.38 | 16:06:34.928 |
| 33 | 00:01:51.243 | 4.38 | 16:08:26.171 |
| 34 | 00:01:46.737 | 4.38 | 16:10:12.908 |

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**Laps: 34**

**Distance: 13600**

**Tot. Time: 01:03:05.936**

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Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE



**12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Maratoneti Tigullio - 2

**Name:** Risetto

**Fraction:** 3

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:58.483 | 4.56  | 11:39:20.554 |
| 2  | 00:01:45.995 | 4.40  | 11:41:06.549 |
| 3  | 00:01:48.494 | 4.37  | 11:42:55.043 |
| 4  | 00:01:47.996 | 4.35  | 11:44:43.039 |
| 5  | 00:01:49.992 | 4.35  | 11:46:33.031 |
| 6  | 00:01:50.245 | 4.35  | 11:48:23.276 |
| 7  | 00:01:49.244 | 4.35  | 11:50:12.520 |
| 8  | 00:01:47.244 | 4.34  | 11:51:59.764 |
| 9  | 00:01:47.994 | 4.33  | 11:53:47.758 |
| 10 | 00:01:51.254 | 4.34  | 11:55:39.012 |
| 11 | 00:01:51.247 | 4.34  | 11:57:30.259 |
| 12 | 00:01:52.984 | 4.35  | 11:59:23.243 |
| 13 | 00:01:52.245 | 4.35  | 12:01:15.488 |
| 14 | 00:01:51.994 | 4.35  | 12:03:07.482 |
| 15 | 00:01:50.495 | 4.35  | 12:04:57.977 |
| 16 | 00:01:51.994 | 4.36  | 12:06:49.971 |
| 17 | 00:01:49.993 | 4.36  | 12:08:39.964 |
| 18 | 00:01:49.495 | 4.36  | 12:10:29.459 |
| 19 | 00:01:48.994 | 4.35  | 12:12:18.453 |
| 20 | 00:01:48.743 | 4.35  | 12:14:07.196 |
| 21 | 00:01:49.994 | 4.35  | 12:15:57.190 |
| 22 | 00:01:49.755 | 4.35  | 12:17:46.945 |
| 23 | 00:01:47.977 | 4.35  | 12:19:34.922 |
| 24 | 00:01:49.743 | 4.35  | 12:21:24.665 |
| 25 | 00:01:51.493 | 4.35  | 12:23:16.158 |
| 26 | 00:01:48.494 | 4.35  | 12:25:04.652 |
| 27 | 00:01:51.743 | 4.35  | 12:26:56.395 |
| 28 | 00:01:52.493 | 4.35  | 12:28:48.888 |
| 29 | 00:01:52.243 | 4.35  | 12:30:41.131 |
| 30 | 00:01:53.493 | 4.36  | 12:32:34.624 |
| 31 | 00:01:45.244 | 4.35  | 12:34:19.868 |

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

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**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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|    |              |      |              |
|----|--------------|------|--------------|
| 32 | 00:01:50.493 | 4.35 | 12:36:10.361 |
| 33 | 00:01:53.492 | 4.35 | 12:38:03.853 |

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**Laps:** 33

**Distance:** 13200

**Tot. Time:** 01:00:41.782

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Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Maratoneti Tigullio - 3

**Name:** Capelloni

**Fraction:** 9

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:02:31.239 | 6.18  | 15:08:37.966 |
| 2  | 00:01:51.243 | 5.28  | 15:10:29.209 |
| 3  | 00:01:57.991 | 5.17  | 15:12:27.200 |
| 4  | 00:01:55.742 | 5.10  | 15:14:22.942 |
| 5  | 00:01:55.741 | 5.05  | 15:16:18.683 |
| 6  | 00:01:56.241 | 5.03  | 15:18:14.924 |
| 7  | 00:01:56.495 | 5.01  | 15:20:11.419 |
| 8  | 00:01:55.482 | 5.00  | 15:22:06.901 |
| 9  | 00:01:55.487 | 4.58  | 15:24:02.388 |
| 10 | 00:01:54.740 | 4.57  | 15:25:57.128 |
| 11 | 00:01:57.233 | 4.57  | 15:27:54.361 |
| 12 | 00:01:57.239 | 4.56  | 15:29:51.600 |
| 13 | 00:01:54.992 | 4.56  | 15:31:46.592 |
| 14 | 00:01:53.985 | 4.55  | 15:33:40.577 |
| 15 | 00:01:56.989 | 4.55  | 15:35:37.566 |
| 16 | 00:01:57.000 | 4.54  | 15:37:34.566 |
| 17 | 00:01:56.729 | 4.54  | 15:39:31.295 |
| 18 | 00:01:57.239 | 4.54  | 15:41:28.534 |
| 19 | 00:01:56.489 | 4.54  | 15:43:25.023 |
| 20 | 00:01:56.241 | 4.54  | 15:45:21.264 |
| 21 | 00:01:57.238 | 4.54  | 15:47:18.502 |
| 22 | 00:01:57.239 | 4.54  | 15:49:15.741 |
| 23 | 00:01:58.239 | 4.54  | 15:51:13.980 |
| 24 | 00:01:58.239 | 4.54  | 15:53:12.219 |
| 25 | 00:01:58.503 | 4.54  | 15:55:10.722 |
| 26 | 00:01:58.988 | 4.54  | 15:57:09.710 |
| 27 | 00:01:58.986 | 4.54  | 15:59:08.696 |
| 28 | 00:02:01.249 | 4.54  | 16:01:09.945 |
| 29 | 00:01:58.989 | 4.55  | 16:03:08.934 |
| 30 | 00:01:58.501 | 4.55  | 16:05:07.435 |
| 31 | 00:01:59.241 | 4.55  | 16:07:06.676 |

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

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**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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|    |              |      |              |
|----|--------------|------|--------------|
| 32 | 00:01:51.743 | 4.54 | 16:08:58.419 |
|----|--------------|------|--------------|

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**Laps:** 32

**Distance:** 12800

**Tot. Time:** 01:02:51.692

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Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Maratoneti Tigullio - 1

**Name:** Pezzi

**Fraction:** 5

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:38.232 | 4.05  | 14:09:08.983 |
| 2  | 00:01:43.492 | 4.12  | 14:10:52.475 |
| 3  | 00:01:53.738 | 4.22  | 14:12:46.213 |
| 4  | 00:01:55.491 | 4.29  | 14:14:41.704 |
| 5  | 00:01:56.491 | 4.33  | 14:16:38.195 |
| 6  | 00:01:57.488 | 4.37  | 14:18:35.683 |
| 7  | 00:01:55.999 | 4.38  | 14:20:31.682 |
| 8  | 00:01:58.491 | 4.41  | 14:22:30.173 |
| 9  | 00:02:01.491 | 4.43  | 14:24:31.664 |
| 10 | 00:01:58.496 | 4.44  | 14:26:30.160 |
| 11 | 00:01:59.491 | 4.46  | 14:28:29.651 |
| 12 | 00:01:55.491 | 4.46  | 14:30:25.142 |
| 13 | 00:02:01.991 | 4.47  | 14:32:27.133 |
| 14 | 00:02:01.991 | 4.48  | 14:34:29.124 |
| 15 | 00:02:02.741 | 4.50  | 14:36:31.865 |
| 16 | 00:02:05.243 | 4.51  | 14:38:37.108 |
| 17 | 00:02:02.489 | 4.52  | 14:40:39.597 |
| 18 | 00:01:59.740 | 4.52  | 14:42:39.337 |
| 19 | 00:02:04.241 | 4.53  | 14:44:43.578 |
| 20 | 00:02:00.491 | 4.54  | 14:46:44.069 |
| 21 | 00:02:03.489 | 4.54  | 14:48:47.558 |
| 22 | 00:01:59.991 | 4.55  | 14:50:47.549 |
| 23 | 00:02:01.240 | 4.55  | 14:52:48.789 |
| 24 | 00:02:04.240 | 4.56  | 14:54:53.029 |
| 25 | 00:02:03.740 | 4.56  | 14:56:56.769 |
| 26 | 00:02:05.241 | 4.57  | 14:59:02.010 |
| 27 | 00:02:04.990 | 4.57  | 15:01:07.000 |
| 28 | 00:02:00.740 | 4.57  | 15:03:07.740 |
| 29 | 00:01:59.741 | 4.57  | 15:05:07.481 |
| 30 | 00:01:59.491 | 4.58  | 15:07:06.972 |

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

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**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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**Laps:** 30

**Distance:** 12000

**Tot. Time:** 00:59:36.221

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Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Maratoneti Tigullio - 1

**Name:** Cella

**Fraction:** 3

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:22.667 | 3.26  | 12:11:11.210 |
| 2  | 00:02:02.251 | 4.16  | 12:13:13.461 |
| 3  | 00:01:57.482 | 4.28  | 12:15:10.943 |
| 4  | 00:01:53.994 | 4.32  | 12:17:04.937 |
| 5  | 00:01:55.237 | 4.35  | 12:19:00.174 |
| 6  | 00:01:57.003 | 4.38  | 12:20:57.177 |
| 7  | 00:01:55.733 | 4.40  | 12:22:52.910 |
| 8  | 00:01:55.493 | 4.41  | 12:24:48.403 |
| 9  | 00:01:58.252 | 4.42  | 12:26:46.655 |
| 10 | 00:01:56.483 | 4.43  | 12:28:43.138 |
| 11 | 00:01:56.993 | 4.44  | 12:30:40.131 |
| 12 | 00:01:57.745 | 4.45  | 12:32:37.876 |
| 13 | 00:01:58.491 | 4.46  | 12:34:36.367 |
| 14 | 00:01:58.992 | 4.46  | 12:36:35.359 |
| 15 | 00:01:57.743 | 4.47  | 12:38:33.102 |
| 16 | 00:02:00.483 | 4.48  | 12:40:33.585 |
| 17 | 00:01:58.492 | 4.48  | 12:42:32.077 |
| 18 | 00:01:57.241 | 4.48  | 12:44:29.318 |
| 19 | 00:01:58.242 | 4.49  | 12:46:27.560 |
| 20 | 00:01:58.491 | 4.49  | 12:48:26.051 |
| 21 | 00:02:02.003 | 4.50  | 12:50:28.054 |
| 22 | 00:01:58.742 | 4.50  | 12:52:26.796 |
| 23 | 00:01:59.243 | 4.51  | 12:54:26.039 |
| 24 | 00:01:58.750 | 4.51  | 12:56:24.789 |
| 25 | 00:01:56.745 | 4.51  | 12:58:21.534 |
| 26 | 00:01:56.742 | 4.51  | 13:00:18.276 |
| 27 | 00:02:02.491 | 4.51  | 13:02:20.767 |
| 28 | 00:01:59.993 | 4.52  | 13:04:20.760 |
| 29 | 00:01:59.503 | 4.52  | 13:06:20.263 |
| 30 | 00:01:52.745 | 4.52  | 13:08:13.008 |

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

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**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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**Laps: 30**

**Distance: 12000**

**Tot. Time: 00:58:24.465**

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Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE



**12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Maratoneti Tigullio - 3

**Name:** Bacigalupo

**Fraction:** 6

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:02:03.993 | 5.09  | 13:08:45.995 |
| 2  | 00:01:50.994 | 4.53  | 13:10:36.989 |
| 3  | 00:01:57.494 | 4.53  | 13:12:34.483 |
| 4  | 00:01:56.993 | 4.53  | 13:14:31.476 |
| 5  | 00:01:59.242 | 4.54  | 13:16:30.718 |
| 6  | 00:01:59.490 | 4.55  | 13:18:30.208 |
| 7  | 00:01:59.741 | 4.55  | 13:20:29.949 |
| 8  | 00:02:01.485 | 4.56  | 13:22:31.434 |
| 9  | 00:01:58.990 | 4.56  | 13:24:30.424 |
| 10 | 00:02:02.491 | 4.57  | 13:26:32.915 |
| 11 | 00:02:00.996 | 4.58  | 13:28:33.911 |
| 12 | 00:01:59.928 | 4.58  | 13:30:33.839 |
| 13 | 00:02:03.045 | 4.59  | 13:32:36.884 |
| 14 | 00:02:00.740 | 4.59  | 13:34:37.624 |
| 15 | 00:02:03.490 | 4.59  | 13:36:41.114 |
| 16 | 00:02:01.256 | 5.00  | 13:38:42.370 |
| 17 | 00:02:02.241 | 5.00  | 13:40:44.611 |
| 18 | 00:02:03.006 | 5.00  | 13:42:47.617 |
| 19 | 00:02:03.240 | 5.01  | 13:44:50.857 |
| 20 | 00:02:04.004 | 5.01  | 13:46:54.861 |
| 21 | 00:02:02.232 | 5.01  | 13:48:57.093 |
| 22 | 00:02:05.493 | 5.02  | 13:51:02.586 |
| 23 | 00:02:05.744 | 5.02  | 13:53:08.330 |
| 24 | 00:02:04.993 | 5.03  | 13:55:13.323 |
| 25 | 00:02:04.493 | 5.03  | 13:57:17.816 |
| 26 | 00:02:04.243 | 5.03  | 13:59:22.059 |
| 27 | 00:02:04.741 | 5.04  | 14:01:26.800 |
| 28 | 00:02:03.227 | 5.04  | 14:03:30.027 |
| 29 | 00:02:05.483 | 5.04  | 14:05:35.510 |
| 30 | 00:02:05.239 | 5.04  | 14:07:40.749 |

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

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**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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**Laps: 30**

**Distance: 12000**

**Tot. Time: 01:00:58.747**

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Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Maratoneti Tigullio - 2

**Name:** Medone

**Fraction:** 1

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:41.053 | 4.12  | 10:10:08.171 |
| 2  | 00:01:59.491 | 4.35  | 10:12:07.662 |
| 3  | 00:01:57.996 | 4.42  | 10:14:05.658 |
| 4  | 00:01:58.486 | 4.45  | 10:16:04.144 |
| 5  | 00:01:58.241 | 4.47  | 10:18:02.385 |
| 6  | 00:01:59.991 | 4.49  | 10:20:02.376 |
| 7  | 00:01:58.241 | 4.50  | 10:22:00.617 |
| 8  | 00:02:00.002 | 4.51  | 10:24:00.619 |
| 9  | 00:02:00.230 | 4.52  | 10:26:00.849 |
| 10 | 00:01:57.734 | 4.52  | 10:27:58.583 |
| 11 | 00:01:56.741 | 4.52  | 10:29:55.324 |
| 12 | 00:01:59.241 | 4.53  | 10:31:54.565 |
| 13 | 00:01:59.240 | 4.53  | 10:33:53.805 |
| 14 | 00:01:58.490 | 4.53  | 10:35:52.295 |
| 15 | 00:01:59.741 | 4.54  | 10:37:52.036 |
| 16 | 00:02:01.485 | 4.54  | 10:39:53.521 |
| 17 | 00:02:00.991 | 4.55  | 10:41:54.512 |
| 18 | 00:01:59.985 | 4.55  | 10:43:54.497 |
| 19 | 00:02:00.751 | 4.55  | 10:45:55.248 |
| 20 | 00:01:59.731 | 4.55  | 10:47:54.979 |
| 21 | 00:01:58.739 | 4.56  | 10:49:53.718 |
| 22 | 00:02:02.750 | 4.56  | 10:51:56.468 |
| 23 | 00:02:01.731 | 4.56  | 10:53:58.199 |
| 24 | 00:02:09.506 | 4.57  | 10:56:07.705 |
| 25 | 00:02:01.993 | 4.58  | 10:58:09.698 |
| 26 | 00:02:01.493 | 4.58  | 11:00:11.191 |
| 27 | 00:02:02.992 | 4.58  | 11:02:14.183 |
| 28 | 00:02:03.243 | 4.59  | 11:04:17.426 |
| 29 | 00:02:01.744 | 4.59  | 11:06:19.170 |
| 30 | 00:02:01.244 | 4.59  | 11:08:20.414 |

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

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**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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**Laps: 30**

**Distance: 12000**

**Tot. Time: 00:59:53.296**

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Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Maratoneti Tigullio - 3

**Name:** Podesta

**Fraction:** 4

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:50.985 | 4.37  | 11:40:07.052 |
| 2  | 00:01:54.246 | 4.41  | 11:42:01.298 |
| 3  | 00:01:58.992 | 4.46  | 11:44:00.290 |
| 4  | 00:02:00.243 | 4.50  | 11:46:00.533 |
| 5  | 00:02:00.994 | 4.52  | 11:48:01.527 |
| 6  | 00:02:02.994 | 4.55  | 11:50:04.521 |
| 7  | 00:02:00.754 | 4.56  | 11:52:05.275 |
| 8  | 00:02:00.233 | 4.56  | 11:54:05.508 |
| 9  | 00:02:00.497 | 4.57  | 11:56:06.005 |
| 10 | 00:01:59.999 | 4.57  | 11:58:06.004 |
| 11 | 00:02:00.987 | 4.57  | 12:00:06.991 |
| 12 | 00:02:00.498 | 4.58  | 12:02:07.489 |
| 13 | 00:02:01.990 | 4.58  | 12:04:09.479 |
| 14 | 00:02:04.494 | 4.59  | 12:06:13.973 |
| 15 | 00:02:04.992 | 5.00  | 12:08:18.965 |
| 16 | 00:02:01.998 | 5.00  | 12:10:20.963 |
| 17 | 00:02:01.241 | 5.00  | 12:12:22.204 |
| 18 | 00:02:05.991 | 5.01  | 12:14:28.195 |
| 19 | 00:02:05.495 | 5.02  | 12:16:33.690 |
| 20 | 00:02:05.485 | 5.02  | 12:18:39.175 |
| 21 | 00:02:06.742 | 5.03  | 12:20:45.917 |
| 22 | 00:02:05.243 | 5.03  | 12:22:51.160 |
| 23 | 00:02:03.742 | 5.04  | 12:24:54.902 |
| 24 | 00:02:05.493 | 5.04  | 12:27:00.395 |
| 25 | 00:02:07.242 | 5.05  | 12:29:07.637 |
| 26 | 00:02:03.742 | 5.05  | 12:31:11.379 |
| 27 | 00:01:59.994 | 5.05  | 12:33:11.373 |
| 28 | 00:02:03.991 | 5.05  | 12:35:15.364 |
| 29 | 00:02:03.492 | 5.05  | 12:37:18.856 |

**Laps:** 29

**Distance:** 11600

**Tot. Time:** 00:59:02.789

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Citta di Genova - 1

**Name:** Ricco

**Fraction:** 8

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:50.749 | 4.36  | 11:08:35.111 |
| 2  | 00:02:10.723 | 5.01  | 11:10:35.834 |
| 3  | 00:02:19.491 | 5.17  | 11:13:40.325 |
| 4  | 00:02:21.991 | 5.26  | 11:15:27.316 |
| 5  | 00:02:25.488 | 5.34  | 11:17:52.804 |
| 6  | 00:02:27.976 | 5.40  | 11:20:20.780 |
| 7  | 00:02:30.269 | 5.45  | 11:22:51.049 |
| 8  | 00:02:33.244 | 5.49  | 11:25:24.293 |
| 9  | 00:02:33.741 | 5.53  | 11:27:58.034 |
| 10 | 00:02:36.489 | 5.57  | 11:30:34.523 |
| 11 | 00:02:38.241 | 6.01  | 11:33:12.764 |
| 12 | 00:02:32.491 | 6.02  | 11:35:45.255 |

**Laps:** 12

**Distance:** 4800

**Tot. Time:** 00:32:13.807

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** Zena Runners

**Name:** Caddeo

**Fraction:** 1

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:53.657 | 4.43  | 10:08:22.475 |
| 2  | 00:02:11.059 | 5.05  | 10:11:12.676 |
| 3  | 00:02:13.942 | 3.42  | 10:13:24.330 |
| 4  | 00:02:12.091 | 4.09  | 10:15:08.061 |
| 5  | 00:02:12.251 | 4.25  | 10:18:49.304 |
| 6  | 00:02:14.091 | 4.37  | 10:20:30.526 |
| 7  | 00:02:13.791 | 4.45  | 10:23:11.759 |
| 8  | 00:02:14.793 | 4.51  | 10:25:54.493 |
| 9  | 00:02:15.242 | 4.56  | 10:28:35.974 |
| 10 | 00:02:12.072 | 4.56  | 10:30:40.347 |
| 11 | 00:02:13.012 | 5.00  | 10:32:33.588 |
| 12 | 00:02:17.540 | 5.06  | 10:34:15.570 |
| 13 | 00:02:27.692 | 4.48  | 10:37:59.553 |

**Laps:** 13

**Distance:** 5200

**Tot. Time:** 00:29:57.099

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** Citta di Genova - 2

**Name:** Ghallab

**Fraction:** 5

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:34.994 | 3.57  | 12:08:37.464 |
| 2  | 00:01:21.746 | 3.40  | 12:09:59.210 |
| 3  | 00:01:19.246 | 3.33  | 12:11:18.456 |
| 4  | 00:01:18.246 | 3.28  | 12:12:36.702 |
| 5  | 00:01:18.995 | 3.26  | 12:13:55.697 |
| 6  | 00:01:19.997 | 3.25  | 12:15:15.694 |
| 7  | 00:01:20.494 | 3.24  | 12:16:36.188 |
| 8  | 00:01:19.996 | 3.24  | 12:17:56.184 |
| 9  | 00:01:20.239 | 3.23  | 12:19:16.423 |
| 10 | 00:01:19.495 | 3.23  | 12:20:35.918 |
| 11 | 00:01:18.995 | 3.22  | 12:21:54.913 |
| 12 | 00:01:19.745 | 3.22  | 12:23:14.658 |
| 13 | 00:01:21.006 | 3.22  | 12:24:35.664 |
| 14 | 00:01:21.734 | 3.22  | 12:25:57.398 |
| 15 | 00:01:21.999 | 3.22  | 12:27:19.397 |
| 16 | 00:01:22.242 | 3.22  | 12:28:41.639 |
| 17 | 00:01:21.509 | 3.23  | 12:30:03.148 |
| 18 | 00:01:21.230 | 3.23  | 12:31:24.378 |
| 19 | 00:01:20.996 | 3.23  | 12:32:45.374 |
| 20 | 00:01:21.495 | 3.23  | 12:34:06.869 |
| 21 | 00:01:20.745 | 3.22  | 12:35:27.614 |
| 22 | 00:01:22.244 | 3.23  | 12:36:49.858 |
| 23 | 00:01:21.745 | 3.23  | 12:38:11.603 |

**Laps:** 23

**Distance:** 9200

**Tot. Time:** 00:31:09.133

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE



12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** Delta Spedizioni

**Name:** El Jaoui Hicham

**Fraction:** 10

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:47.992 | 4.29  | 14:38:36.856 |
| 2  | 00:01:20.494 | 3.55  | 14:39:57.350 |
| 3  | 00:01:21.495 | 3.44  | 14:41:18.845 |
| 4  | 00:01:21.242 | 3.39  | 14:42:40.087 |
| 5  | 00:01:20.994 | 3.36  | 14:44:01.081 |
| 6  | 00:01:21.244 | 3.33  | 14:45:22.325 |
| 7  | 00:01:22.245 | 3.32  | 14:46:44.570 |
| 8  | 00:01:22.251 | 3.31  | 14:48:06.821 |
| 9  | 00:01:22.487 | 3.31  | 14:49:29.308 |
| 10 | 00:01:22.740 | 3.30  | 14:50:52.048 |
| 11 | 00:01:22.494 | 3.30  | 14:52:14.542 |
| 12 | 00:01:22.493 | 3.30  | 14:53:37.035 |
| 13 | 00:01:23.994 | 3.30  | 14:55:01.029 |
| 14 | 00:01:23.995 | 3.30  | 14:56:25.024 |
| 15 | 00:01:23.242 | 3.29  | 14:57:48.266 |
| 16 | 00:01:23.748 | 3.29  | 14:59:12.014 |
| 17 | 00:01:24.238 | 3.29  | 15:00:36.252 |
| 18 | 00:01:23.994 | 3.29  | 15:02:00.246 |
| 19 | 00:01:25.245 | 3.30  | 15:03:25.491 |
| 20 | 00:01:24.491 | 3.30  | 15:04:49.982 |
| 21 | 00:01:24.244 | 3.30  | 15:06:14.226 |
| 22 | 00:01:24.494 | 3.30  | 15:07:38.720 |

**Laps:** 22

**Distance:** 8800

**Tot. Time:** 00:30:49.856

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

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**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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11

**Team:** Delta Spedizioni**Name:** Giorgianni Andrea**Fraction:** 2

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:35.237 | 3.58  | 10:38:37.277 |
| 2  | 00:01:26.743 | 3.47  | 10:40:04.020 |
| 3  | 00:01:25.744 | 3.43  | 10:41:29.764 |
| 4  | 00:01:25.493 | 3.40  | 10:42:55.257 |
| 5  | 00:01:26.239 | 3.39  | 10:44:21.496 |
| 6  | 00:01:23.245 | 3.37  | 10:47:11.233 |
| 7  | 00:01:23.254 | 3.35  | 10:48:34.487 |
| 8  | 00:01:22.980 | 3.33  | 10:49:57.467 |
| 9  | 00:01:23.244 | 3.32  | 10:51:20.711 |
| 10 | 00:01:22.495 | 3.31  | 10:52:43.206 |
| 11 | 00:01:22.501 | 3.29  | 10:54:05.707 |
| 12 | 00:01:23.251 | 3.27  | 10:55:28.958 |
| 13 | 00:01:21.495 | 3.26  | 10:56:50.453 |
| 14 | 00:01:21.505 | 3.26  | 10:58:11.958 |
| 15 | 00:01:20.486 | 3.25  | 10:59:32.444 |
| 16 | 00:01:20.994 | 3.25  | 11:00:53.438 |
| 17 | 00:01:21.996 | 3.26  | 11:02:15.434 |
| 18 | 00:01:21.994 | 3.26  | 11:03:37.428 |
| 19 | 00:01:21.246 | 3.26  | 11:04:58.674 |
| 20 | 00:01:20.998 | 3.25  | 11:06:19.672 |
| 21 | 00:01:20.992 | 3.25  | 11:07:40.664 |

**Laps:** 21**Distance:** 8400**Tot. Time:** 00:29:12.132

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Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** Citta di Genova - 3

**Name:** Nicora

**Fraction:** 5

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:31.745 | 3.03  | 12:09:40.461 |
| 2  | 00:01:30.496 | 3.02  | 12:11:10.957 |
| 3  | 00:01:26.723 | 3.01  | 12:12:42.702 |
| 4  | 00:01:31.246 | 3.02  | 12:14:13.948 |
| 5  | 00:01:31.493 | 3.03  | 12:15:45.441 |
| 6  | 00:01:30.995 | 3.01  | 12:17:16.436 |
| 7  | 00:01:32.239 | 3.02  | 12:18:48.675 |
| 8  | 00:01:32.994 | 3.03  | 12:20:21.669 |
| 9  | 00:01:33.746 | 3.08  | 12:21:55.415 |
| 10 | 00:01:33.243 | 3.11  | 12:23:28.658 |
| 11 | 00:01:33.994 | 3.15  | 12:25:02.652 |
| 12 | 00:01:34.744 | 3.18  | 12:26:37.396 |
| 13 | 00:01:34.494 | 3.20  | 12:28:11.890 |
| 14 | 00:01:35.995 | 3.23  | 12:29:47.885 |
| 15 | 00:01:35.494 | 3.25  | 12:31:23.379 |
| 16 | 00:01:35.995 | 3.27  | 12:32:59.374 |
| 17 | 00:01:36.229 | 3.28  | 12:34:35.603 |
| 18 | 00:01:37.007 | 3.30  | 12:36:12.610 |
| 19 | 00:01:36.244 | 3.32  | 12:37:48.854 |

**Laps:** 19

**Distance:** 7600

**Tot. Time:** 00:29:41.378

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Delta Spedizioni

**Name:** El Jaoui Hicham

**Fraction:** 1

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:14.305 | 3.05  | 10:09:41.423 |
| 2  | 00:01:23.744 | 3.17  | 10:11:05.167 |
| 3  | 00:01:20.745 | 3.18  | 10:12:25.912 |
| 4  | 00:01:19.743 | 3.19  | 10:13:45.655 |
| 5  | 00:01:20.494 | 3.19  | 10:15:06.149 |
| 6  | 00:01:21.493 | 3.20  | 10:16:27.642 |
| 7  | 00:01:21.494 | 3.20  | 10:17:49.136 |
| 8  | 00:01:21.995 | 3.21  | 10:19:11.131 |
| 9  | 00:01:21.493 | 3.21  | 10:20:32.624 |
| 10 | 00:01:21.494 | 3.21  | 10:21:54.118 |
| 11 | 00:01:22.494 | 3.22  | 10:23:16.612 |
| 12 | 00:01:21.494 | 3.22  | 10:24:38.106 |
| 13 | 00:01:21.503 | 3.22  | 10:25:59.609 |
| 14 | 00:01:21.983 | 3.22  | 10:27:21.592 |
| 15 | 00:01:22.487 | 3.22  | 10:28:44.079 |
| 16 | 00:01:22.996 | 3.23  | 10:30:07.075 |
| 17 | 00:01:23.244 | 3.23  | 10:31:30.319 |
| 18 | 00:01:22.740 | 3.23  | 10:32:53.059 |
| 19 | 00:01:22.993 | 3.23  | 10:34:16.052 |
| 20 | 00:01:22.994 | 3.23  | 10:35:39.046 |
| 21 | 00:01:22.994 | 3.24  | 10:37:02.040 |

**Laps:** 21

**Distance:** 8400

**Tot. Time:** 00:28:34.922

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Atletica Levante - 1

**Name:** Cavallero

**Fraction:** 6

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:31.494 | 3.48  | 12:38:39.101 |
| 2  | 00:01:26.986 | 3.43  | 12:40:06.087 |
| 3  | 00:01:27.994 | 3.42  | 12:41:34.081 |
| 4  | 00:01:28.243 | 3.41  | 12:43:02.324 |
| 5  | 00:01:28.244 | 3.41  | 12:44:30.568 |
| 6  | 00:01:28.743 | 3.41  | 12:45:59.311 |
| 7  | 00:01:28.744 | 3.41  | 12:47:28.055 |
| 8  | 00:01:28.744 | 3.41  | 12:48:56.799 |
| 9  | 00:01:29.005 | 3.41  | 12:50:25.804 |
| 10 | 00:01:28.494 | 3.41  | 12:51:54.298 |
| 11 | 00:01:28.995 | 3.41  | 12:53:23.293 |
| 12 | 00:01:27.744 | 3.41  | 12:54:51.037 |
| 13 | 00:01:28.003 | 3.41  | 12:56:19.040 |
| 14 | 00:01:28.245 | 3.41  | 12:57:47.285 |
| 15 | 00:01:27.995 | 3.41  | 12:59:15.280 |
| 16 | 00:01:28.742 | 3.41  | 13:00:44.022 |
| 17 | 00:01:28.997 | 3.41  | 13:02:13.019 |
| 18 | 00:01:28.743 | 3.41  | 13:03:41.762 |
| 19 | 00:01:28.995 | 3.41  | 13:05:10.757 |
| 20 | 00:01:27.495 | 3.41  | 13:06:38.252 |
| 21 | 00:01:26.245 | 3.41  | 13:08:04.497 |

**Laps:** 21

**Distance:** 8400

**Tot. Time:** 00:30:56.890

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** Citta di Genova - 3

**Name:** Zambrano

**Fraction:** 2

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:27.742 | 3.39  | 10:39:32.524 |
| 2  | 00:01:24.992 | 3.35  | 10:40:57.516 |
| 3  | 00:01:30.493 | 3.39  | 10:42:28.009 |
| 4  | 00:01:30.238 | 3.40  | 10:43:58.247 |
| 5  | 00:01:30.743 | 3.42  | 10:45:28.990 |
| 6  | 00:01:29.993 | 3.42  | 10:46:58.983 |
| 7  | 00:01:31.993 | 3.43  | 10:48:30.976 |
| 8  | 00:01:28.741 | 3.43  | 10:49:59.717 |
| 9  | 00:01:30.743 | 3.43  | 10:51:30.460 |
| 10 | 00:01:29.744 | 3.43  | 10:53:00.204 |
| 11 | 00:01:30.257 | 3.44  | 10:54:30.461 |
| 12 | 00:01:31.496 | 3.44  | 10:56:01.957 |
| 13 | 00:01:30.494 | 3.44  | 10:57:32.451 |
| 14 | 00:01:30.744 | 3.44  | 10:59:03.195 |
| 15 | 00:01:28.745 | 3.44  | 11:00:31.940 |
| 16 | 00:01:28.744 | 3.44  | 11:02:00.684 |
| 17 | 00:01:28.245 | 3.44  | 11:03:28.929 |
| 18 | 00:01:27.995 | 3.43  | 11:04:56.924 |
| 19 | 00:01:25.495 | 3.43  | 11:06:22.419 |
| 20 | 00:01:24.245 | 3.42  | 11:07:46.664 |

**Laps:** 20

**Distance:** 8000

**Tot. Time:** 00:29:41.882

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

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**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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11

**Team:** Citta di Genova - 2**Name:** Sicco**Fraction:** 8

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:28.994 | 3.42  | 13:38:58.868 |
| 2  | 00:01:27.994 | 3.41  | 13:40:26.862 |
| 3  | 00:01:29.744 | 3.42  | 13:41:56.606 |
| 4  | 00:01:31.755 | 3.44  | 13:43:28.361 |
| 5  | 00:01:31.745 | 3.45  | 13:45:00.106 |
| 6  | 00:01:31.997 | 3.45  | 13:46:32.103 |
| 7  | 00:01:30.247 | 3.45  | 13:48:02.350 |
| 8  | 00:01:30.494 | 3.45  | 13:49:32.844 |
| 9  | 00:01:30.493 | 3.45  | 13:51:03.337 |
| 10 | 00:01:30.747 | 3.46  | 13:52:34.084 |
| 11 | 00:01:31.497 | 3.46  | 13:54:05.581 |
| 12 | 00:01:30.746 | 3.46  | 13:55:36.327 |
| 13 | 00:01:31.991 | 3.46  | 13:57:08.318 |
| 14 | 00:01:31.756 | 3.46  | 13:58:40.074 |
| 15 | 00:01:31.734 | 3.46  | 14:00:11.808 |
| 16 | 00:01:27.501 | 3.46  | 14:01:39.309 |
| 17 | 00:01:27.734 | 3.46  | 14:03:07.043 |
| 18 | 00:01:27.974 | 3.45  | 14:04:35.017 |
| 19 | 00:01:28.491 | 3.45  | 14:06:03.508 |
| 20 | 00:01:27.500 | 3.45  | 14:07:31.008 |

**Laps:** 20**Distance:** 8000**Tot. Time:** 00:30:01.134

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

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**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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11

**Team:** Citta di Genova - 3**Name:** Nicora**Fraction:** 1

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:16.305 | 3.10  | 10:09:43.423 |
| 2  | 00:01:26.744 | 3.23  | 10:11:10.167 |
| 3  | 00:01:26.743 | 3.28  | 10:12:36.910 |
| 4  | 00:01:28.494 | 3.31  | 10:14:05.404 |
| 5  | 00:01:28.993 | 3.33  | 10:15:34.397 |
| 6  | 00:01:28.994 | 3.35  | 10:17:03.391 |
| 7  | 00:01:27.492 | 3.35  | 10:18:30.883 |
| 8  | 00:01:30.493 | 3.36  | 10:20:01.376 |
| 9  | 00:01:28.994 | 3.37  | 10:21:30.370 |
| 10 | 00:01:30.746 | 3.38  | 10:23:01.116 |
| 11 | 00:01:30.490 | 3.39  | 10:24:31.606 |
| 12 | 00:01:29.497 | 3.39  | 10:26:01.103 |
| 13 | 00:01:29.734 | 3.39  | 10:27:30.837 |
| 14 | 00:01:30.991 | 3.40  | 10:29:01.828 |
| 15 | 00:01:30.743 | 3.40  | 10:30:32.571 |
| 16 | 00:01:31.243 | 3.41  | 10:32:03.814 |
| 17 | 00:01:30.491 | 3.41  | 10:33:34.305 |
| 18 | 00:01:29.493 | 3.41  | 10:35:03.798 |
| 19 | 00:01:31.743 | 3.42  | 10:36:35.541 |
| 20 | 00:01:29.241 | 3.42  | 10:38:04.782 |

**Laps:** 20**Distance:** 8000**Tot. Time:** 00:29:37.664

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE



**12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Atletica Levante - 1

**Name:** Raggio

**Fraction:** 8

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:36.994 | 4.02  | 13:39:03.368 |
| 2  | 00:01:29.494 | 3.53  | 13:40:32.862 |
| 3  | 00:01:29.244 | 3.49  | 13:42:02.106 |
| 4  | 00:01:29.755 | 3.48  | 13:43:31.861 |
| 5  | 00:01:29.995 | 3.47  | 13:45:01.856 |
| 6  | 00:01:29.995 | 3.47  | 13:46:31.851 |
| 7  | 00:01:30.247 | 3.47  | 13:48:02.098 |
| 8  | 00:01:30.493 | 3.46  | 13:49:32.591 |
| 9  | 00:01:30.251 | 3.46  | 13:51:02.842 |
| 10 | 00:01:31.240 | 3.46  | 13:52:34.082 |
| 11 | 00:01:31.245 | 3.47  | 13:54:05.327 |
| 12 | 00:01:30.996 | 3.47  | 13:55:36.323 |
| 13 | 00:01:31.494 | 3.47  | 13:57:07.817 |
| 14 | 00:01:31.744 | 3.47  | 13:58:39.561 |
| 15 | 00:01:31.744 | 3.47  | 14:00:11.305 |
| 16 | 00:01:32.744 | 3.47  | 14:01:44.049 |
| 17 | 00:01:33.493 | 3.48  | 14:03:17.542 |
| 18 | 00:01:32.971 | 3.48  | 14:04:50.513 |
| 19 | 00:01:34.243 | 3.48  | 14:06:24.756 |
| 20 | 00:01:33.991 | 3.49  | 14:07:58.747 |

**Laps:** 20

**Distance:** 8000

**Tot. Time:** 00:30:32.373

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** Delta Spedizioni

**Name:** Schiasseloni Luca

**Fraction:** 7

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:41.494 | 4.13  | 13:10:00.241 |
| 2  | 00:01:17.745 | 3.44  | 13:11:17.986 |
| 3  | 00:01:21.746 | 3.37  | 13:12:39.732 |
| 4  | 00:01:22.496 | 3.34  | 13:14:02.228 |
| 5  | 00:01:23.994 | 3.33  | 13:15:26.222 |
| 6  | 00:01:25.244 | 3.33  | 13:16:51.466 |
| 7  | 00:01:25.244 | 3.33  | 13:18:16.710 |
| 8  | 00:01:26.254 | 3.33  | 13:19:42.964 |
| 9  | 00:01:25.992 | 3.33  | 13:21:08.956 |
| 10 | 00:01:26.480 | 3.34  | 13:22:35.436 |
| 11 | 00:01:27.253 | 3.34  | 13:24:02.689 |
| 12 | 00:01:28.232 | 3.35  | 13:25:30.921 |
| 13 | 00:01:27.496 | 3.35  | 13:26:58.417 |
| 14 | 00:01:28.742 | 3.35  | 13:28:27.159 |
| 15 | 00:01:28.993 | 3.36  | 13:29:56.152 |
| 16 | 00:01:28.993 | 3.36  | 13:31:25.145 |
| 17 | 00:01:29.425 | 3.37  | 13:32:54.570 |
| 18 | 00:01:29.055 | 3.37  | 13:34:23.625 |
| 19 | 00:01:28.993 | 3.37  | 13:35:52.618 |
| 20 | 00:01:29.255 | 3.37  | 13:37:21.873 |

**Laps:** 20

**Distance:** 8000

**Tot. Time:** 00:29:03.126

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Citta di Genova - 2

**Name:** Gattinoni

**Fraction:** 7

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:02:11.243 | 5.28  | 13:09:07.244 |
| 2  | 00:01:27.245 | 4.33  | 13:10:34.489 |
| 3  | 00:01:31.996 | 4.18  | 13:12:06.485 |
| 4  | 00:01:30.494 | 4.10  | 13:13:36.979 |
| 5  | 00:01:29.995 | 4.05  | 13:15:06.974 |
| 6  | 00:01:30.243 | 4.02  | 13:16:37.217 |
| 7  | 00:01:29.999 | 3.59  | 13:18:07.216 |
| 8  | 00:01:29.988 | 3.57  | 13:19:37.204 |
| 9  | 00:01:28.993 | 3.56  | 13:21:06.197 |
| 10 | 00:01:28.737 | 3.54  | 13:22:34.934 |
| 11 | 00:01:27.493 | 3.53  | 13:24:02.427 |
| 12 | 00:01:28.242 | 3.52  | 13:25:30.669 |
| 13 | 00:01:30.248 | 3.51  | 13:27:00.917 |
| 14 | 00:01:31.742 | 3.51  | 13:28:32.659 |
| 15 | 00:01:29.993 | 3.51  | 13:30:02.652 |
| 16 | 00:01:29.993 | 3.50  | 13:31:32.645 |
| 17 | 00:01:29.487 | 3.50  | 13:33:02.132 |
| 18 | 00:01:29.242 | 3.49  | 13:34:31.374 |
| 19 | 00:01:29.493 | 3.49  | 13:36:00.867 |
| 20 | 00:01:29.007 | 3.49  | 13:37:29.874 |

**Laps:** 20

**Distance:** 8000

**Tot. Time:** 00:30:33.873

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

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**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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11

**Team:** Atletica Levante - 1**Name:** Carli**Fraction:** 1

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:19.055 | 3.17  | 10:09:46.173 |
| 2  | 00:01:29.493 | 3.30  | 10:11:15.666 |
| 3  | 00:01:31.744 | 3.36  | 10:12:47.410 |
| 4  | 00:01:33.242 | 3.40  | 10:14:20.652 |
| 5  | 00:01:33.743 | 3.43  | 10:15:54.395 |
| 6  | 00:01:33.243 | 3.45  | 10:17:27.638 |
| 7  | 00:01:34.494 | 3.46  | 10:19:02.132 |
| 8  | 00:01:32.992 | 3.47  | 10:20:35.124 |
| 9  | 00:01:32.493 | 3.47  | 10:22:07.617 |
| 10 | 00:01:34.573 | 3.48  | 10:23:42.190 |
| 11 | 00:01:34.663 | 3.49  | 10:25:16.853 |
| 12 | 00:01:34.493 | 3.50  | 10:26:51.346 |
| 13 | 00:01:33.235 | 3.50  | 10:28:24.581 |
| 14 | 00:01:34.993 | 3.50  | 10:29:59.574 |
| 15 | 00:01:33.493 | 3.50  | 10:31:33.067 |
| 16 | 00:01:32.740 | 3.51  | 10:33:05.807 |
| 17 | 00:01:33.753 | 3.51  | 10:34:39.560 |
| 18 | 00:01:33.233 | 3.51  | 10:36:12.793 |
| 19 | 00:01:33.743 | 3.51  | 10:37:46.536 |

**Laps:** 19**Distance:** 7600**Tot. Time:** 00:29:19.418

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Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

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**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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11

**Team:** Delta Spedizioni**Name:** Ponteolge Nino**Fraction:** 3

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:17.495 | 3.13  | 10:45:34.239 |
| 2  | 00:01:32.994 | 3.33  | 11:10:31.153 |
| 3  | 00:01:36.494 | 3.42  | 11:12:07.647 |
| 4  | 00:01:36.746 | 3.47  | 11:13:44.393 |
| 5  | 00:01:36.492 | 3.50  | 11:15:20.885 |
| 6  | 00:01:36.494 | 3.51  | 11:16:57.379 |
| 7  | 00:01:35.994 | 3.53  | 11:18:33.373 |
| 8  | 00:01:37.004 | 3.54  | 11:20:10.377 |
| 9  | 00:01:37.235 | 3.55  | 11:21:47.612 |
| 10 | 00:01:37.996 | 3.56  | 11:23:25.608 |
| 11 | 00:01:37.240 | 3.56  | 11:25:02.848 |
| 12 | 00:01:37.993 | 3.57  | 11:26:40.841 |
| 13 | 00:01:38.748 | 3.58  | 11:28:19.589 |
| 14 | 00:01:38.989 | 3.58  | 11:29:58.578 |
| 15 | 00:01:38.995 | 3.59  | 11:31:37.573 |
| 16 | 00:01:39.006 | 3.59  | 11:33:16.579 |
| 17 | 00:01:38.990 | 4.00  | 11:34:55.569 |
| 18 | 00:01:39.744 | 4.00  | 11:36:35.313 |
| 19 | 00:01:40.245 | 4.01  | 11:38:15.558 |

**Laps:** 19**Distance:** 7600**Tot. Time:** 00:30:34.894

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Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** Delta Spedizioni

**Name:** Martini Davide

**Fraction:** 8

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:23.996 | 3.29  | 13:38:45.869 |
| 2  | 00:01:25.994 | 3.32  | 13:40:11.863 |
| 3  | 00:01:29.994 | 3.36  | 13:41:41.857 |
| 4  | 00:01:34.505 | 3.41  | 13:43:16.362 |
| 5  | 00:01:36.248 | 3.45  | 13:44:52.610 |
| 6  | 00:01:36.991 | 3.48  | 13:46:29.601 |
| 7  | 00:01:36.746 | 3.50  | 13:48:06.347 |
| 8  | 00:01:37.745 | 3.51  | 13:49:44.092 |
| 9  | 00:01:37.743 | 3.53  | 13:51:21.835 |
| 10 | 00:01:35.996 | 3.53  | 13:52:57.831 |
| 11 | 00:01:36.498 | 3.54  | 13:54:34.329 |
| 12 | 00:01:37.742 | 3.55  | 13:56:12.071 |
| 13 | 00:01:38.993 | 3.56  | 13:57:51.064 |
| 14 | 00:01:40.743 | 3.57  | 13:59:31.807 |
| 15 | 00:01:41.994 | 3.58  | 14:01:13.801 |
| 16 | 00:01:42.745 | 3.59  | 14:02:56.546 |
| 17 | 00:01:36.969 | 3.59  | 14:04:33.515 |
| 18 | 00:01:37.741 | 4.00  | 14:06:11.256 |
| 19 | 00:01:39.752 | 4.00  | 14:07:51.008 |

**Laps:** 19

**Distance:** 7600

**Tot. Time:** 00:30:29.135

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

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**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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11

**Team:** Citta di Genova - 2**Name:** Rudasso**Fraction:** 3

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:02:12.379 | 5.30  | 11:08:36.797 |
| 2  | 00:01:29.865 | 4.37  | 11:10:06.662 |
| 3  | 00:01:32.237 | 4.22  | 11:11:38.899 |
| 4  | 00:01:31.248 | 4.13  | 11:13:10.147 |
| 5  | 00:01:31.990 | 4.08  | 11:14:42.137 |
| 6  | 00:01:34.250 | 4.06  | 11:16:16.387 |
| 7  | 00:01:34.005 | 4.04  | 11:17:50.392 |
| 8  | 00:01:33.488 | 4.03  | 11:19:23.880 |
| 9  | 00:01:32.484 | 4.02  | 11:20:56.364 |
| 10 | 00:01:35.494 | 4.01  | 11:22:31.858 |
| 11 | 00:01:34.744 | 4.01  | 11:24:06.602 |
| 12 | 00:01:35.743 | 4.01  | 11:25:42.345 |
| 13 | 00:01:35.743 | 4.01  | 11:27:18.088 |
| 14 | 00:01:36.254 | 4.01  | 11:28:54.342 |
| 15 | 00:01:37.237 | 4.01  | 11:30:31.579 |
| 16 | 00:01:37.742 | 4.01  | 11:32:09.321 |
| 17 | 00:01:37.494 | 4.01  | 11:33:46.815 |
| 18 | 00:01:37.494 | 4.01  | 11:35:24.309 |
| 19 | 00:01:36.753 | 4.01  | 11:37:01.062 |

**Laps:** 19**Distance:** 7600**Tot. Time:** 00:30:36.644

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Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

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**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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11

**Team:** Atletica Levante - 1**Name:** Gadaleta**Fraction:** 9

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:32.733 | 3.51  | 14:09:31.480 |
| 2  | 00:01:29.993 | 3.48  | 14:11:01.473 |
| 3  | 00:01:28.741 | 3.46  | 14:12:30.214 |
| 4  | 00:01:28.252 | 3.44  | 14:13:58.466 |
| 5  | 00:01:29.983 | 3.44  | 14:15:28.449 |
| 6  | 00:01:29.742 | 3.44  | 14:16:58.191 |
| 7  | 00:01:32.742 | 3.45  | 14:18:30.933 |
| 8  | 00:01:36.261 | 3.47  | 14:20:07.194 |
| 9  | 00:01:37.482 | 3.49  | 14:21:44.676 |
| 10 | 00:01:36.243 | 3.50  | 14:23:20.919 |
| 11 | 00:01:36.498 | 3.51  | 14:24:57.417 |
| 12 | 00:01:38.492 | 3.52  | 14:26:35.909 |
| 13 | 00:01:39.493 | 3.53  | 14:28:15.402 |
| 14 | 00:01:37.994 | 3.54  | 14:29:53.396 |
| 15 | 00:01:39.492 | 3.55  | 14:31:32.888 |
| 16 | 00:01:37.742 | 3.56  | 14:33:10.630 |
| 17 | 00:01:39.243 | 3.56  | 14:34:49.873 |
| 18 | 00:01:40.243 | 3.57  | 14:36:30.116 |
| 19 | 00:01:41.492 | 3.58  | 14:38:11.608 |

**Laps:** 19**Distance:** 7600**Tot. Time:** 00:30:12.861

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Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE



12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** Delta Spedizioni

**Name:** Mantero Matteo

**Fraction:** 4

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:33.745 | 3.54  | 11:39:89.303 |
| 2  | 00:01:38.995 | 4.00  | 11:41:28.298 |
| 3  | 00:01:39.744 | 4.03  | 11:43:08.042 |
| 4  | 00:01:36.005 | 4.02  | 11:44:44.047 |
| 5  | 00:01:35.485 | 4.01  | 11:46:19.532 |
| 6  | 00:01:34.006 | 4.00  | 11:47:53.538 |
| 7  | 00:01:34.734 | 4.00  | 11:49:28.272 |
| 8  | 00:01:34.495 | 3.59  | 11:51:02.767 |
| 9  | 00:01:35.995 | 3.59  | 11:52:38.762 |
| 10 | 00:01:35.005 | 3.59  | 11:54:13.767 |
| 11 | 00:01:35.235 | 3.59  | 11:55:49.002 |
| 12 | 00:01:33.998 | 3.59  | 11:57:23.000 |
| 13 | 00:01:34.495 | 3.58  | 11:58:57.495 |
| 14 | 00:01:34.745 | 3.58  | 12:00:32.240 |
| 15 | 00:01:33.245 | 3.58  | 12:02:05.485 |
| 16 | 00:01:34.246 | 3.58  | 12:03:39.731 |
| 17 | 00:01:32.495 | 3.57  | 12:05:12.226 |
| 18 | 00:01:30.995 | 3.57  | 12:06:43.221 |
| 19 | 00:01:30.745 | 3.56  | 12:08:13.966 |

**Laps:** 19

**Distance:** 7600

**Tot. Time:** 00:29:58.408

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** Atletica Levante - 1

**Name:** Spagnoli

**Fraction:** 5

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:33.245 | 3.53  | 12:08:34.215 |
| 2  | 00:01:29.005 | 3.47  | 12:10:03.220 |
| 3  | 00:01:35.735 | 3.51  | 12:11:38.955 |
| 4  | 00:01:33.995 | 3.52  | 12:13:12.950 |
| 5  | 00:01:32.744 | 3.52  | 12:14:45.694 |
| 6  | 00:01:32.245 | 3.52  | 12:16:17.939 |
| 7  | 00:01:31.992 | 3.51  | 12:17:49.931 |
| 8  | 00:01:33.491 | 3.52  | 12:19:23.422 |
| 9  | 00:01:34.498 | 3.52  | 12:20:57.920 |
| 10 | 00:01:34.741 | 3.52  | 12:22:32.661 |
| 11 | 00:01:35.495 | 3.53  | 12:24:08.156 |
| 12 | 00:01:34.743 | 3.53  | 12:25:42.899 |
| 13 | 00:01:36.245 | 3.54  | 12:27:19.144 |
| 14 | 00:01:36.744 | 3.54  | 12:28:55.888 |
| 15 | 00:01:37.994 | 3.55  | 12:30:33.882 |
| 16 | 00:01:39.248 | 3.56  | 12:32:13.130 |
| 17 | 00:01:38.239 | 3.56  | 12:33:51.369 |
| 18 | 00:01:38.994 | 3.57  | 12:35:30.363 |
| 19 | 00:01:37.244 | 3.57  | 12:37:07.607 |

**Laps:** 19

**Distance:** 7600

**Tot. Time:** 00:30:06.637

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

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**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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11

**Team:** Atletica Levante - 1**Name:** Basalto**Fraction:** 12

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:34.992 | 3.57  | 15:39:15.547 |
| 2  | 00:01:28.991 | 3.49  | 15:40:44.538 |
| 3  | 00:01:35.492 | 3.52  | 15:42:20.030 |
| 4  | 00:01:33.741 | 3.53  | 15:43:53.771 |
| 5  | 00:01:31.491 | 3.52  | 15:45:25.262 |
| 6  | 00:01:39.742 | 3.55  | 15:47:05.004 |
| 7  | 00:01:41.990 | 3.58  | 15:48:46.994 |
| 8  | 00:01:43.990 | 4.00  | 15:50:30.984 |
| 9  | 00:01:35.990 | 4.00  | 15:52:06.974 |
| 10 | 00:01:41.003 | 4.01  | 15:53:47.977 |
| 11 | 00:01:39.743 | 4.02  | 15:55:27.720 |
| 12 | 00:01:44.740 | 4.04  | 15:57:12.460 |
| 13 | 00:01:40.989 | 4.04  | 15:58:53.449 |
| 14 | 00:01:41.989 | 4.05  | 16:00:35.438 |
| 15 | 00:01:46.241 | 4.06  | 16:02:21.679 |
| 16 | 00:01:46.243 | 4.08  | 16:04:07.922 |
| 17 | 00:01:45.759 | 4.08  | 16:05:53.681 |
| 18 | 00:01:28.244 | 4.07  | 16:07:21.925 |
| 19 | 00:01:18.495 | 4.04  | 16:08:40.420 |

**Laps:** 19**Distance:** 7600**Tot. Time:** 00:30:59.865

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Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** Citta di Genova - 2

**Name:** Lizzani

**Fraction:** 4

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:37.995 | 4.04  | 11:38:39.057 |
| 2  | 00:01:43.250 | 4.11  | 11:40:22.307 |
| 3  | 00:01:41.239 | 4.12  | 11:42:03.546 |
| 4  | 00:01:41.495 | 4.12  | 11:43:45.041 |
| 5  | 00:01:40.245 | 4.12  | 11:45:25.286 |
| 6  | 00:01:42.496 | 4.12  | 11:47:07.782 |
| 7  | 00:01:41.252 | 4.12  | 11:48:49.034 |
| 8  | 00:01:40.485 | 4.12  | 11:50:29.519 |
| 9  | 00:01:40.744 | 4.12  | 11:52:10.263 |
| 10 | 00:01:38.995 | 4.12  | 11:53:49.258 |
| 11 | 00:01:40.495 | 4.11  | 11:55:29.753 |
| 12 | 00:01:40.498 | 4.11  | 11:57:10.251 |
| 13 | 00:01:38.745 | 4.11  | 11:58:48.996 |
| 14 | 00:01:38.494 | 4.11  | 12:00:27.490 |
| 15 | 00:01:38.995 | 4.10  | 12:02:06.485 |
| 16 | 00:01:38.745 | 4.10  | 12:03:45.230 |
| 17 | 00:01:38.995 | 4.10  | 12:05:24.225 |
| 18 | 00:01:38.245 | 4.10  | 12:07:02.470 |

**Laps:** 18

**Distance:** 7200

**Tot. Time:** 00:30:01.408

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Citta di Genova - 2

**Name:** Casanova

**Fraction:** 9

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:21.228 | 3.23  | 14:08:52.236 |
| 2  | 00:02:12.740 | 6.57  | 14:14:26.455 |
| 3  | 00:01:21.973 | 1.11  | 14:15:51.678 |
| 4  | 00:01:25.761 | 1.46  | 14:17:17.439 |
| 5  | 00:01:24.743 | 2.07  | 14:18:42.182 |
| 6  | 00:01:26.002 | 2.22  | 14:20:08.184 |
| 7  | 00:01:24.746 | 2.32  | 14:21:32.930 |
| 8  | 00:01:25.000 | 2.39  | 14:22:57.930 |
| 9  | 00:01:27.494 | 2.46  | 14:24:25.424 |
| 10 | 00:01:25.989 | 2.51  | 14:25:51.413 |
| 11 | 00:01:25.993 | 2.55  | 14:27:17.406 |
| 12 | 00:01:26.994 | 2.58  | 14:28:44.400 |
| 13 | 00:01:26.494 | 3.01  | 14:30:10.894 |
| 14 | 00:01:26.244 | 3.04  | 14:31:37.138 |
| 15 | 00:01:25.746 | 3.06  | 14:33:02.884 |
| 16 | 00:01:27.240 | 3.08  | 14:34:30.124 |
| 17 | 00:01:27.496 | 3.09  | 14:35:57.620 |
| 18 | 00:01:26.992 | 3.11  | 14:37:24.612 |

**Laps:** 18

**Distance:** 7200

**Tot. Time:** 00:26:28.875

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** CUG

**Name:** Bonollo

**Fraction:** 12

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:56.490 | 4.51  | 15:39:13.047 |
| 2  | 00:01:37.241 | 4.27  | 15:40:50.288 |
| 3  | 00:01:40.343 | 4.21  | 15:42:30.631 |
| 4  | 00:01:40.638 | 4.19  | 15:44:11.269 |
| 5  | 00:01:41.241 | 4.17  | 15:45:52.510 |
| 6  | 00:01:42.500 | 4.17  | 15:47:35.010 |
| 7  | 00:01:43.231 | 4.17  | 15:49:18.241 |
| 8  | 00:01:43.990 | 4.18  | 15:51:02.231 |
| 9  | 00:01:45.240 | 4.18  | 15:52:47.471 |
| 10 | 00:01:44.003 | 4.18  | 15:54:31.474 |
| 11 | 00:01:44.741 | 4.19  | 15:56:16.215 |
| 12 | 00:01:44.741 | 4.19  | 15:58:00.956 |
| 13 | 00:01:45.748 | 4.19  | 15:59:46.704 |
| 14 | 00:01:47.229 | 4.20  | 16:01:33.933 |
| 15 | 00:01:47.990 | 4.20  | 16:03:21.923 |
| 16 | 00:01:47.762 | 4.21  | 16:05:09.685 |
| 17 | 00:01:46.992 | 4.21  | 16:06:56.677 |
| 18 | 00:01:39.243 | 4.21  | 16:08:35.920 |

**Laps:** 18

**Distance:** 7200

**Tot. Time:** 00:31:19.363

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

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**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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11

**Team:** CUG**Name:** Bonollo**Fraction:** 9

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:47.721 | 4.29  | 14:09:03.733 |
| 2  | 00:01:29.243 | 4.06  | 14:10:32.976 |
| 3  | 00:01:36.490 | 4.04  | 14:12:09.466 |
| 4  | 00:01:37.741 | 4.04  | 14:13:47.207 |
| 5  | 00:01:38.243 | 4.04  | 14:15:25.450 |
| 6  | 00:01:39.741 | 4.05  | 14:17:05.191 |
| 7  | 00:01:40.490 | 4.06  | 14:18:45.681 |
| 8  | 00:01:40.506 | 4.06  | 14:20:26.187 |
| 9  | 00:01:40.737 | 4.07  | 14:22:06.924 |
| 10 | 00:01:39.242 | 4.07  | 14:23:46.166 |
| 11 | 00:01:41.498 | 4.08  | 14:25:27.664 |
| 12 | 00:01:41.243 | 4.08  | 14:27:08.907 |
| 13 | 00:01:42.992 | 4.09  | 14:28:51.899 |
| 14 | 00:01:42.993 | 4.09  | 14:30:34.892 |
| 15 | 00:01:42.742 | 4.10  | 14:32:17.634 |
| 16 | 00:01:44.003 | 4.10  | 14:34:01.637 |
| 17 | 00:01:45.482 | 4.11  | 14:35:47.119 |
| 18 | 00:01:43.752 | 4.12  | 14:37:30.871 |

**Laps:** 18**Distance:** 7200**Tot. Time:** 00:30:14.859

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** Delta Spedizioni

**Name:** Trocino Francesco

**Fraction:** 6

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:43.247 | 4.18  | 12:39:17.852 |
| 2  | 00:01:42.731 | 4.17  | 12:41:00.583 |
| 3  | 00:01:45.492 | 4.19  | 12:42:46.075 |
| 4  | 00:01:41.253 | 4.17  | 12:44:27.328 |
| 5  | 00:01:39.234 | 4.15  | 12:46:06.562 |
| 6  | 00:01:42.002 | 4.15  | 12:47:48.564 |
| 7  | 00:01:41.482 | 4.15  | 12:49:30.046 |
| 8  | 00:01:39.756 | 4.14  | 12:51:09.802 |
| 9  | 00:01:40.743 | 4.14  | 12:52:50.545 |
| 10 | 00:01:39.754 | 4.13  | 12:54:30.299 |
| 11 | 00:01:40.241 | 4.13  | 12:56:10.540 |
| 12 | 00:01:40.744 | 4.13  | 12:57:51.284 |
| 13 | 00:01:40.505 | 4.13  | 12:59:31.789 |
| 14 | 00:01:41.232 | 4.13  | 13:01:13.021 |
| 15 | 00:01:42.744 | 4.13  | 13:02:55.765 |
| 16 | 00:01:44.996 | 4.14  | 13:04:40.761 |
| 17 | 00:01:44.742 | 4.14  | 13:06:25.503 |
| 18 | 00:01:53.244 | 4.16  | 13:08:18.747 |

**Laps:** 18

**Distance:** 7200

**Tot. Time:** 00:30:44.142

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE



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**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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11

**Team:** Citta di Genova - 3**Name:** Armanino**Fraction:** 9

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:35.732 | 3.59  | 14:09:13.733 |
| 2  | 00:01:31.992 | 3.54  | 14:10:45.725 |
| 3  | 00:01:37.740 | 3.57  | 14:12:23.465 |
| 4  | 00:01:39.741 | 4.00  | 14:14:03.206 |
| 5  | 00:01:40.503 | 4.02  | 14:15:43.709 |
| 6  | 00:01:39.480 | 4.03  | 14:17:23.189 |
| 7  | 00:01:39.491 | 4.04  | 14:19:02.680 |
| 8  | 00:01:39.751 | 4.05  | 14:20:42.431 |
| 9  | 00:01:39.492 | 4.05  | 14:22:21.923 |
| 10 | 00:01:39.742 | 4.05  | 14:24:01.665 |
| 11 | 00:01:39.499 | 4.06  | 14:25:41.164 |
| 12 | 00:01:41.002 | 4.06  | 14:27:22.166 |
| 13 | 00:01:40.733 | 4.07  | 14:29:02.899 |
| 14 | 00:01:41.242 | 4.07  | 14:30:44.141 |
| 15 | 00:01:42.242 | 4.08  | 14:32:26.383 |
| 16 | 00:01:42.993 | 4.08  | 14:34:09.376 |
| 17 | 00:01:43.492 | 4.09  | 14:35:52.868 |
| 18 | 00:01:41.993 | 4.09  | 14:37:34.861 |

**Laps:** 18**Distance:** 7200**Tot. Time:** 00:29:56.860

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Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

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**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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11

**Team:** Atletica Levante - 3**Name:** Rollando**Fraction:** 3

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:33.745 | 3.54  | 11:08:49.161 |
| 2  | 00:01:38.743 | 4.00  | 11:10:27.904 |
| 3  | 00:01:42.743 | 4.06  | 11:12:10.647 |
| 4  | 00:01:44.995 | 4.10  | 11:13:55.642 |
| 5  | 00:01:45.492 | 4.12  | 11:15:41.134 |
| 6  | 00:01:44.743 | 4.14  | 11:17:25.877 |
| 7  | 00:01:45.994 | 4.15  | 11:19:11.871 |
| 8  | 00:01:44.999 | 4.16  | 11:20:56.870 |
| 9  | 00:01:43.237 | 4.16  | 11:22:40.107 |
| 10 | 00:01:44.744 | 4.17  | 11:24:24.851 |
| 11 | 00:01:45.492 | 4.17  | 11:26:10.343 |
| 12 | 00:01:44.743 | 4.18  | 11:27:55.086 |
| 13 | 00:01:44.743 | 4.18  | 11:29:39.829 |
| 14 | 00:01:45.995 | 4.19  | 11:31:25.824 |
| 15 | 00:01:45.493 | 4.19  | 11:33:11.317 |
| 16 | 00:01:44.747 | 4.19  | 11:34:56.064 |
| 17 | 00:01:43.249 | 4.19  | 11:36:39.313 |
| 18 | 00:01:43.995 | 4.19  | 11:38:23.308 |

**Laps:** 18**Distance:** 7200**Tot. Time:** 00:31:07.892

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Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

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**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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11

**Team:** Atletica Levante - 1**Name:** Sturlese**Fraction:** 3

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:32.988 | 3.52  | 11:08:48.410 |
| 2  | 00:01:35.494 | 3.55  | 11:10:23.904 |
| 3  | 00:01:42.499 | 4.02  | 11:12:06.403 |
| 4  | 00:01:42.238 | 4.05  | 11:13:48.641 |
| 5  | 00:01:43.494 | 4.08  | 11:15:32.135 |
| 6  | 00:01:42.493 | 4.09  | 11:17:14.628 |
| 7  | 00:01:43.495 | 4.10  | 11:18:58.123 |
| 8  | 00:01:44.992 | 4.12  | 11:20:43.115 |
| 9  | 00:01:44.504 | 4.13  | 11:22:27.619 |
| 10 | 00:01:43.733 | 4.13  | 11:24:11.352 |
| 11 | 00:01:43.993 | 4.14  | 11:25:55.345 |
| 12 | 00:01:45.742 | 4.15  | 11:27:41.087 |
| 13 | 00:01:45.494 | 4.15  | 11:29:26.581 |
| 14 | 00:01:45.494 | 4.16  | 11:31:12.075 |
| 15 | 00:01:44.995 | 4.16  | 11:32:57.070 |
| 16 | 00:01:44.491 | 4.17  | 11:34:41.561 |
| 17 | 00:01:43.753 | 4.17  | 11:36:25.314 |
| 18 | 00:01:42.744 | 4.17  | 11:38:08.058 |

**Laps:** 18**Distance:** 7200**Tot. Time:** 00:30:52.636

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Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Delta Spedizioni

**Name:** Pertica Roberto

**Fraction:** 9

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:26.724 | 3.36  | 14:09:17.732 |
| 2  | 00:01:33.991 | 3.45  | 14:10:51.723 |
| 3  | 00:01:37.241 | 3.51  | 14:12:28.964 |
| 4  | 00:01:36.492 | 3.54  | 14:14:05.456 |
| 5  | 00:01:37.493 | 3.55  | 14:15:42.949 |
| 6  | 00:01:37.500 | 3.57  | 14:17:20.449 |
| 7  | 00:01:36.481 | 3.57  | 14:18:56.930 |
| 8  | 00:01:35.512 | 3.57  | 14:20:32.442 |
| 9  | 00:01:35.982 | 3.58  | 14:22:08.424 |
| 10 | 00:01:36.492 | 3.58  | 14:23:44.916 |
| 11 | 00:01:36.750 | 3.58  | 14:25:21.666 |
| 12 | 00:01:37.992 | 3.59  | 14:26:59.658 |
| 13 | 00:01:37.742 | 3.59  | 14:28:37.400 |
| 14 | 00:01:37.743 | 4.00  | 14:30:15.143 |
| 15 | 00:01:37.493 | 4.00  | 14:31:52.636 |
| 16 | 00:01:38.243 | 4.00  | 14:33:30.879 |
| 17 | 00:01:38.493 | 4.00  | 14:35:09.372 |
| 18 | 00:01:39.492 | 4.01  | 14:36:48.864 |

**Laps:** 18

**Distance:** 7200

**Tot. Time:** 00:28:57.856

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** Citta di Genova - 3

**Name:** Solari

**Fraction:** 8

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:42.758 | 4.16  | 13:38:51.369 |
| 2  | 00:01:34.993 | 4.07  | 13:40:26.362 |
| 3  | 00:01:37.504 | 4.06  | 13:42:03.866 |
| 4  | 00:01:39.495 | 4.06  | 13:43:43.361 |
| 5  | 00:01:39.494 | 4.07  | 13:45:22.855 |
| 6  | 00:01:40.746 | 4.07  | 13:47:03.601 |
| 7  | 00:01:41.744 | 4.08  | 13:48:45.345 |
| 8  | 00:01:41.743 | 4.09  | 13:50:27.088 |
| 9  | 00:01:44.245 | 4.10  | 13:52:11.333 |
| 10 | 00:01:42.994 | 4.11  | 13:53:54.327 |
| 11 | 00:01:42.501 | 4.11  | 13:55:36.828 |
| 12 | 00:01:42.488 | 4.12  | 13:57:19.316 |
| 13 | 00:01:42.244 | 4.12  | 13:59:01.560 |
| 14 | 00:01:45.993 | 4.13  | 14:00:47.553 |
| 15 | 00:01:43.494 | 4.13  | 14:02:31.047 |
| 16 | 00:01:44.220 | 4.14  | 14:04:15.267 |
| 17 | 00:01:42.492 | 4.14  | 14:05:57.759 |
| 18 | 00:01:40.242 | 4.14  | 14:07:38.001 |

**Laps:** 18

**Distance:** 7200

**Tot. Time:** 00:30:29.390

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** Citta di Genova - 1

**Name:** Ferrini

**Fraction:** 7

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:02:05.505 | 5.13  | 13:38:41.869 |
| 2  | 00:01:33.744 | 4.34  | 13:40:15.613 |
| 3  | 00:01:42.493 | 4.28  | 13:41:58.106 |
| 4  | 00:01:42.254 | 4.24  | 13:43:40.360 |
| 5  | 00:01:46.505 | 4.25  | 13:45:26.865 |
| 6  | 00:01:46.244 | 4.25  | 13:47:13.109 |
| 7  | 00:01:47.734 | 4.25  | 13:49:00.843 |
| 8  | 00:01:49.494 | 4.26  | 13:50:50.337 |
| 9  | 00:01:51.494 | 4.28  | 13:52:41.831 |
| 10 | 00:01:51.995 | 4.29  | 13:54:33.826 |
| 11 | 00:01:50.994 | 4.30  | 13:56:24.820 |
| 12 | 00:01:51.742 | 4.30  | 13:58:16.562 |
| 13 | 00:01:53.743 | 4.31  | 14:00:10.305 |
| 14 | 00:01:54.242 | 4.32  | 14:02:04.547 |
| 15 | 00:01:54.472 | 4.33  | 14:03:59.019 |
| 16 | 00:01:57.489 | 4.35  | 14:05:56.508 |
| 17 | 00:01:54.990 | 4.35  | 14:07:51.498 |

**Laps:** 17

**Distance:** 6800

**Tot. Time:** 00:39:46.879

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

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**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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11

**Team:** Atletica Levante - 2**Name:** Zuntini**Fraction:** 6

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:57.982 | 4.54  | 12:38:40.101 |
| 2  | 00:01:36.985 | 4.28  | 12:40:17.086 |
| 3  | 00:01:39.743 | 4.22  | 12:41:56.829 |
| 4  | 00:01:41.742 | 4.20  | 12:43:38.571 |
| 5  | 00:01:41.748 | 4.19  | 12:45:20.319 |
| 6  | 00:01:43.489 | 4.19  | 12:47:03.808 |
| 7  | 00:01:42.992 | 4.18  | 12:48:46.800 |
| 8  | 00:01:42.753 | 4.18  | 12:50:29.553 |
| 9  | 00:01:42.254 | 4.18  | 12:52:11.807 |
| 10 | 00:01:43.734 | 4.18  | 12:53:55.541 |
| 11 | 00:01:44.002 | 4.18  | 12:55:39.543 |
| 12 | 00:01:43.243 | 4.18  | 12:57:22.786 |
| 13 | 00:01:45.245 | 4.18  | 12:59:08.031 |
| 14 | 00:01:44.001 | 4.18  | 13:00:52.032 |
| 15 | 00:01:43.234 | 4.18  | 13:02:35.266 |
| 16 | 00:01:43.494 | 4.18  | 13:04:18.760 |
| 17 | 00:01:43.494 | 4.18  | 13:06:02.254 |
| 18 | 00:01:39.745 | 4.18  | 13:07:41.999 |

**Laps:** 18**Distance:** 7200**Tot. Time:** 00:30:59.880

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Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

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**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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11

**Team:** Citta di Genova - 2**Name:** Paganini**Fraction:** 12

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:34.241 | 3.55  | 15:40:00.542 |
| 2  | 00:01:42.991 | 4.06  | 15:41:43.533 |
| 3  | 00:01:44.240 | 4.11  | 15:43:27.773 |
| 4  | 00:01:44.740 | 4.13  | 15:45:12.513 |
| 5  | 00:01:44.491 | 4.15  | 15:46:57.004 |
| 6  | 00:01:43.740 | 4.16  | 15:48:40.744 |
| 7  | 00:01:45.490 | 4.17  | 15:50:26.234 |
| 8  | 00:01:43.240 | 4.17  | 15:52:09.474 |
| 9  | 00:01:41.753 | 4.16  | 15:53:51.227 |
| 10 | 00:01:42.741 | 4.16  | 15:55:33.968 |
| 11 | 00:01:43.493 | 4.17  | 15:57:17.461 |
| 12 | 00:01:44.246 | 4.17  | 15:59:01.707 |
| 13 | 00:01:45.730 | 4.17  | 16:00:47.437 |
| 14 | 00:01:46.741 | 4.18  | 16:02:34.178 |
| 15 | 00:01:46.758 | 4.19  | 16:04:20.936 |
| 16 | 00:01:47.494 | 4.19  | 16:06:08.430 |
| 17 | 00:01:48.996 | 4.20  | 16:07:57.426 |
| 18 | 00:01:44.735 | 4.20  | 16:09:42.161 |

**Laps:** 18**Distance:** 7200**Tot. Time:** 00:31:15.860

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Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE



**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Atletica Levante - 1

**Name:** Pinelli

**Fraction:** 10

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:31.243 | 3.48  | 14:39:42.851 |
| 2  | 00:01:35.743 | 3.53  | 14:41:18.594 |
| 3  | 00:01:37.242 | 3.56  | 14:42:55.836 |
| 4  | 00:01:37.992 | 3.58  | 14:44:33.828 |
| 5  | 00:01:37.992 | 4.00  | 14:46:11.820 |
| 6  | 00:01:37.494 | 4.00  | 14:47:49.314 |
| 7  | 00:01:36.991 | 4.00  | 14:49:26.305 |
| 8  | 00:01:39.242 | 4.01  | 14:51:05.547 |
| 9  | 00:01:39.242 | 4.02  | 14:52:44.789 |
| 10 | 00:01:38.493 | 4.02  | 14:54:23.282 |
| 11 | 00:01:37.993 | 4.03  | 14:56:01.275 |
| 12 | 00:01:38.991 | 4.03  | 14:57:40.266 |
| 13 | 00:01:40.246 | 4.04  | 14:59:20.512 |
| 14 | 00:01:40.239 | 4.04  | 15:01:00.751 |
| 15 | 00:01:38.991 | 4.04  | 15:02:39.742 |
| 16 | 00:01:42.242 | 4.05  | 15:04:21.984 |
| 17 | 00:01:42.243 | 4.05  | 15:06:04.227 |
| 18 | 00:01:41.242 | 4.06  | 15:07:45.469 |

**Laps:** 18

**Distance:** 7200

**Tot. Time:** 00:29:33.861

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** Atletica Levante - 3

**Name:** Lambruschini

**Fraction:** 9

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:02:27.736 | 6.09  | 14:08:40.992 |
| 2  | 00:01:37.484 | 5.06  | 14:10:18.476 |
| 3  | 00:01:42.490 | 4.49  | 14:12:00.966 |
| 4  | 00:01:41.741 | 4.40  | 14:13:42.707 |
| 5  | 00:01:43.503 | 4.36  | 14:15:26.210 |
| 6  | 00:01:41.980 | 4.32  | 14:17:08.190 |
| 7  | 00:01:44.241 | 4.31  | 14:18:52.431 |
| 8  | 00:01:45.760 | 4.30  | 14:20:38.191 |
| 9  | 00:01:45.232 | 4.29  | 14:22:23.423 |
| 10 | 00:01:45.243 | 4.28  | 14:24:08.666 |
| 11 | 00:01:46.488 | 4.28  | 14:25:55.154 |
| 12 | 00:01:47.251 | 4.28  | 14:27:42.405 |
| 13 | 00:01:46.492 | 4.28  | 14:29:28.897 |
| 14 | 00:01:45.992 | 4.28  | 14:31:14.889 |
| 15 | 00:01:47.492 | 4.28  | 14:33:02.381 |
| 16 | 00:01:47.497 | 4.28  | 14:34:49.878 |
| 17 | 00:01:46.237 | 4.28  | 14:36:36.115 |
| 18 | 00:01:47.742 | 4.28  | 14:38:23.857 |

**Laps:** 18

**Distance:** 7200

**Tot. Time:** 00:32:10.601

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Atletica Levante - 3

**Name:** Arpe

**Fraction:** 2

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:48.476 | 4.31  | 10:39:20.524 |
| 2  | 00:01:24.995 | 4.01  | 10:40:45.519 |
| 3  | 00:01:36.995 | 4.02  | 10:42:22.514 |
| 4  | 00:01:38.234 | 4.02  | 10:44:00.748 |
| 5  | 00:01:37.743 | 4.03  | 10:45:38.491 |
| 6  | 00:01:13.495 | 4.01  | 10:47:15.983 |
| 7  | 00:01:38.739 | 4.03  | 10:48:54.722 |
| 8  | 00:01:39.500 | 4.03  | 10:50:34.222 |
| 9  | 00:01:40.235 | 4.04  | 10:52:14.457 |
| 10 | 00:01:38.742 | 4.03  | 10:53:53.199 |
| 12 | 00:01:12.103 | 4.01  | 10:55:33.461 |
| 13 | 00:03:00.069 | 4.05  | 10:57:13.703 |
| 14 | 00:01:40.496 | 4.04  | 11:00:33.953 |
| 15 | 00:01:40.981 | 4.04  | 11:02:14.934 |
| 16 | 00:01:40.493 | 4.03  | 11:03:55.427 |
| 17 | 00:01:40.394 | 4.03  | 11:05:35.821 |
| 18 | 00:01:39.595 | 4.03  | 11:07:15.416 |

**Laps:** 18

**Distance:** 7200

**Tot. Time:** 00:28:31.285

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

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**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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11

**Team:** Atletica Levante - 1**Name:** Gontarek**Fraction:** 2

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:27.488 | 3.38  | 10:39:14.024 |
| 2  | 00:01:31.244 | 3.43  | 10:40:45.268 |
| 3  | 00:01:36.742 | 3.49  | 10:42:22.010 |
| 4  | 00:01:38.238 | 3.53  | 10:44:00.248 |
| 5  | 00:01:37.751 | 3.55  | 10:45:37.999 |
| 6  | 00:01:37.233 | 3.56  | 10:47:15.232 |
| 7  | 00:01:38.752 | 3.58  | 10:48:53.984 |
| 8  | 00:01:39.982 | 3.59  | 10:50:33.966 |
| 9  | 00:01:39.991 | 4.00  | 10:52:13.957 |
| 10 | 00:01:38.492 | 4.01  | 10:53:52.449 |
| 11 | 00:01:40.508 | 4.02  | 10:55:32.957 |
| 12 | 00:01:40.244 | 4.03  | 10:57:13.201 |
| 13 | 00:01:39.744 | 4.03  | 10:58:52.945 |
| 14 | 00:01:40.745 | 4.04  | 11:00:33.690 |
| 15 | 00:01:40.747 | 4.04  | 11:02:14.437 |
| 16 | 00:01:40.750 | 4.05  | 11:03:55.187 |
| 17 | 00:01:40.735 | 4.05  | 11:05:35.922 |
| 18 | 00:01:39.500 | 4.05  | 11:07:15.422 |

**Laps:** 18**Distance:** 7200**Tot. Time:** 00:29:28.886

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

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**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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11

**Team:** Citta di Genova - 3**Name:** Tiberi**Fraction:** 12

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:32.501 | 3.51  | 15:38:41.309 |
| 2  | 00:01:40.981 | 4.01  | 15:40:22.290 |
| 3  | 00:01:50.740 | 4.13  | 15:42:13.030 |
| 4  | 00:01:47.490 | 4.17  | 15:44:00.520 |
| 5  | 00:01:47.990 | 4.19  | 15:45:48.510 |
| 6  | 00:01:46.994 | 4.21  | 15:47:35.504 |
| 7  | 00:01:46.737 | 4.21  | 15:49:22.241 |
| 8  | 00:01:49.245 | 4.23  | 15:51:11.486 |
| 9  | 00:01:48.234 | 4.24  | 15:52:59.720 |
| 10 | 00:01:49.003 | 4.24  | 15:54:48.723 |
| 11 | 00:01:49.740 | 4.25  | 15:56:38.463 |
| 12 | 00:01:47.741 | 4.26  | 15:58:26.204 |
| 13 | 00:01:49.736 | 4.26  | 16:00:15.940 |
| 14 | 00:01:49.990 | 4.27  | 16:02:05.930 |
| 15 | 00:01:52.490 | 4.28  | 16:03:58.420 |
| 16 | 00:01:51.512 | 4.28  | 16:05:49.932 |
| 17 | 00:01:48.742 | 4.29  | 16:07:38.674 |
| 18 | 00:01:40.245 | 4.28  | 16:09:18.919 |

**Laps:** 18**Distance:** 7200**Tot. Time:** 00:32:10.111

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** Citta di Genova - 2

**Name:** Ferri

**Fraction:** 11

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:48.732 | 4.31  | 15:08:57.464 |
| 2  | 00:01:46.743 | 4.29  | 15:10:44.207 |
| 3  | 00:01:48.744 | 4.30  | 15:12:32.951 |
| 4  | 00:01:48.480 | 4.30  | 15:14:21.431 |
| 5  | 00:01:47.003 | 4.29  | 15:16:08.434 |
| 6  | 00:01:46.991 | 4.29  | 15:17:55.425 |
| 7  | 00:01:46.493 | 4.28  | 15:19:41.918 |
| 8  | 00:01:45.742 | 4.28  | 15:21:27.660 |
| 9  | 00:01:45.992 | 4.28  | 15:23:13.652 |
| 10 | 00:01:45.231 | 4.27  | 15:24:58.883 |
| 11 | 00:01:43.991 | 4.26  | 15:26:42.874 |
| 12 | 00:01:43.233 | 4.26  | 15:28:26.107 |
| 13 | 00:01:42.991 | 4.25  | 15:30:09.098 |
| 14 | 00:01:41.493 | 4.24  | 15:31:50.591 |
| 15 | 00:01:39.987 | 4.23  | 15:33:30.578 |
| 16 | 00:01:39.491 | 4.22  | 15:35:10.069 |
| 17 | 00:01:38.492 | 4.21  | 15:36:48.561 |
| 18 | 00:01:37.740 | 4.20  | 15:38:26.301 |

**Laps:** 18

**Distance:** 7200

**Tot. Time:** 00:31:17.569

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

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**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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11

**Team:** Atletica Levante - 1**Name:** Garibaldi**Fraction:** 11

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:35.244 | 3.58  | 15:09:20.713 |
| 2  | 00:01:33.994 | 3.56  | 15:10:54.707 |
| 3  | 00:01:37.742 | 3.59  | 15:12:32.449 |
| 4  | 00:01:38.936 | 4.01  | 15:14:11.385 |
| 5  | 00:01:43.301 | 4.04  | 15:15:54.686 |
| 6  | 00:01:43.491 | 4.06  | 15:17:38.177 |
| 7  | 00:01:40.752 | 4.07  | 15:19:18.929 |
| 8  | 00:01:39.483 | 4.07  | 15:20:58.412 |
| 9  | 00:01:40.482 | 4.08  | 15:22:38.894 |
| 10 | 00:01:40.993 | 4.08  | 15:24:19.887 |
| 11 | 00:01:40.991 | 4.08  | 15:26:00.878 |
| 12 | 00:01:41.483 | 4.09  | 15:27:42.361 |
| 13 | 00:01:41.492 | 4.09  | 15:29:23.853 |
| 14 | 00:01:40.490 | 4.09  | 15:31:04.343 |
| 15 | 00:01:39.990 | 4.09  | 15:32:44.333 |
| 16 | 00:01:39.490 | 4.09  | 15:34:23.823 |
| 17 | 00:01:38.995 | 4.09  | 15:36:02.818 |
| 18 | 00:01:37.737 | 4.09  | 15:37:40.555 |

**Laps:** 18**Distance:** 7200**Tot. Time:** 00:29:55.086

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Atletica Levante - 2

**Name:** Fazio

**Fraction:** 11

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:53.754 | 4.44  | 15:08:58.226 |
| 2  | 00:01:41.733 | 4.29  | 15:10:39.959 |
| 3  | 00:01:45.741 | 4.27  | 15:12:25.700 |
| 4  | 00:01:46.992 | 4.27  | 15:14:12.692 |
| 5  | 00:01:49.743 | 4.28  | 15:16:02.435 |
| 6  | 00:01:50.990 | 4.30  | 15:17:53.425 |
| 7  | 00:01:50.243 | 4.31  | 15:19:43.668 |
| 8  | 00:01:49.743 | 4.31  | 15:21:33.411 |
| 9  | 00:01:46.732 | 4.31  | 15:23:20.143 |
| 10 | 00:01:47.739 | 4.30  | 15:25:07.882 |
| 11 | 00:01:49.241 | 4.31  | 15:26:57.123 |
| 12 | 00:01:49.243 | 4.31  | 15:28:46.366 |
| 13 | 00:01:50.730 | 4.31  | 15:30:37.096 |
| 14 | 00:01:49.742 | 4.31  | 15:32:26.838 |
| 15 | 00:01:48.736 | 4.31  | 15:34:15.574 |
| 16 | 00:01:47.990 | 4.31  | 15:36:03.564 |
| 17 | 00:01:46.240 | 4.31  | 15:37:49.804 |

**Laps:** 17

**Distance:** 6800

**Tot. Time:** 00:30:45.332

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE



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**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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11

**Team:** Maratoneti Tigullio - 2**Name:** De Luca**Fraction:** 8

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:59.991 | 4.59  | 14:38:47.605 |
| 2  | 00:01:53.742 | 4.52  | 14:40:41.347 |
| 3  | 00:01:54.241 | 4.49  | 14:42:35.588 |
| 4  | 00:01:52.241 | 4.47  | 14:44:27.829 |
| 5  | 00:01:52.490 | 4.46  | 14:46:20.319 |
| 6  | 00:01:53.242 | 4.45  | 14:48:13.561 |
| 7  | 00:01:52.491 | 4.45  | 14:50:06.052 |
| 8  | 00:01:51.991 | 4.44  | 14:51:58.043 |
| 9  | 00:01:50.491 | 4.43  | 14:53:48.534 |
| 10 | 00:01:50.242 | 4.42  | 14:55:38.776 |
| 11 | 00:01:50.741 | 4.42  | 14:57:29.517 |
| 12 | 00:01:50.741 | 4.41  | 14:59:20.258 |
| 13 | 00:01:51.491 | 4.41  | 15:01:11.749 |
| 14 | 00:01:52.492 | 4.41  | 15:03:04.241 |
| 15 | 00:01:44.491 | 4.40  | 15:04:48.732 |
| 16 | 00:01:47.246 | 4.39  | 15:06:35.978 |
| 17 | 00:01:42.989 | 4.38  | 15:08:18.967 |

**Laps:** 17**Distance:** 6800**Tot. Time:** 00:31:31.353

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Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Citta di Genova - 1

**Name:** Ferrini

**Fraction:** 2

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:02:20.734 | 5.51  | 10:38:45.526 |
| 2  | 00:01:33.243 | 4.52  | 10:40:18.769 |
| 3  | 00:01:40.252 | 4.38  | 10:41:59.021 |
| 4  | 00:01:43.728 | 4.33  | 10:43:42.749 |
| 5  | 00:01:43.491 | 4.30  | 10:45:26.240 |
| 6  | 00:01:45.752 | 4.29  | 10:47:11.992 |
| 7  | 00:01:45.730 | 4.28  | 10:48:57.722 |
| 8  | 00:01:47.742 | 4.28  | 10:50:45.464 |
| 9  | 00:01:46.741 | 4.28  | 10:52:32.205 |
| 10 | 00:01:47.757 | 4.28  | 10:54:19.962 |
| 11 | 00:01:49.493 | 4.29  | 10:56:09.455 |
| 12 | 00:01:49.747 | 4.29  | 10:57:59.202 |
| 13 | 00:01:49.250 | 4.29  | 10:59:48.452 |
| 14 | 00:01:50.484 | 4.30  | 11:01:38.936 |
| 15 | 00:01:52.743 | 4.31  | 11:03:31.679 |
| 16 | 00:01:48.493 | 4.31  | 11:05:20.172 |
| 17 | 00:01:50.994 | 4.31  | 11:07:11.166 |

**Laps:** 17

**Distance:** 6800

**Tot. Time:** 00:30:46.374

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

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**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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11

**Team:** Atletica Levante - 1**Name:** Rossi**Fraction:** 7

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:25.745 | 3.34  | 13:09:30.242 |
| 2  | 00:01:42.995 | 3.55  | 13:11:13.237 |
| 3  | 00:01:41.744 | 4.02  | 13:12:54.981 |
| 4  | 00:01:43.744 | 4.06  | 13:14:38.725 |
| 5  | 00:01:42.503 | 4.08  | 13:16:21.228 |
| 6  | 00:01:42.982 | 4.09  | 13:18:04.210 |
| 7  | 00:01:43.243 | 4.11  | 13:19:47.453 |
| 8  | 00:01:40.498 | 4.11  | 13:21:27.951 |
| 9  | 00:01:45.230 | 4.12  | 13:23:13.181 |
| 10 | 00:01:44.741 | 4.13  | 13:24:57.922 |
| 11 | 00:01:45.745 | 4.14  | 13:26:43.667 |
| 12 | 00:01:45.992 | 4.15  | 13:28:29.659 |
| 13 | 00:01:46.242 | 4.16  | 13:30:15.901 |
| 14 | 00:01:46.988 | 4.16  | 13:32:02.889 |
| 15 | 00:01:48.239 | 4.17  | 13:33:51.128 |
| 16 | 00:01:46.501 | 4.18  | 13:35:37.629 |
| 17 | 00:01:48.745 | 4.19  | 13:37:26.374 |

**Laps:** 17**Distance:** 6800**Tot. Time:** 00:29:21.877

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Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

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**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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11

**Team:** Maratoneti Tigullio - 2**Name:** Canepa**Fraction:** 5

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:53.494 | 4.43  | 13:08:53.745 |
| 2  | 00:01:41.494 | 4.28  | 13:10:35.239 |
| 3  | 00:01:45.748 | 4.27  | 13:12:20.987 |
| 4  | 00:01:42.740 | 4.24  | 13:14:03.727 |
| 5  | 00:01:43.244 | 4.23  | 13:15:46.971 |
| 6  | 00:01:43.743 | 4.22  | 13:17:30.714 |
| 7  | 00:01:46.241 | 4.23  | 13:19:16.955 |
| 8  | 00:01:45.742 | 4.23  | 13:21:02.697 |
| 9  | 00:01:45.986 | 4.23  | 13:22:48.683 |
| 10 | 00:01:46.745 | 4.23  | 13:24:35.428 |
| 11 | 00:01:51.737 | 4.25  | 13:26:27.165 |
| 12 | 00:01:50.245 | 4.26  | 13:28:17.410 |
| 13 | 00:01:50.241 | 4.26  | 13:30:07.651 |
| 14 | 00:01:50.739 | 4.27  | 13:31:58.390 |
| 15 | 00:01:51.488 | 4.28  | 13:33:49.878 |
| 16 | 00:01:51.740 | 4.28  | 13:35:41.618 |
| 17 | 00:01:50.506 | 4.29  | 13:37:32.124 |

**Laps:** 17**Distance:** 6800**Tot. Time:** 00:30:31.873

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Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** Citta di Genova - 3

**Name:** Moggia

**Fraction:** 4

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:02:07.494 | 5.18  | 11:39:36.054 |
| 2  | 00:01:33.754 | 4.36  | 11:41:09.808 |
| 3  | 00:01:47.485 | 4.33  | 11:42:57.293 |
| 4  | 00:01:45.494 | 4.31  | 11:44:42.787 |
| 5  | 00:01:48.245 | 4.31  | 11:46:31.032 |
| 6  | 00:01:48.004 | 4.31  | 11:48:19.036 |
| 7  | 00:01:49.734 | 4.31  | 11:50:08.770 |
| 8  | 00:01:46.495 | 4.30  | 11:51:55.265 |
| 9  | 00:01:48.993 | 4.31  | 11:53:44.258 |
| 10 | 00:01:46.744 | 4.30  | 11:55:31.002 |
| 11 | 00:01:48.498 | 4.30  | 11:57:19.500 |
| 12 | 00:01:48.744 | 4.30  | 11:59:08.244 |
| 13 | 00:01:49.505 | 4.30  | 12:00:57.749 |
| 14 | 00:01:47.484 | 4.30  | 12:02:45.233 |
| 15 | 00:01:48.745 | 4.30  | 12:04:33.978 |
| 16 | 00:01:46.246 | 4.30  | 12:06:20.224 |
| 17 | 00:01:47.252 | 4.30  | 12:08:07.476 |

**Laps:** 17

**Distance:** 6800

**Tot. Time:** 00:30:38.916

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

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**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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11

**Team:** Atletica Levante - 2**Name:** Gonzi**Fraction:** 2

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:49.986 | 4.34  | 10:38:39.776 |
| 2  | 00:01:39.743 | 4.22  | 10:40:19.519 |
| 3  | 00:01:42.242 | 4.19  | 10:42:01.761 |
| 4  | 00:01:40.238 | 4.17  | 10:43:41.999 |
| 5  | 00:01:41.492 | 4.16  | 10:45:23.491 |
| 6  | 00:01:42.492 | 4.16  | 10:47:05.983 |
| 7  | 00:01:42.990 | 4.16  | 10:48:48.973 |
| 8  | 00:01:44.998 | 4.17  | 10:50:33.971 |
| 9  | 00:01:45.235 | 4.18  | 10:52:19.206 |
| 10 | 00:01:45.250 | 4.18  | 10:54:04.456 |
| 11 | 00:01:47.750 | 4.19  | 10:55:52.206 |
| 12 | 00:01:45.994 | 4.20  | 10:57:38.200 |
| 13 | 00:01:46.994 | 4.20  | 10:59:25.194 |
| 14 | 00:01:49.003 | 4.21  | 11:01:14.197 |
| 15 | 00:01:48.484 | 4.22  | 11:03:02.681 |
| 16 | 00:01:47.243 | 4.22  | 11:04:49.924 |
| 17 | 00:01:47.498 | 4.22  | 11:06:37.422 |

**Laps:** 17**Distance:** 6800**Tot. Time:** 00:29:47.632

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Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** Atletica Levante - 1

**Name:** Balasco

**Fraction:** 4

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:36.745 | 4.01  | 11:39:44.803 |
| 2  | 00:01:35.245 | 3.59  | 11:41:20.048 |
| 3  | 00:01:37.746 | 4.01  | 11:42:57.794 |
| 4  | 00:01:38.746 | 4.02  | 11:44:36.540 |
| 5  | 00:01:39.993 | 4.04  | 11:46:16.533 |
| 6  | 00:01:39.744 | 4.05  | 11:47:56.277 |
| 7  | 00:01:42.995 | 4.06  | 11:49:39.272 |
| 8  | 00:01:42.744 | 4.08  | 11:51:22.016 |
| 9  | 00:01:43.494 | 4.09  | 11:53:05.510 |
| 10 | 00:01:43.497 | 4.10  | 11:54:49.007 |
| 11 | 00:01:44.492 | 4.11  | 11:56:33.499 |
| 12 | 00:01:44.749 | 4.12  | 11:58:18.248 |
| 13 | 00:01:45.494 | 4.13  | 12:00:03.742 |
| 14 | 00:01:44.244 | 4.13  | 12:01:47.986 |
| 15 | 00:01:45.495 | 4.14  | 12:03:33.481 |
| 16 | 00:01:43.995 | 4.14  | 12:05:17.476 |
| 17 | 00:01:43.494 | 4.14  | 12:07:00.970 |

**Laps:** 17

**Distance:** 6800

**Tot. Time:** 00:28:52.912

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** Atletica Levante - 2

**Name:** Sanguineti

**Fraction:** 9

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:02:34.226 | 6.25  | 14:08:37.994 |
| 2  | 00:01:29.983 | 5.05  | 14:10:07.977 |
| 3  | 00:01:41.742 | 4.48  | 14:11:49.719 |
| 4  | 00:01:45.239 | 4.41  | 14:13:34.958 |
| 5  | 00:01:48.242 | 4.39  | 14:15:23.200 |
| 6  | 00:01:49.490 | 4.38  | 14:17:12.690 |
| 7  | 00:01:49.490 | 4.38  | 14:19:02.180 |
| 8  | 00:01:49.750 | 4.37  | 14:20:51.930 |
| 9  | 00:01:49.741 | 4.37  | 14:22:41.671 |
| 10 | 00:01:49.991 | 4.36  | 14:24:31.662 |
| 11 | 00:01:49.998 | 4.36  | 14:26:21.660 |
| 12 | 00:01:50.742 | 4.36  | 14:28:12.402 |
| 13 | 00:01:51.992 | 4.37  | 14:30:04.394 |
| 14 | 00:01:52.242 | 4.37  | 14:31:56.636 |
| 15 | 00:01:53.241 | 4.37  | 14:33:49.877 |
| 16 | 00:01:51.492 | 4.37  | 14:35:41.369 |
| 17 | 00:01:51.242 | 4.37  | 14:37:32.611 |

**Laps:** 17

**Distance:** 6800

**Tot. Time:** 00:31:28.843

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE



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**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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11

**Team:** CUG**Name:** Vicari**Fraction:** 5

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:02:08.482 | 5.21  | 12:08:39.215 |
| 2  | 00:01:33.244 | 4.37  | 12:10:12.459 |
| 3  | 00:01:40.999 | 4.28  | 12:11:53.458 |
| 4  | 00:01:39.990 | 4.24  | 12:13:33.448 |
| 5  | 00:01:44.245 | 4.23  | 12:15:17.693 |
| 6  | 00:01:49.744 | 4.25  | 12:17:07.437 |
| 7  | 00:01:42.238 | 4.23  | 12:18:49.675 |
| 8  | 00:01:45.244 | 4.23  | 12:20:34.919 |
| 9  | 00:01:49.495 | 4.24  | 12:22:24.414 |
| 10 | 00:01:44.255 | 4.24  | 12:24:08.669 |
| 11 | 00:01:53.479 | 4.26  | 12:26:02.148 |
| 12 | 00:01:54.744 | 4.27  | 12:27:56.892 |
| 13 | 00:01:55.743 | 4.29  | 12:29:52.635 |
| 14 | 00:01:54.742 | 4.30  | 12:31:47.377 |
| 15 | 00:01:53.494 | 4.31  | 12:33:40.871 |
| 16 | 00:01:48.492 | 4.31  | 12:35:29.363 |
| 17 | 00:01:54.493 | 4.32  | 12:37:23.856 |

**Laps:** 17**Distance:** 6800**Tot. Time:** 00:30:53.123

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Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** Atletica Levante - 2

**Name:** Monteverde

**Fraction:** 3

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:58.489 | 4.56  | 11:08:35.911 |
| 2  | 00:01:39.994 | 4.33  | 11:10:15.905 |
| 3  | 00:01:49.992 | 4.33  | 11:12:05.897 |
| 4  | 00:01:49.743 | 4.33  | 11:13:55.640 |
| 5  | 00:01:52.494 | 4.35  | 11:15:48.134 |
| 6  | 00:01:49.993 | 4.35  | 11:17:38.127 |
| 7  | 00:01:48.243 | 4.34  | 11:19:26.370 |
| 8  | 00:01:50.243 | 4.34  | 11:21:16.613 |
| 9  | 00:01:47.743 | 4.34  | 11:23:04.356 |
| 10 | 00:01:50.743 | 4.34  | 11:24:55.099 |
| 11 | 00:01:53.241 | 4.35  | 11:26:48.340 |
| 12 | 00:01:52.493 | 4.35  | 11:28:40.833 |
| 13 | 00:01:52.243 | 4.36  | 11:30:33.076 |
| 14 | 00:01:54.244 | 4.36  | 11:32:27.320 |
| 15 | 00:01:51.243 | 4.36  | 11:34:18.563 |
| 16 | 00:01:49.245 | 4.36  | 11:36:07.808 |
| 17 | 00:01:47.504 | 4.36  | 11:37:55.312 |

**Laps:** 17

**Distance:** 6800

**Tot. Time:** 00:31:17.890

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** Delta Spedizioni

**Name:** Medica Simone

**Fraction:** 5

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:25.245 | 3.33  | 12:09:39.211 |
| 2  | 00:01:44.245 | 3.56  | 12:11:23.456 |
| 3  | 00:01:41.244 | 4.02  | 12:13:04.700 |
| 4  | 00:01:41.249 | 4.04  | 12:14:45.949 |
| 5  | 00:01:41.490 | 4.06  | 12:16:27.439 |
| 6  | 00:01:42.494 | 4.08  | 12:18:09.933 |
| 7  | 00:01:43.238 | 4.09  | 12:19:53.171 |
| 8  | 00:01:44.244 | 4.11  | 12:21:37.415 |
| 9  | 00:01:43.493 | 4.11  | 12:23:20.908 |
| 10 | 00:01:45.243 | 4.13  | 12:25:06.151 |
| 11 | 00:01:45.994 | 4.14  | 12:26:52.145 |
| 12 | 00:01:46.494 | 4.15  | 12:28:38.639 |
| 13 | 00:01:47.244 | 4.16  | 12:30:25.883 |
| 14 | 00:01:46.743 | 4.16  | 12:32:12.626 |
| 15 | 00:01:47.493 | 4.17  | 12:34:00.119 |
| 16 | 00:01:47.493 | 4.18  | 12:35:47.612 |
| 17 | 00:01:46.993 | 4.18  | 12:37:34.605 |

**Laps:** 17

**Distance:** 6800

**Tot. Time:** 00:29:20.639

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

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**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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11

**Team:** Atletica Levante - 3**Name:** Sciacca**Fraction:** 10

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:41.744 | 4.14  | 14:40:05.601 |
| 2  | 00:01:39.491 | 4.11  | 14:41:45.092 |
| 3  | 00:01:47.251 | 4.17  | 14:43:32.343 |
| 4  | 00:01:45.992 | 4.19  | 14:45:18.335 |
| 5  | 00:01:48.241 | 4.21  | 14:47:06.576 |
| 6  | 00:01:46.232 | 4.22  | 14:48:52.808 |
| 7  | 00:01:48.991 | 4.23  | 14:50:41.799 |
| 8  | 00:01:48.242 | 4.24  | 14:52:30.041 |
| 9  | 00:01:47.491 | 4.24  | 14:54:17.532 |
| 10 | 00:01:48.741 | 4.25  | 14:56:06.273 |
| 11 | 00:01:48.242 | 4.26  | 14:57:54.515 |
| 12 | 00:01:48.241 | 4.26  | 14:59:42.756 |
| 13 | 00:01:50.242 | 4.27  | 15:01:32.998 |
| 14 | 00:01:49.242 | 4.27  | 15:03:22.240 |
| 15 | 00:01:49.491 | 4.27  | 15:05:11.731 |
| 16 | 00:01:49.492 | 4.28  | 15:07:01.223 |

**Laps:** 16**Distance:** 6400**Tot. Time:** 00:28:37.366

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Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** Atletica Levante - 2

**Name:** Poto

**Fraction:** 4

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:37.743 | 4.04  | 11:39:33.055 |
| 2  | 00:01:44.244 | 4.12  | 11:41:17.299 |
| 3  | 00:01:48.243 | 4.18  | 11:43:05.542 |
| 4  | 00:01:48.745 | 4.21  | 11:44:54.287 |
| 5  | 00:01:48.744 | 4.23  | 11:46:43.031 |
| 6  | 00:01:49.745 | 4.25  | 11:48:32.776 |
| 7  | 00:01:49.743 | 4.26  | 11:50:22.519 |
| 8  | 00:01:50.244 | 4.27  | 11:52:12.763 |
| 9  | 00:01:53.994 | 4.29  | 11:54:06.757 |
| 10 | 00:01:51.754 | 4.30  | 11:55:58.511 |
| 11 | 00:01:55.747 | 4.32  | 11:57:54.258 |
| 12 | 00:01:55.734 | 4.33  | 11:59:49.992 |
| 13 | 00:01:54.994 | 4.34  | 12:01:44.986 |
| 14 | 00:01:56.994 | 4.36  | 12:03:41.980 |
| 15 | 00:01:55.744 | 4.37  | 12:05:37.724 |
| 16 | 00:01:56.744 | 4.37  | 12:07:34.468 |

**Laps:** 16

**Distance:** 6400

**Tot. Time:** 00:29:39.156

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** Atletica Levante - 2

**Name:** Leverone

**Fraction:** 1

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:35.808 | 3.59  | 10:10:02.926 |
| 2  | 00:01:45.988 | 4.12  | 10:11:48.914 |
| 3  | 00:01:45.741 | 4.16  | 10:13:34.655 |
| 4  | 00:01:47.992 | 4.19  | 10:15:22.647 |
| 5  | 00:01:45.742 | 4.20  | 10:17:08.389 |
| 6  | 00:01:48.492 | 4.22  | 10:18:56.881 |
| 7  | 00:01:48.242 | 4.23  | 10:20:45.123 |
| 8  | 00:01:47.742 | 4.24  | 10:22:32.865 |
| 9  | 00:01:47.742 | 4.24  | 10:24:20.607 |
| 10 | 00:01:47.244 | 4.25  | 10:26:07.851 |
| 11 | 00:01:45.982 | 4.25  | 10:27:53.833 |
| 12 | 00:01:47.242 | 4.25  | 10:29:41.075 |
| 13 | 00:01:46.743 | 4.25  | 10:31:27.818 |
| 14 | 00:01:47.403 | 4.25  | 10:33:15.221 |
| 15 | 00:01:47.578 | 4.25  | 10:35:02.799 |
| 16 | 00:01:46.991 | 4.26  | 10:36:49.790 |

**Laps:** 16

**Distance:** 6400

**Tot. Time:** 00:28:22.672

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** Citta di Genova - 1

**Name:** Bussetti

**Fraction:** 4

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:52.476 | 3.05  | 12:11:53.455 |
| 2  | 00:01:50.742 | 2.55  | 12:13:44.197 |
| 3  | 00:01:46.245 | 3.18  | 12:15:30.442 |
| 4  | 00:01:48.244 | 3.32  | 12:17:18.686 |
| 5  | 00:01:47.747 | 3.42  | 12:19:06.433 |
| 6  | 00:01:44.484 | 3.47  | 12:20:50.917 |
| 7  | 00:01:46.244 | 3.52  | 12:22:37.161 |
| 8  | 00:01:45.753 | 3.56  | 12:24:22.914 |
| 9  | 00:01:47.234 | 3.59  | 12:26:10.148 |
| 10 | 00:01:45.493 | 4.01  | 12:27:55.641 |
| 11 | 00:01:44.494 | 4.03  | 12:29:40.135 |
| 12 | 00:01:45.493 | 4.04  | 12:31:25.628 |
| 13 | 00:01:46.500 | 4.06  | 12:33:12.128 |
| 14 | 00:01:46.237 | 4.07  | 12:34:58.365 |
| 15 | 00:01:45.997 | 4.08  | 12:36:44.362 |

**Laps:** 15

**Distance:** 6000

**Tot. Time:** 00:26:31.149

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

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**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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11

**Team:** Citta di Genova - 1**Name:** Cintoli**Fraction:** 6

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:02:56.740 | 7.21  | 13:08:41.995 |
| 2  | 00:01:49.249 | 5.57  | 13:10:31.244 |
| 3  | 00:01:49.991 | 5.29  | 13:12:21.235 |
| 4  | 00:02:08.240 | 5.27  | 13:14:29.475 |
| 5  | 00:01:43.244 | 5.13  | 13:16:12.719 |
| 6  | 00:01:45.496 | 5.05  | 13:17:58.215 |
| 7  | 00:01:46.988 | 4.59  | 13:19:45.203 |
| 8  | 00:01:48.736 | 4.56  | 13:21:33.939 |
| 9  | 00:01:51.745 | 4.54  | 13:23:25.684 |
| 10 | 00:01:52.739 | 4.53  | 13:25:18.423 |
| 11 | 00:01:53.244 | 4.52  | 13:27:11.667 |
| 12 | 00:01:52.744 | 4.51  | 13:29:04.411 |
| 13 | 00:01:52.490 | 4.50  | 13:30:56.901 |
| 14 | 00:01:54.237 | 4.50  | 13:32:51.138 |
| 15 | 00:01:51.739 | 4.49  | 13:34:42.877 |
| 16 | 00:01:53.487 | 4.49  | 13:36:36.364 |

**Laps:** 16**Distance:** 6400**Tot. Time:** 00:30:51.109

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Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE



12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** Atletica Levante - 2

**Name:** Ghironi

**Fraction:** 5

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:53.744 | 4.44  | 12:09:28.212 |
| 2  | 00:01:35.746 | 4.21  | 12:11:03.958 |
| 3  | 00:01:41.494 | 4.19  | 12:12:45.452 |
| 4  | 00:01:43.993 | 4.19  | 12:14:29.445 |
| 5  | 00:01:44.494 | 4.19  | 12:16:13.939 |
| 6  | 00:01:47.495 | 4.21  | 12:18:01.434 |
| 7  | 00:01:51.237 | 4.23  | 12:19:52.671 |
| 8  | 00:01:51.743 | 4.25  | 12:21:44.414 |
| 9  | 00:01:52.993 | 4.27  | 12:23:37.407 |
| 10 | 00:01:53.743 | 4.29  | 12:25:31.150 |
| 11 | 00:01:51.923 | 4.30  | 12:27:23.073 |
| 12 | 00:01:51.063 | 4.30  | 12:29:14.136 |
| 13 | 00:01:49.744 | 4.31  | 12:31:03.880 |
| 14 | 00:01:53.243 | 4.31  | 12:32:57.123 |
| 15 | 00:01:51.993 | 4.32  | 12:34:49.116 |
| 16 | 00:01:53.003 | 4.33  | 12:36:42.119 |

**Laps:** 16

**Distance:** 6400

**Tot. Time:** 00:29:07.651

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

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**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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11

**Team:** Atletica Levante - 2**Name:** Mineo**Fraction:** 8

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:02:00.506 | 5.01  | 13:38:35.620 |
| 2  | 00:01:42.493 | 4.38  | 13:40:18.113 |
| 3  | 00:01:46.743 | 4.34  | 13:42:04.856 |
| 4  | 00:01:46.754 | 4.32  | 13:43:51.610 |
| 5  | 00:01:47.994 | 4.32  | 13:45:39.604 |
| 6  | 00:01:49.494 | 4.32  | 13:47:29.098 |
| 7  | 00:01:49.994 | 4.32  | 13:49:19.092 |
| 8  | 00:01:50.495 | 4.33  | 13:51:09.587 |
| 9  | 00:01:50.493 | 4.33  | 13:53:00.080 |
| 10 | 00:01:53.244 | 4.34  | 13:54:53.324 |
| 11 | 00:01:51.006 | 4.34  | 13:56:44.330 |
| 12 | 00:01:48.991 | 4.34  | 13:58:33.321 |
| 13 | 00:01:49.483 | 4.34  | 14:00:22.804 |
| 14 | 00:01:54.242 | 4.35  | 14:02:17.046 |
| 15 | 00:01:53.721 | 4.35  | 14:04:10.767 |
| 16 | 00:01:53.001 | 4.36  | 14:06:03.768 |

**Laps:** 16**Distance:** 6400**Tot. Time:** 00:29:28.654

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Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** CUG

**Name:** Campolo

**Fraction:** 2

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:02:19.482 | 5.48  | 10:38:57.023 |
| 2  | 00:01:49.744 | 5.11  | 10:40:46.767 |
| 3  | 00:01:53.241 | 5.02  | 10:42:40.008 |
| 4  | 00:01:49.996 | 4.55  | 10:44:30.004 |
| 5  | 00:01:46.486 | 4.49  | 10:46:16.490 |
| 6  | 00:01:48.488 | 4.46  | 10:48:04.978 |
| 7  | 00:01:47.491 | 4.43  | 10:49:52.469 |
| 8  | 00:01:49.742 | 4.42  | 10:51:42.211 |
| 9  | 00:01:51.240 | 4.42  | 10:53:33.451 |
| 10 | 00:01:50.757 | 4.41  | 10:55:24.208 |
| 11 | 00:01:51.243 | 4.41  | 10:57:15.451 |
| 12 | 00:01:54.994 | 4.41  | 10:59:10.445 |
| 13 | 00:01:51.993 | 4.41  | 11:01:02.438 |
| 14 | 00:01:51.743 | 4.41  | 11:02:54.181 |
| 15 | 00:01:51.744 | 4.41  | 11:04:45.925 |
| 16 | 00:01:51.003 | 4.41  | 11:06:36.928 |

**Laps:** 16

**Distance:** 6400

**Tot. Time:** 00:29:59.387

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Atletica Levante - 3

**Name:** Firpo

**Fraction:** 1

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:31.054 | 3.47  | 10:09:58.172 |
| 2  | 00:01:42.993 | 4.02  | 10:11:41.165 |
| 3  | 00:01:45.991 | 4.10  | 10:13:27.156 |
| 4  | 00:01:46.743 | 4.14  | 10:15:13.899 |
| 5  | 00:01:46.991 | 4.16  | 10:17:00.890 |
| 6  | 00:01:47.492 | 4.18  | 10:18:48.382 |
| 7  | 00:01:49.751 | 4.21  | 10:20:38.133 |
| 8  | 00:01:48.233 | 4.22  | 10:22:26.366 |
| 9  | 00:01:48.991 | 4.23  | 10:24:15.357 |
| 10 | 00:01:51.993 | 4.25  | 10:26:07.350 |
| 11 | 00:01:50.233 | 4.26  | 10:27:57.583 |
| 12 | 00:01:50.742 | 4.26  | 10:29:48.325 |
| 13 | 00:01:55.741 | 4.28  | 10:31:44.066 |
| 14 | 00:01:52.489 | 4.29  | 10:33:36.555 |
| 15 | 00:01:55.995 | 4.30  | 10:35:32.550 |
| 16 | 00:01:59.498 | 4.32  | 10:37:32.048 |

**Laps:** 16

**Distance:** 6400

**Tot. Time:** 00:29:04.930

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

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**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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11

**Team:** Maratoneti Tigullio - 2**Name:** Stagnaro**Fraction:** 10

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:56.488 | 4.51  | 15:39:23.545 |
| 2  | 00:02:00.489 | 4.56  | 15:41:24.034 |
| 3  | 00:02:01.493 | 4.58  | 15:43:25.527 |
| 4  | 00:01:56.496 | 4.56  | 15:45:22.023 |
| 5  | 00:01:54.729 | 4.54  | 15:47:16.752 |
| 6  | 00:01:57.739 | 4.54  | 15:49:14.491 |
| 7  | 00:01:56.989 | 4.54  | 15:51:11.480 |
| 8  | 00:01:55.740 | 4.53  | 15:53:07.220 |
| 9  | 00:01:56.752 | 4.53  | 15:55:03.972 |
| 10 | 00:01:56.989 | 4.53  | 15:57:00.961 |
| 11 | 00:01:57.987 | 4.53  | 15:58:58.948 |
| 12 | 00:01:56.488 | 4.53  | 16:00:55.436 |
| 13 | 00:01:55.740 | 4.53  | 16:02:51.176 |
| 14 | 00:01:58.010 | 4.53  | 16:04:49.186 |
| 15 | 00:01:56.492 | 4.53  | 16:06:45.678 |
| 16 | 00:01:52.502 | 4.52  | 16:08:38.180 |

**Laps:** 16**Distance:** 6400**Tot. Time:** 00:31:11.123

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Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

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**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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11

**Team:** Atletica Levante - 2**Name:** Fanni**Fraction:** 7

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:35.244 | 3.58  | 13:09:17.243 |
| 2  | 00:01:34.496 | 3.57  | 13:10:51.739 |
| 3  | 00:01:45.243 | 4.05  | 13:12:36.982 |
| 4  | 00:01:47.494 | 4.11  | 13:14:24.476 |
| 5  | 00:01:47.254 | 4.14  | 13:16:11.730 |
| 6  | 00:01:44.981 | 4.16  | 13:17:56.711 |
| 7  | 00:01:47.742 | 4.18  | 13:19:44.453 |
| 8  | 00:01:48.986 | 4.19  | 13:21:33.439 |
| 9  | 00:01:51.991 | 4.22  | 13:23:25.430 |
| 10 | 00:01:52.742 | 4.24  | 13:25:18.172 |
| 11 | 00:01:52.993 | 4.25  | 13:27:11.165 |
| 12 | 00:01:52.741 | 4.27  | 13:29:03.906 |
| 13 | 00:01:52.492 | 4.28  | 13:30:56.398 |
| 14 | 00:01:54.235 | 4.29  | 13:32:50.633 |
| 15 | 00:01:51.491 | 4.30  | 13:34:42.124 |
| 16 | 00:01:52.990 | 4.30  | 13:36:35.114 |

**Laps:** 16**Distance:** 6400**Tot. Time:** 00:28:53.115

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Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

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**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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11

**Team:** Maratoneti Tigullio - 2**Name:** Boero**Fraction:** 6

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:46.493 | 4.26  | 13:39:18.617 |
| 2  | 00:01:47.992 | 4.28  | 13:41:06.609 |
| 3  | 00:01:58.754 | 4.37  | 13:43:05.363 |
| 4  | 00:01:57.243 | 4.41  | 13:45:02.606 |
| 5  | 00:01:58.244 | 4.44  | 13:47:00.850 |
| 6  | 00:01:56.504 | 4.45  | 13:48:57.354 |
| 7  | 00:01:57.983 | 4.46  | 13:50:55.337 |
| 8  | 00:01:56.994 | 4.47  | 13:52:52.331 |
| 9  | 00:01:57.745 | 4.48  | 13:54:50.076 |
| 10 | 00:01:57.491 | 4.48  | 13:56:47.567 |
| 11 | 00:01:57.744 | 4.49  | 13:58:45.311 |
| 12 | 00:01:57.993 | 4.49  | 14:00:43.304 |
| 13 | 00:01:59.242 | 4.50  | 14:02:42.546 |
| 14 | 00:01:57.718 | 4.50  | 14:04:40.264 |
| 15 | 00:01:53.491 | 4.50  | 14:06:33.755 |
| 16 | 00:01:57.240 | 4.50  | 14:08:30.995 |

**Laps:** 16**Distance:** 6400**Tot. Time:** 00:30:58.871

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Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Atletica Levante - 2

**Name:** Raggi

**Fraction:** 12

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:45.741 | 4.24  | 15:39:35.545 |
| 2  | 00:02:00.989 | 4.43  | 15:41:36.534 |
| 3  | 00:01:58.238 | 4.47  | 15:43:34.772 |
| 4  | 00:01:57.490 | 4.49  | 15:45:32.262 |
| 5  | 00:01:54.989 | 4.48  | 15:47:27.251 |
| 6  | 00:01:55.239 | 4.48  | 15:49:22.490 |
| 7  | 00:01:53.739 | 4.48  | 15:51:16.229 |
| 8  | 00:01:52.990 | 4.47  | 15:53:09.219 |
| 9  | 00:01:52.253 | 4.46  | 15:55:01.472 |
| 10 | 00:01:53.489 | 4.46  | 15:56:54.961 |
| 11 | 00:01:54.750 | 4.46  | 15:58:49.711 |
| 12 | 00:01:54.479 | 4.46  | 16:00:44.190 |
| 13 | 00:01:52.990 | 4.46  | 16:02:37.180 |
| 14 | 00:01:54.507 | 4.46  | 16:04:31.687 |
| 15 | 00:01:55.742 | 4.46  | 16:06:27.429 |
| 16 | 00:02:02.991 | 4.47  | 16:08:30.420 |

**Laps:** 16

**Distance:** 6400

**Tot. Time:** 00:30:40.616

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE



12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** Citta di Genova - 3

**Name:** Della Lucia

**Fraction:** 7

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:59.985 | 4.59  | 13:08:42.248 |
| 2  | 00:01:48.751 | 4.45  | 13:10:30.999 |
| 3  | 00:01:49.984 | 4.42  | 13:12:20.983 |
| 4  | 00:01:50.494 | 4.40  | 13:14:11.477 |
| 5  | 00:01:51.743 | 4.40  | 13:16:03.220 |
| 6  | 00:01:54.247 | 4.41  | 13:17:57.467 |
| 7  | 00:01:55.736 | 4.42  | 13:19:53.203 |
| 8  | 00:01:55.485 | 4.43  | 13:21:48.688 |
| 9  | 00:01:55.240 | 4.43  | 13:23:43.928 |
| 10 | 00:01:55.241 | 4.44  | 13:25:39.169 |
| 11 | 00:01:55.994 | 4.44  | 13:27:35.163 |
| 12 | 00:01:54.751 | 4.44  | 13:29:29.914 |
| 13 | 00:01:56.732 | 4.45  | 13:31:26.646 |
| 14 | 00:01:55.484 | 4.45  | 13:33:22.130 |
| 15 | 00:01:54.992 | 4.45  | 13:35:17.122 |
| 16 | 00:01:51.489 | 4.45  | 13:37:08.611 |

**Laps:** 16

**Distance:** 6400

**Tot. Time:** 00:30:26.348

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** Citta di Genova - 3

**Name:** Lizzani

**Fraction:** 10

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:39.742 | 4.09  | 14:39:14.603 |
| 2  | 00:01:52.992 | 4.25  | 14:41:07.595 |
| 3  | 00:01:52.501 | 4.31  | 14:43:00.096 |
| 4  | 00:01:52.981 | 4.33  | 14:44:53.077 |
| 5  | 00:01:52.992 | 4.35  | 14:46:46.069 |
| 6  | 00:01:53.491 | 4.36  | 14:48:39.560 |
| 7  | 00:01:57.239 | 4.39  | 14:50:36.799 |
| 8  | 00:01:57.491 | 4.41  | 14:52:34.290 |
| 9  | 00:01:57.241 | 4.42  | 14:54:31.531 |
| 10 | 00:01:58.501 | 4.43  | 14:56:30.032 |
| 11 | 00:01:57.730 | 4.44  | 14:58:27.762 |
| 12 | 00:01:57.741 | 4.45  | 15:00:25.503 |
| 13 | 00:01:56.991 | 4.46  | 15:02:22.494 |
| 14 | 00:01:57.240 | 4.46  | 15:04:19.734 |
| 15 | 00:01:56.742 | 4.46  | 15:06:16.476 |
| 16 | 00:01:53.742 | 4.46  | 15:08:10.218 |

**Laps:** 16

**Distance:** 6400

**Tot. Time:** 00:30:35.357

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Citta di Genova - 3

**Name:** Calabrese

**Fraction:** 11

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:45.742 | 4.24  | 15:09:55.960 |
| 2  | 00:01:48.494 | 4.27  | 15:11:44.454 |
| 3  | 00:01:54.491 | 4.33  | 15:13:38.945 |
| 4  | 00:01:49.992 | 4.34  | 15:15:28.937 |
| 5  | 00:01:56.251 | 4.37  | 15:17:25.188 |
| 6  | 00:01:55.481 | 4.39  | 15:19:20.669 |
| 7  | 00:01:58.492 | 4.41  | 15:21:19.161 |
| 8  | 00:01:57.230 | 4.43  | 15:23:16.391 |
| 9  | 00:01:59.491 | 4.44  | 15:25:15.882 |
| 10 | 00:02:00.490 | 4.46  | 15:27:16.372 |
| 11 | 00:01:55.984 | 4.46  | 15:29:12.356 |
| 12 | 00:01:54.738 | 4.46  | 15:31:07.094 |
| 13 | 00:01:59.236 | 4.47  | 15:33:06.330 |
| 14 | 00:02:02.239 | 4.48  | 15:35:08.569 |
| 15 | 00:02:00.239 | 4.49  | 15:37:08.808 |

**Laps:** 15

**Distance:** 6000

**Tot. Time:** 00:28:58.590

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** Zena Runners

**Name:** Kurantowiz

**Fraction:** 5

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:49.994 | 4.34  | 12:08:38.465 |
| 2  | 00:01:46.494 | 4.30  | 12:10:24.959 |
| 3  | 00:01:49.494 | 4.31  | 12:12:14.453 |
| 4  | 00:01:47.744 | 4.31  | 12:14:02.197 |
| 5  | 00:01:49.244 | 4.31  | 12:15:51.441 |
| 6  | 00:01:50.994 | 4.32  | 12:17:42.435 |
| 7  | 00:01:52.994 | 4.33  | 12:19:35.429 |
| 8  | 00:02:02.504 | 4.33  | 12:23:24.919 |
| 9  | 00:01:23.745 | 4.32  | 12:25:20.651 |
| 10 | 00:01:56.247 | 4.33  | 12:27:17.144 |
| 11 | 00:01:55.743 | 4.32  | 12:29:12.887 |
| 12 | 00:01:58.244 | 4.33  | 12:31:11.131 |
| 13 | 00:01:59.241 | 4.33  | 12:33:10.372 |
| 14 | 00:01:59.492 | 4.33  | 12:35:09.864 |
| 15 | 00:01:59.244 | 4.33  | 12:37:09.108 |

**Laps:** 15

**Distance:** 6000

**Tot. Time:** 00:27:01.418

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

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**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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11

**Team:** Zena Runners**Name:** Zingarelli**Fraction:** 6

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:48.742 | 4.31  | 12:38:57.850 |
| 2  | 00:01:41.485 | 4.22  | 12:40:39.335 |
| 3  | 00:01:49.241 | 4.26  | 12:42:28.576 |
| 4  | 00:01:52.742 | 4.30  | 12:44:21.318 |
| 5  | 00:01:53.992 | 4.33  | 12:46:15.310 |
| 6  | 00:01:58.992 | 4.37  | 12:48:14.302 |
| 7  | 00:02:00.754 | 4.40  | 12:50:15.056 |
| 8  | 00:01:59.741 | 4.43  | 12:52:14.797 |
| 9  | 00:02:02.742 | 4.45  | 12:54:17.539 |
| 10 | 00:02:02.501 | 4.47  | 12:56:20.040 |
| 11 | 00:02:02.493 | 4.49  | 12:58:22.533 |
| 12 | 00:02:05.992 | 4.51  | 13:00:28.525 |
| 13 | 00:02:05.242 | 4.53  | 13:02:33.767 |
| 14 | 00:02:06.742 | 4.54  | 13:04:40.509 |
| 15 | 00:02:05.993 | 4.56  | 13:06:46.502 |

**Laps:** 15**Distance:** 6000**Tot. Time:** 00:29:37.394

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Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** Zena Runners

**Name:** Salvidio

**Fraction:** 4

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:02:10.503 | 5.26  | 11:40:05.062 |
| 2  | 00:01:53.236 | 5.04  | 11:41:58.298 |
| 3  | 00:01:55.243 | 4.59  | 11:43:53.541 |
| 4  | 00:01:53.744 | 4.55  | 11:45:47.285 |
| 5  | 00:01:54.493 | 4.53  | 11:47:41.778 |
| 6  | 00:01:56.493 | 4.53  | 11:49:38.271 |
| 7  | 00:01:58.246 | 4.53  | 11:51:36.517 |
| 8  | 00:01:57.492 | 4.53  | 11:53:34.009 |
| 9  | 00:01:52.745 | 4.52  | 11:55:26.754 |
| 10 | 00:01:55.496 | 4.51  | 11:57:22.250 |
| 11 | 00:01:54.745 | 4.51  | 11:59:16.995 |
| 12 | 00:01:51.993 | 4.50  | 12:01:08.988 |
| 13 | 00:01:52.244 | 4.49  | 12:03:01.232 |
| 14 | 00:01:53.745 | 4.49  | 12:04:54.977 |
| 15 | 00:01:53.494 | 4.48  | 12:06:48.471 |

**Laps:** 15

**Distance:** 6000

**Tot. Time:** 00:28:53.912

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Citta di Genova - 2

**Name:** Frezza

**Fraction:** 2

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:03:06.233 | 7.45  | 10:38:37.779 |
| 2  | 00:01:53.239 | 6.14  | 10:40:31.018 |
| 3  | 00:01:55.743 | 5.46  | 10:42:26.761 |
| 4  | 00:01:57.735 | 5.33  | 10:44:24.496 |
| 5  | 00:02:00.990 | 5.26  | 10:46:25.486 |
| 6  | 00:02:00.991 | 5.22  | 10:48:26.477 |
| 7  | 00:02:01.488 | 5.20  | 10:50:27.965 |
| 8  | 00:01:59.241 | 5.17  | 10:52:27.206 |
| 9  | 00:01:59.765 | 5.15  | 10:54:26.971 |
| 10 | 00:01:57.733 | 5.13  | 10:56:24.704 |
| 11 | 00:02:01.243 | 5.12  | 10:58:25.947 |
| 12 | 00:02:00.243 | 5.11  | 11:00:26.190 |
| 13 | 00:01:58.555 | 5.10  | 11:02:24.745 |
| 14 | 00:02:01.430 | 5.09  | 11:04:26.175 |
| 15 | 00:01:58.243 | 5.08  | 11:06:24.418 |

**Laps:** 15

**Distance:** 6000

**Tot. Time:** 00:30:52.872

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** CUG

**Name:** Torsani

**Fraction:** 8

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:56.992 | 4.52  | 13:40:02.864 |
| 2  | 00:01:50.992 | 4.44  | 13:41:53.856 |
| 3  | 00:01:53.754 | 4.44  | 13:43:47.610 |
| 4  | 00:01:44.246 | 4.38  | 13:45:31.856 |
| 5  | 00:01:42.743 | 4.34  | 13:47:14.599 |
| 6  | 00:01:49.994 | 4.34  | 13:49:04.593 |
| 7  | 00:01:54.244 | 4.36  | 13:50:58.837 |
| 8  | 00:01:52.743 | 4.36  | 13:52:51.580 |
| 9  | 00:01:53.222 | 4.37  | 13:54:44.802 |
| 10 | 00:01:59.017 | 4.39  | 13:56:43.819 |
| 11 | 00:02:04.741 | 4.42  | 13:58:48.560 |
| 12 | 00:02:08.992 | 4.45  | 14:00:57.552 |
| 13 | 00:02:10.007 | 4.48  | 14:03:07.559 |
| 14 | 00:02:03.703 | 4.50  | 14:05:11.262 |
| 15 | 00:02:04.750 | 4.51  | 14:07:16.012 |

**Laps:** 15

**Distance:** 6000

**Tot. Time:** 00:29:10.140

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE



**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Atletica Levante - 3

**Name:** Pichetto

**Fraction:** 4

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:39.994 | 4.09  | 11:40:03.302 |
| 2  | 00:01:58.994 | 4.33  | 11:42:02.296 |
| 3  | 00:01:58.746 | 4.41  | 11:44:01.042 |
| 4  | 00:02:00.242 | 4.46  | 11:46:01.284 |
| 5  | 00:01:59.993 | 4.48  | 11:48:01.277 |
| 6  | 00:02:00.993 | 4.51  | 11:50:02.270 |
| 7  | 00:02:00.745 | 4.52  | 11:52:03.015 |
| 8  | 00:02:01.242 | 4.54  | 11:54:04.257 |
| 9  | 00:02:00.994 | 4.54  | 11:56:05.251 |
| 10 | 00:02:00.496 | 4.55  | 11:58:05.747 |
| 11 | 00:02:02.994 | 4.56  | 12:00:08.741 |
| 12 | 00:02:03.744 | 4.57  | 12:02:12.485 |
| 13 | 00:02:04.744 | 4.58  | 12:04:17.229 |
| 14 | 00:02:01.993 | 4.59  | 12:06:19.222 |
| 15 | 00:02:04.993 | 5.00  | 12:08:24.215 |

**Laps:** 15

**Distance:** 6000

**Tot. Time:** 00:30:00.907

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Maratoneti Tigullio - 2

**Name:** Cimonetti

**Fraction:** 9

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:40.493 | 4.11  | 15:09:59.460 |
| 2  | 00:01:59.242 | 4.34  | 15:11:58.702 |
| 3  | 00:02:00.241 | 4.43  | 15:13:58.943 |
| 4  | 00:01:58.003 | 4.46  | 15:15:56.946 |
| 5  | 00:01:57.479 | 4.47  | 15:17:54.425 |
| 6  | 00:01:56.742 | 4.48  | 15:19:51.167 |
| 7  | 00:01:57.502 | 4.49  | 15:21:48.669 |
| 8  | 00:01:57.470 | 4.49  | 15:23:46.139 |
| 9  | 00:01:56.990 | 4.50  | 15:25:43.129 |
| 10 | 00:01:57.983 | 4.50  | 15:27:41.112 |
| 11 | 00:01:57.995 | 4.50  | 15:29:39.107 |
| 12 | 00:01:56.733 | 4.51  | 15:31:35.840 |
| 13 | 00:01:56.738 | 4.51  | 15:33:32.578 |
| 14 | 00:01:57.490 | 4.51  | 15:35:30.068 |
| 15 | 00:01:56.989 | 4.51  | 15:37:27.057 |

**Laps:** 15

**Distance:** 6000

**Tot. Time:** 00:29:08.090

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** Maratoneti Tigullio - 3

**Name:** DeLucchi

**Fraction:** 3

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:02:00.244 | 5.00  | 11:09:22.659 |
| 2  | 00:02:00.491 | 5.00  | 11:11:23.150 |
| 3  | 00:02:03.993 | 5.03  | 11:13:27.143 |
| 4  | 00:02:01.743 | 5.04  | 11:15:28.886 |
| 5  | 00:02:01.491 | 5.03  | 11:17:30.377 |
| 6  | 00:02:02.742 | 5.04  | 11:19:33.119 |
| 7  | 00:02:04.496 | 5.05  | 11:21:37.615 |
| 8  | 00:02:05.739 | 5.06  | 11:23:43.354 |
| 9  | 00:02:04.740 | 5.07  | 11:25:48.094 |
| 10 | 00:02:04.492 | 5.07  | 11:27:52.586 |
| 11 | 00:02:03.992 | 5.07  | 11:29:56.578 |
| 12 | 00:02:04.994 | 5.08  | 11:32:01.572 |
| 13 | 00:02:05.242 | 5.08  | 11:34:06.814 |
| 14 | 00:02:04.995 | 5.08  | 11:36:11.809 |
| 15 | 00:02:04.258 | 5.08  | 11:38:16.067 |

**Laps:** 15

**Distance:** 6000

**Tot. Time:** 00:30:53.652

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Atletica Levante - 3

**Name:** Masi

**Fraction:** 7

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:03:10.989 | 7.57  | 13:08:38.245 |
| 2  | 00:01:39.995 | 6.03  | 13:10:18.240 |
| 3  | 00:01:50.743 | 5.34  | 13:12:08.983 |
| 4  | 00:01:55.744 | 5.23  | 13:14:04.727 |
| 5  | 00:02:00.243 | 5.18  | 13:16:04.970 |
| 6  | 00:02:01.990 | 5.16  | 13:18:06.960 |
| 7  | 00:02:01.991 | 5.14  | 13:20:08.951 |
| 8  | 00:02:03.485 | 5.14  | 13:22:12.436 |
| 9  | 00:02:05.740 | 5.14  | 13:24:18.176 |
| 10 | 00:02:06.739 | 5.14  | 13:26:24.915 |
| 11 | 00:02:06.495 | 5.14  | 13:28:31.410 |
| 12 | 00:02:05.489 | 5.14  | 13:30:36.899 |
| 13 | 00:02:08.484 | 5.15  | 13:32:45.383 |
| 14 | 00:02:06.740 | 5.15  | 13:34:52.123 |
| 15 | 00:02:06.989 | 5.15  | 13:36:59.112 |

**Laps:** 15

**Distance:** 6000

**Tot. Time:** 00:31:31.856

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** Citta di Genova - 1

**Name:** Frezza

**Fraction:** 9

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:02:19.482 | 5.50  | 14:38:57.023 |
| 2  | 00:01:49.744 | 5.11  | 14:40:46.767 |
| 3  | 00:01:53.241 | 5.02  | 14:42:40.008 |
| 4  | 00:01:49.996 | 4.56  | 14:44:30.004 |
| 5  | 00:01:46.486 | 4.50  | 14:46:16.490 |
| 6  | 00:01:48.488 | 4.47  | 14:48:04.978 |
| 7  | 00:01:47.491 | 4.44  | 14:49:52.469 |
| 8  | 00:01:49.742 | 4.42  | 14:51:42.211 |
| 9  | 00:01:51.240 | 4.43  | 14:53:33.451 |
| 10 | 00:01:50.757 | 4.42  | 14:55:24.208 |
| 11 | 00:01:51.243 | 4.42  | 14:57:15.451 |
| 12 | 00:01:54.994 | 4.41  | 14:59:10.445 |
| 13 | 00:01:51.993 | 4.41  | 15:01:02.438 |
| 14 | 00:01:51.743 | 4.41  | 15:02:54.181 |
| 15 | 00:01:51.744 | 4.41  | 15:04:45.925 |
| 16 | 00:01:51.003 | 4.41  | 15:06:36.928 |

**Laps:** 16

**Distance:** 6400

**Tot. Time:** 00:32:50.126

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Zena Runners

**Name:** Finauri

**Fraction:** 8

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:02:12.808 | 6.32  | 13:38:46.507 |
| 2  | 00:02:07.418 | 6.14  | 13:40:31.018 |
| 3  | 00:02:05.175 | 5.46  | 13:42:26.761 |
| 4  | 00:02:06.745 | 5.33  | 13:44:24.496 |
| 5  | 00:02:05.190 | 5.26  | 13:46:25.486 |
| 6  | 00:02:06.947 | 5.22  | 13:48:26.477 |
| 7  | 00:02:05.704 | 5.20  | 13:50:27.965 |
| 8  | 00:02:05.971 | 5.17  | 13:52:27.206 |
| 9  | 00:02:05.206 | 5.15  | 13:54:26.971 |
| 10 | 00:02:04.965 | 5.13  | 13:56:24.704 |
| 11 | 00:02:07.477 | 5.12  | 13:58:25.947 |
| 12 | 00:02:06.486 | 5.11  | 14:00:26.190 |
| 13 | 00:02:01.496 | 5.10  | 14:02:24.745 |
| 14 | 00:02:03.761 | 5.09  | 14:04:26.175 |
| 15 | 00:01:54.018 | 5.08  | 14:06:24.418 |
| 16 | 00:01:57.796 | 5.08  | 14:07:41.418 |

**Laps:** 16

**Distance:** 6400

**Tot. Time:** 00:28:12.808

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

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**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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11

**Team:** Maratoneti Tigullio - 2**Name:** Bafico**Fraction:** 4

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:45.735 | 4.24  | 12:39:49.588 |
| 2  | 00:01:51.242 | 4.31  | 12:41:40.830 |
| 3  | 00:01:53.242 | 4.35  | 12:43:34.072 |
| 4  | 00:01:53.247 | 4.37  | 12:45:27.319 |
| 5  | 00:01:54.486 | 4.38  | 12:47:21.805 |
| 6  | 00:01:55.992 | 4.40  | 12:49:17.797 |
| 7  | 00:01:56.014 | 4.42  | 12:51:13.811 |
| 8  | 00:01:55.233 | 4.42  | 12:53:09.044 |
| 9  | 00:01:57.745 | 4.44  | 12:55:06.789 |
| 10 | 00:01:58.248 | 4.45  | 12:57:05.037 |
| 11 | 00:01:58.743 | 4.46  | 12:59:03.780 |
| 12 | 00:01:57.743 | 4.47  | 13:01:01.523 |
| 13 | 00:01:58.742 | 4.47  | 13:03:00.265 |
| 14 | 00:01:59.993 | 4.48  | 13:05:00.258 |
| 15 | 00:01:59.993 | 4.49  | 13:07:00.251 |

**Laps:** 15**Distance:** 6000**Tot. Time:** 00:28:56.398

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Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** Maratoneti Tigullio - 3

**Name:** Prinapori

**Fraction:** 7

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:02:02.480 | 5.06  | 14:09:43.229 |
| 2  | 00:01:51.490 | 4.52  | 14:11:34.719 |
| 3  | 00:01:58.991 | 4.54  | 14:13:33.710 |
| 4  | 00:01:58.999 | 4.54  | 14:15:32.709 |
| 5  | 00:01:58.229 | 4.55  | 14:17:30.938 |
| 6  | 00:02:00.998 | 4.56  | 14:19:31.936 |
| 7  | 00:02:00.991 | 4.57  | 14:21:32.927 |
| 8  | 00:02:01.740 | 4.58  | 14:23:34.667 |
| 9  | 00:02:01.247 | 4.58  | 14:25:35.914 |
| 10 | 00:02:01.741 | 4.59  | 14:27:37.655 |
| 11 | 00:02:02.741 | 4.59  | 14:29:40.396 |
| 12 | 00:02:02.991 | 5.00  | 14:31:43.387 |
| 13 | 00:02:03.741 | 5.01  | 14:33:47.128 |
| 14 | 00:02:03.740 | 5.01  | 14:35:50.868 |
| 15 | 00:02:03.751 | 5.02  | 14:37:54.619 |

**Laps:** 15

**Distance:** 6000

**Tot. Time:** 00:30:13.870

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE



**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Atletica Levante - 3

**Name:** Brunella Clementina

**Fraction:** 11

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:44.493 | 4.21  | 15:08:45.716 |
| 2  | 00:01:52.742 | 4.31  | 15:10:38.458 |
| 3  | 00:01:50.991 | 4.33  | 15:12:29.449 |
| 4  | 00:01:59.992 | 4.40  | 15:14:29.441 |
| 5  | 00:02:03.491 | 4.45  | 15:16:32.932 |
| 6  | 00:02:12.742 | 4.53  | 15:18:45.674 |
| 7  | 00:02:15.744 | 5.00  | 15:21:01.418 |
| 8  | 00:02:12.866 | 5.04  | 15:23:14.284 |
| 9  | 00:02:10.347 | 5.06  | 15:25:24.631 |
| 10 | 00:02:01.236 | 5.06  | 15:27:25.867 |
| 11 | 00:02:12.984 | 5.08  | 15:29:38.851 |
| 12 | 00:02:07.239 | 5.09  | 15:31:46.090 |
| 13 | 00:02:06.486 | 5.09  | 15:33:52.576 |
| 14 | 00:02:09.738 | 5.10  | 15:36:02.314 |
| 15 | 00:02:01.489 | 5.10  | 15:38:03.803 |

**Laps:** 15

**Distance:** 6000

**Tot. Time:** 00:31:02.580

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Atletica Levante - 2

**Name:** Paronuzzi

**Fraction:** 10

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:48.742 | 4.31  | 14:39:21.353 |
| 2  | 00:01:58.241 | 4.43  | 14:41:19.594 |
| 3  | 00:02:01.241 | 4.50  | 14:43:20.835 |
| 4  | 00:01:56.990 | 4.50  | 14:45:17.825 |
| 5  | 00:01:55.240 | 4.50  | 14:47:13.065 |
| 6  | 00:02:00.741 | 4.52  | 14:49:13.806 |
| 7  | 00:01:57.001 | 4.52  | 14:51:10.807 |
| 8  | 00:02:02.730 | 4.54  | 14:53:13.537 |
| 9  | 00:01:58.991 | 4.54  | 14:55:12.528 |
| 10 | 00:02:04.240 | 4.56  | 14:57:16.768 |
| 11 | 00:02:01.240 | 4.56  | 14:59:18.008 |
| 12 | 00:02:03.241 | 4.57  | 15:01:21.249 |
| 13 | 00:02:00.251 | 4.57  | 15:03:21.500 |
| 14 | 00:01:49.231 | 4.56  | 15:05:10.731 |
| 15 | 00:01:53.741 | 4.55  | 15:07:04.472 |

**Laps:** 15

**Distance:** 6000

**Tot. Time:** 00:29:31.861

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Atletica Levante - 3

**Name:** Pessi

**Fraction:** 12

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:49.500 | 4.33  | 15:39:53.303 |
| 2  | 00:01:49.481 | 4.33  | 15:41:42.784 |
| 3  | 00:01:58.738 | 4.41  | 15:43:41.522 |
| 4  | 00:02:01.239 | 4.46  | 15:45:42.761 |
| 5  | 00:02:04.488 | 4.51  | 15:47:47.249 |
| 6  | 00:02:06.989 | 4.56  | 15:49:54.238 |
| 7  | 00:02:09.436 | 4.59  | 15:52:03.674 |
| 8  | 00:02:11.051 | 5.03  | 15:54:14.725 |
| 9  | 00:02:15.488 | 5.07  | 15:56:30.213 |
| 10 | 00:02:12.750 | 5.09  | 15:58:42.963 |
| 11 | 00:02:16.473 | 5.12  | 16:00:59.436 |
| 12 | 00:02:10.738 | 5.13  | 16:03:10.174 |
| 13 | 00:02:15.510 | 5.15  | 16:05:25.684 |
| 14 | 00:02:15.000 | 5.17  | 16:07:40.684 |
| 15 | 00:01:55.728 | 5.15  | 16:09:36.412 |

**Laps:** 15

**Distance:** 6000

**Tot. Time:** 00:31:32.609

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Citta di Genova - 1

**Name:** Roncone

**Fraction:** 11

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:02:21.987 | 5.54  | 15:41:02.437 |
| 2  | 00:01:54.739 | 5.20  | 15:43:06.989 |
| 3  | 00:01:58.739 | 5.12  | 15:45:08.418 |
| 4  | 00:01:59.989 | 5.09  | 15:46:12.489 |
| 5  | 00:01:57.489 | 5.06  | 15:48:11.986 |
| 6  | 00:01:56.989 | 5.04  | 15:50:08.490 |
| 7  | 00:01:58.489 | 5.03  | 15:52:06.758 |
| 8  | 00:01:59.751 | 5.02  | 15:54:04.752 |
| 9  | 00:02:00.740 | 5.02  | 15:56:03.481 |
| 10 | 00:02:01.489 | 5.02  | 15:58:03.000 |
| 11 | 00:02:02.986 | 5.03  | 16:00:04.489 |
| 12 | 00:02:01.490 | 5.03  | 16:02:56.585 |
| 13 | 00:02:05.758 | 5.03  | 16:04:57.685 |
| 14 | 00:02:04.752 | 5.04  | 16:07:02.437 |
| 15 | 00:01:57.481 | 5.03  | 16:08:59.918 |

**Laps:** 15

**Distance:** 6000

**Tot. Time:** 00:30:22.868

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Citta di Genova - 2

**Name:** Raso

**Fraction:** 10

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:24.244 | 3.30  | 14:38:48.856 |
| 2  | 00:01:59.241 | 4.14  | 14:40:48.097 |
| 3  | 00:02:04.739 | 4.33  | 14:42:52.836 |
| 4  | 00:02:04.990 | 4.43  | 14:44:57.826 |
| 5  | 00:02:03.490 | 4.48  | 14:47:01.316 |
| 6  | 00:02:00.741 | 4.50  | 14:49:02.057 |
| 7  | 00:02:00.991 | 4.52  | 14:51:03.048 |
| 8  | 00:01:59.240 | 4.53  | 14:53:02.288 |
| 9  | 00:02:00.490 | 4.53  | 14:55:02.778 |
| 10 | 00:02:00.242 | 4.54  | 14:57:03.020 |
| 11 | 00:02:02.489 | 4.55  | 14:59:05.509 |
| 12 | 00:02:01.994 | 4.56  | 15:01:07.503 |
| 13 | 00:01:59.738 | 4.56  | 15:03:07.241 |
| 14 | 00:02:00.990 | 4.57  | 15:05:08.231 |
| 15 | 00:02:00.501 | 4.57  | 15:07:08.732 |

**Laps:** 15

**Distance:** 6000

**Tot. Time:** 00:29:44.120

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** Zena Runners

**Name:** Russo

**Fraction:** 2

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:45.203 | 5.29  | 10:39:12.275 |
| 2  | 00:01:42.533 | 4.15  | 10:40:54.766 |
| 3  | 00:01:47.591 | 4.19  | 10:42:42.259 |
| 4  | 00:01:47.092 | 4.21  | 10:44:29.244 |
| 5  | 00:01:46.791 | 4.22  | 10:46:15.986 |
| 6  | 00:01:47.592 | 4.23  | 10:48:03.479 |
| 7  | 00:01:47.041 | 4.24  | 10:49:50.468 |
| 8  | 00:01:47.031 | 4.24  | 10:51:37.460 |
| 9  | 00:01:48.542 | 4.25  | 10:53:25.952 |
| 10 | 00:01:49.090 | 4.26  | 10:55:14.959 |
| 11 | 00:01:49.281 | 4.26  | 10:57:04.202 |
| 12 | 00:01:49.540 | 4.27  | 10:58:53.705 |
| 13 | 00:01:47.098 | 4.27  | 11:00:40.689 |
| 14 | 00:01:48.579 | 4.27  | 11:02:29.182 |
| 15 | 00:01:48.290 | 4.27  | 11:04:17.429 |
| 16 | 00:01:48.532 | 4.28  | 11:06:05.961 |
| 17 | 00:01:47.702 | 4.28  | 11:07:53.663 |

**Laps:** 17

**Distance:** 6800

**Tot. Time:** 00:31:52.828

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Atletica Levante - 3

**Name:** Olivari

**Fraction:** 8

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:02:01.757 | 5.04  | 13:39:00.869 |
| 2  | 00:01:54.491 | 4.55  | 13:40:55.360 |
| 3  | 00:01:58.753 | 4.55  | 13:42:54.113 |
| 4  | 00:02:03.745 | 4.59  | 13:44:57.858 |
| 5  | 00:02:04.491 | 5.01  | 13:47:02.349 |
| 6  | 00:02:02.500 | 5.02  | 13:49:04.849 |
| 7  | 00:02:05.488 | 5.04  | 13:51:10.337 |
| 8  | 00:02:08.502 | 5.06  | 13:53:18.839 |
| 9  | 00:02:07.233 | 5.07  | 13:55:26.072 |
| 10 | 00:02:06.743 | 5.08  | 13:57:32.815 |
| 11 | 00:02:12.491 | 5.10  | 13:59:45.306 |
| 12 | 00:02:10.242 | 5.11  | 14:01:55.548 |
| 13 | 00:02:09.969 | 5.12  | 14:04:05.517 |
| 14 | 00:02:07.739 | 5.13  | 14:06:13.256 |

**Laps:** 14

**Distance:** 5600

**Tot. Time:** 00:29:14.144

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Maratoneti Tigullio - 3

**Name:** Oneto

**Fraction:** 2

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:02:00.236 | 5.00  | 10:39:08.775 |
| 2  | 00:02:07.240 | 5.09  | 10:41:16.015 |
| 3  | 00:02:11.736 | 5.16  | 10:43:27.751 |
| 4  | 00:02:12.738 | 5.19  | 10:45:40.489 |
| 5  | 00:02:11.240 | 5.21  | 10:47:51.729 |
| 6  | 00:02:08.738 | 5.21  | 10:50:00.467 |
| 7  | 00:02:10.740 | 5.22  | 10:52:11.207 |
| 8  | 00:02:09.505 | 5.22  | 10:54:20.712 |
| 9  | 00:02:08.992 | 5.22  | 10:56:29.704 |
| 10 | 00:02:08.992 | 5.22  | 10:58:38.696 |
| 11 | 00:02:10.242 | 5.22  | 11:00:48.938 |
| 12 | 00:02:11.003 | 5.23  | 11:02:59.941 |
| 13 | 00:02:10.232 | 5.23  | 11:05:10.173 |
| 14 | 00:02:12.242 | 5.23  | 11:07:22.415 |

**Laps:** 14

**Distance:** 5600

**Tot. Time:** 00:30:13.876

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE



12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** Maratoneti Tigullio - 3

**Name:** Canata

**Fraction:** 5

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:58.736 | 4.56  | 12:39:17.592 |
| 2  | 00:01:49.742 | 4.45  | 12:41:07.334 |
| 3  | 00:02:02.739 | 4.52  | 12:43:10.073 |
| 4  | 00:02:05.492 | 4.57  | 12:45:15.565 |
| 5  | 00:02:08.251 | 5.02  | 12:47:23.816 |
| 6  | 00:02:05.481 | 5.04  | 12:49:29.297 |
| 7  | 00:02:10.752 | 5.07  | 12:51:40.049 |
| 8  | 00:02:08.493 | 5.09  | 12:53:48.542 |
| 9  | 00:02:10.748 | 5.11  | 12:55:59.290 |
| 10 | 00:02:09.243 | 5.12  | 12:58:08.533 |
| 11 | 00:02:10.245 | 5.13  | 13:00:18.778 |
| 12 | 00:02:07.489 | 5.14  | 13:02:26.267 |
| 13 | 00:02:08.492 | 5.14  | 13:04:34.759 |
| 14 | 00:02:07.243 | 5.14  | 13:06:42.002 |

**Laps:** 14

**Distance:** 5600

**Tot. Time:** 00:29:23.146

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** CUG

**Name:** Giaufret

**Fraction:** 6

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:42.742 | 4.16  | 12:39:06.598 |
| 2  | 00:02:12.733 | 4.54  | 12:41:19.331 |
| 3  | 00:02:13.241 | 5.07  | 12:43:32.572 |
| 4  | 00:02:11.491 | 5.12  | 12:45:44.063 |
| 5  | 00:02:12.240 | 5.16  | 12:47:56.303 |
| 6  | 00:02:12.752 | 5.18  | 12:50:09.055 |
| 7  | 00:02:16.242 | 5.21  | 12:52:25.297 |
| 8  | 00:02:10.991 | 5.22  | 12:54:36.288 |
| 9  | 00:02:10.500 | 5.23  | 12:56:46.788 |
| 10 | 00:02:09.743 | 5.23  | 12:58:56.531 |
| 11 | 00:02:12.991 | 5.24  | 13:01:09.522 |
| 12 | 00:02:11.491 | 5.24  | 13:03:21.013 |
| 13 | 00:02:11.749 | 5.24  | 13:05:32.762 |
| 14 | 00:02:09.493 | 5.24  | 13:07:42.255 |

**Laps:** 14

**Distance:** 5600

**Tot. Time:** 00:30:18.399

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** Citta di Genova - 3

**Name:** Casella

**Fraction:** 6

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:35.736 | 3.59  | 12:39:24.590 |
| 2  | 00:01:37.492 | 4.01  | 12:41:02.082 |
| 3  | 00:01:53.242 | 4.15  | 12:42:55.324 |
| 4  | 00:01:56.492 | 4.24  | 12:44:51.816 |
| 5  | 00:02:01.742 | 4.32  | 12:46:53.558 |
| 6  | 00:01:59.741 | 4.36  | 12:48:53.299 |
| 7  | 00:02:07.253 | 4.42  | 12:51:00.552 |
| 8  | 00:02:09.742 | 4.47  | 12:53:10.294 |
| 9  | 00:02:12.998 | 4.52  | 12:55:23.292 |
| 10 | 00:02:14.493 | 4.57  | 12:57:37.785 |
| 11 | 00:02:18.243 | 5.01  | 12:59:56.028 |
| 12 | 00:02:19.239 | 5.05  | 13:02:15.267 |
| 13 | 00:02:14.244 | 5.07  | 13:04:29.511 |
| 14 | 00:02:12.752 | 5.09  | 13:06:42.263 |

**Laps:** 14

**Distance:** 5600

**Tot. Time:** 00:28:53.409

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** CUG

**Name:** Moelders

**Fraction:** 10

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:41.982 | 4.14  | 14:39:12.853 |
| 2  | 00:02:00.241 | 4.37  | 14:41:13.094 |
| 3  | 00:02:06.491 | 4.50  | 14:43:19.585 |
| 4  | 00:02:02.993 | 4.54  | 14:45:22.578 |
| 5  | 00:02:07.486 | 4.59  | 14:47:30.064 |
| 6  | 00:02:09.001 | 5.03  | 14:49:39.065 |
| 7  | 00:02:12.979 | 5.07  | 14:51:52.044 |
| 8  | 00:02:14.989 | 5.11  | 14:54:07.033 |
| 9  | 00:02:16.243 | 5.14  | 14:56:23.276 |
| 10 | 00:02:17.485 | 5.17  | 14:58:40.761 |
| 11 | 00:02:18.491 | 5.20  | 15:00:59.252 |
| 12 | 00:02:17.488 | 5.22  | 15:03:16.740 |
| 13 | 00:02:24.489 | 5.25  | 15:05:41.229 |
| 14 | 00:02:20.489 | 5.26  | 15:08:01.718 |

**Laps:** 14

**Distance:** 5600

**Tot. Time:** 00:30:30.847

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** CUG

**Name:** Guerrini

**Fraction:** 11

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:59.742 | 4.59  | 15:10:01.460 |
| 2  | 00:01:49.993 | 4.47  | 15:11:51.453 |
| 3  | 00:01:59.241 | 4.50  | 15:13:50.694 |
| 4  | 00:02:03.241 | 4.55  | 15:15:53.935 |
| 5  | 00:02:08.490 | 5.00  | 15:18:02.425 |
| 6  | 00:02:08.240 | 5.03  | 15:20:10.665 |
| 7  | 00:02:05.232 | 5.05  | 15:22:15.897 |
| 8  | 00:02:06.742 | 5.06  | 15:24:22.639 |
| 9  | 00:02:07.237 | 5.07  | 15:26:29.876 |
| 10 | 00:02:08.730 | 5.09  | 15:28:38.606 |
| 11 | 00:02:10.239 | 5.10  | 15:30:48.845 |
| 12 | 00:02:11.986 | 5.12  | 15:33:00.831 |
| 13 | 00:02:08.748 | 5.13  | 15:35:09.579 |
| 14 | 00:02:06.978 | 5.13  | 15:37:16.557 |

**Laps:** 14

**Distance:** 5600

**Tot. Time:** 00:29:14.839

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Maratoneti Tigullio - 2

**Name:** Sanguineti

**Fraction:** 7

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:39.234 | 4.08  | 14:10:10.229 |
| 2  | 00:01:57.737 | 4.31  | 14:12:07.966 |
| 3  | 00:02:00.990 | 4.41  | 14:14:08.956 |
| 4  | 00:02:00.240 | 4.46  | 14:16:09.196 |
| 5  | 00:01:59.489 | 4.48  | 14:18:08.685 |
| 6  | 00:02:01.249 | 4.51  | 14:20:09.934 |
| 7  | 00:02:01.490 | 4.53  | 14:22:11.424 |
| 8  | 00:02:01.990 | 4.54  | 14:24:13.414 |
| 9  | 00:02:02.497 | 4.55  | 14:26:15.911 |
| 10 | 00:02:03.991 | 4.57  | 14:28:19.902 |
| 11 | 00:02:06.740 | 4.59  | 14:30:26.642 |
| 12 | 00:02:08.242 | 5.00  | 14:32:34.884 |
| 13 | 00:02:05.990 | 5.01  | 14:34:40.874 |
| 14 | 00:02:06.740 | 5.02  | 14:36:47.614 |

**Laps:** 14

**Distance:** 5600

**Tot. Time:** 00:28:16.619

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Maratoneti Tigullio - 3

**Name:** RealMolina

**Fraction:** 1

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:41.306 | 4.13  | 10:10:08.424 |
| 2  | 00:01:59.970 | 4.36  | 10:12:08.394 |
| 3  | 00:02:01.509 | 4.45  | 10:14:09.903 |
| 4  | 00:02:02.991 | 4.51  | 10:16:12.894 |
| 5  | 00:02:06.490 | 4.56  | 10:18:19.384 |
| 6  | 00:02:06.240 | 4.59  | 10:20:25.624 |
| 7  | 00:02:04.491 | 5.01  | 10:22:30.115 |
| 8  | 00:02:04.991 | 5.02  | 10:24:35.106 |
| 9  | 00:02:05.741 | 5.03  | 10:26:40.847 |
| 10 | 00:02:05.482 | 5.04  | 10:28:46.329 |
| 11 | 00:02:05.241 | 5.05  | 10:30:51.570 |
| 12 | 00:02:04.988 | 5.06  | 10:32:56.558 |
| 13 | 00:02:06.001 | 5.06  | 10:35:02.559 |
| 14 | 00:02:05.980 | 5.07  | 10:37:08.539 |

**Laps:** 14

**Distance:** 5600

**Tot. Time:** 00:28:41.421

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** CUG

**Name:** Moelders

**Fraction:** 7

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:02:01.747 | 5.04  | 13:09:44.002 |
| 2  | 00:01:56.733 | 4.58  | 13:11:40.735 |
| 3  | 00:02:05.744 | 5.03  | 13:13:46.479 |
| 4  | 00:02:06.743 | 5.06  | 13:15:53.222 |
| 5  | 00:02:07.239 | 5.09  | 13:18:00.461 |
| 6  | 00:02:08.740 | 5.11  | 13:20:09.201 |
| 7  | 00:02:12.984 | 5.14  | 13:22:22.185 |
| 8  | 00:02:10.249 | 5.15  | 13:24:32.434 |
| 9  | 00:02:11.739 | 5.17  | 13:26:44.173 |
| 10 | 00:02:12.984 | 5.18  | 13:28:57.157 |
| 11 | 00:02:13.490 | 5.20  | 13:31:10.647 |
| 12 | 00:02:13.233 | 5.21  | 13:33:23.880 |
| 13 | 00:02:15.739 | 5.22  | 13:35:39.619 |
| 14 | 00:02:26.253 | 5.25  | 13:38:05.872 |

**Laps:** 14

**Distance:** 5600

**Tot. Time:** 00:30:23.617

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE



12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** Zena Runners

**Name:** Cane

**Fraction:** 3

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:09.389 | 4.55  | 11:09:36.407 |
| 2  | 00:02:11.242 | 4.52  | 11:11:47.648 |
| 3  | 00:02:19.791 | 5.11  | 11:14:07.390 |
| 4  | 00:02:19.542 | 5.20  | 11:16:26.882 |
| 5  | 00:02:20.291 | 5.26  | 11:18:47.122 |
| 6  | 00:02:21.541 | 5.31  | 11:21:08.613 |
| 7  | 00:02:22.741 | 5.34  | 11:23:31.354 |
| 8  | 00:02:23.541 | 5.27  | 11:25:54.844 |
| 9  | 00:02:24.092 | 5.40  | 11:28:18.835 |
| 10 | 00:02:23.539 | 5.42  | 11:30:42.325 |
| 11 | 00:02:23.704 | 5.43  | 11:33:06.071 |
| 12 | 00:02:23.092 | 5.44  | 11:35:29.059 |
| 13 | 00:02:25.591 | 5.46  | 11:37:54.559 |

**Laps:** 13

**Distance:** 5200

**Tot. Time:** 00:29:51.551

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** Citta di Genova - 3

**Name:** Bagnasco

**Fraction:** 3

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:22.994 | 3.27  | 11:09:09.658 |
| 2  | 00:01:49.994 | 4.01  | 11:10:59.652 |
| 3  | 00:02:03.992 | 4.24  | 11:13:03.644 |
| 4  | 00:02:07.492 | 4.37  | 11:15:11.136 |
| 5  | 00:02:07.992 | 4.46  | 11:17:19.128 |
| 6  | 00:02:08.242 | 4.51  | 11:19:27.370 |
| 7  | 00:02:09.751 | 4.56  | 11:21:37.121 |
| 8  | 00:02:10.982 | 5.00  | 11:23:48.103 |
| 9  | 00:02:13.000 | 5.04  | 11:26:01.103 |
| 10 | 00:02:12.992 | 5.06  | 11:28:14.095 |
| 11 | 00:02:16.731 | 5.10  | 11:30:30.826 |
| 12 | 00:02:17.743 | 5.12  | 11:32:48.569 |
| 13 | 00:02:16.991 | 5.15  | 11:35:05.560 |
| 14 | 00:02:23.000 | 5.18  | 11:37:28.560 |

**Laps:** 14

**Distance:** 5600

**Tot. Time:** 00:29:41.896

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** CUG

**Name:** Giaufret

**Fraction:** 4

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:02:22.241 | 5.55  | 11:38:43.306 |
| 2  | 00:02:01.994 | 5.30  | 11:40:45.300 |
| 3  | 00:02:05.243 | 5.24  | 11:42:50.543 |
| 4  | 00:02:08.493 | 5.23  | 11:44:59.036 |
| 5  | 00:02:08.244 | 5.23  | 11:47:07.280 |
| 6  | 00:02:08.743 | 5.22  | 11:49:16.023 |
| 7  | 00:02:07.743 | 5.22  | 11:51:23.766 |
| 8  | 00:02:08.993 | 5.22  | 11:53:32.759 |
| 9  | 00:02:08.743 | 5.22  | 11:55:41.502 |
| 10 | 00:02:10.006 | 5.22  | 11:57:51.508 |
| 11 | 00:02:07.234 | 5.22  | 11:59:58.742 |
| 12 | 00:02:08.493 | 5.22  | 12:02:07.235 |
| 13 | 00:02:10.744 | 5.22  | 12:04:17.979 |
| 14 | 00:02:12.754 | 5.23  | 12:06:30.733 |

**Laps:** 14

**Distance:** 5600

**Tot. Time:** 00:30:09.668

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Zena Runners

**Name:** Rjeder

**Fraction:** 7

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:02:04.243 | 5.10  | 13:08:50.745 |
| 2  | 00:01:52.743 | 4.56  | 13:10:43.488 |
| 3  | 00:01:57.244 | 4.55  | 13:12:40.732 |
| 4  | 00:01:56.243 | 4.54  | 13:14:36.975 |
| 5  | 00:01:58.503 | 4.54  | 13:16:35.478 |
| 6  | 00:01:58.481 | 4.54  | 13:18:33.959 |
| 7  | 00:01:59.740 | 4.55  | 13:20:33.699 |
| 8  | 00:02:00.740 | 4.56  | 13:23:32.759 |
| 9  | 00:02:03.781 | 4.57  | 13:25:41.502 |
| 10 | 00:02:01.503 | 4.56  | 13:27:51.508 |
| 11 | 00:02:02.543 | 4.56  | 13:29:58.742 |
| 12 | 00:02:04.044 | 4.57  | 13:32:07.235 |
| 13 | 00:02:04.243 | 4.57  | 13:34:17.979 |
| 14 | 00:02:04.743 | 4.57  | 13:36:30.733 |
| 15 | 00:02:03.241 | 4.57  | 13:38:33.733 |

**Laps:** 15

**Distance:** 6000

**Tot. Time:** 00:32:04.243

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

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**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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11

**Team:** Atletica Levante - 3**Name:** Varese**Fraction:** 5

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:02:02.994 | 5.07  | 12:10:27.209 |
| 2  | 00:02:05.993 | 5.11  | 12:12:33.202 |
| 3  | 00:02:06.743 | 5.13  | 12:14:39.945 |
| 4  | 00:02:05.745 | 5.13  | 12:16:45.690 |
| 5  | 00:02:07.235 | 5.14  | 12:18:52.925 |
| 6  | 00:02:07.241 | 5.14  | 12:21:00.166 |
| 7  | 00:02:11.742 | 5.17  | 12:23:11.908 |
| 8  | 00:02:13.242 | 5.19  | 12:25:25.150 |
| 9  | 00:02:18.742 | 5.22  | 12:27:43.892 |
| 10 | 00:02:18.991 | 5.24  | 12:30:02.883 |
| 11 | 00:02:14.252 | 5.25  | 12:32:17.135 |
| 12 | 00:02:08.732 | 5.25  | 12:34:25.867 |
| 13 | 00:02:17.742 | 5.26  | 12:36:43.609 |

**Laps:** 13**Distance:** 5200**Tot. Time:** 00:28:19.394

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Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** Maratoneti Tigullio - 2

**Name:** Sivori

**Fraction:** 2

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:55.241 | 4.48  | 11:10:15.655 |
| 2  | 00:01:48.494 | 4.39  | 11:12:04.149 |
| 3  | 00:01:57.491 | 4.44  | 11:14:01.640 |
| 4  | 00:02:01.744 | 4.49  | 11:16:03.384 |
| 5  | 00:02:04.491 | 4.53  | 11:18:07.875 |
| 6  | 00:02:07.492 | 4.57  | 11:20:15.367 |
| 7  | 00:02:08.742 | 5.01  | 11:22:24.109 |
| 8  | 00:02:21.989 | 5.03  | 11:26:36.341 |
| 9  | 00:02:09.751 | 5.02  | 11:28:46.092 |
| 10 | 00:02:08.733 | 5.02  | 11:30:54.825 |
| 11 | 00:02:11.243 | 5.02  | 11:33:06.068 |
| 12 | 00:02:09.242 | 5.00  | 11:35:15.310 |
| 13 | 00:02:06.761 | 4.59  | 11:37:22.071 |

**Laps:** 13

**Distance:** 5200

**Tot. Time:** 00:27:11.414

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** Maratoneti Tigullio - 3

**Name:** Barsanti

**Fraction:** 8

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:02:01.481 | 5.03  | 14:39:56.100 |
| 2  | 00:02:10.490 | 5.14  | 14:42:06.590 |
| 3  | 00:02:14.491 | 5.22  | 14:44:21.081 |
| 4  | 00:02:10.988 | 5.23  | 14:46:32.069 |
| 5  | 00:02:09.990 | 5.23  | 14:48:42.059 |
| 6  | 00:02:09.991 | 5.23  | 14:50:52.050 |
| 7  | 00:02:11.239 | 5.24  | 14:53:03.289 |
| 8  | 00:02:11.892 | 5.25  | 14:55:15.181 |
| 9  | 00:02:11.089 | 5.25  | 14:57:26.270 |
| 10 | 00:02:11.487 | 5.25  | 14:59:37.757 |
| 11 | 00:02:10.989 | 5.25  | 15:01:48.746 |
| 12 | 00:02:09.490 | 5.25  | 15:03:58.236 |
| 13 | 00:02:08.491 | 5.25  | 15:06:06.727 |

**Laps:** 13

**Distance:** 5200

**Tot. Time:** 00:28:12.108

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Citta di Genova - 1

**Name:** Olivi

**Fraction:** 1

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:02:09.552 | 5.23  | 10:10:36.670 |
| 2  | 00:02:09.991 | 5.24  | 10:12:46.661 |
| 3  | 00:02:07.239 | 5.22  | 10:14:53.900 |
| 4  | 00:02:04.996 | 5.19  | 10:16:58.896 |
| 5  | 00:02:08.984 | 5.20  | 10:19:07.880 |
| 6  | 00:02:08.746 | 5.20  | 10:21:16.626 |
| 7  | 00:02:08.735 | 5.20  | 10:23:25.361 |
| 8  | 00:02:09.240 | 5.21  | 10:25:34.601 |
| 9  | 00:02:10.483 | 5.21  | 10:27:45.084 |
| 10 | 00:02:10.750 | 5.22  | 10:29:55.834 |
| 11 | 00:02:11.480 | 5.22  | 10:32:07.314 |
| 12 | 00:02:09.238 | 5.22  | 10:34:16.552 |
| 13 | 00:02:08.240 | 5.22  | 10:36:24.792 |

**Laps:** 13

**Distance:** 5200

**Tot. Time:** 00:27:57.674

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE



**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Citta di Genova - 1

**Name:** Saponaro

**Fraction:** 5

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:50.749 | 4.36  | 12:38:35.111 |
| 2  | 00:02:10.723 | 5.01  | 12:40:45.834 |
| 3  | 00:02:19.491 | 5.17  | 12:43:05.325 |
| 4  | 00:02:21.991 | 5.26  | 12:45:27.316 |
| 5  | 00:02:25.488 | 5.34  | 12:47:52.804 |
| 6  | 00:02:27.976 | 5.40  | 12:50:20.780 |
| 7  | 00:02:30.269 | 5.45  | 12:52:51.049 |
| 8  | 00:02:33.244 | 5.49  | 12:55:24.293 |
| 9  | 00:02:33.741 | 5.53  | 12:57:58.034 |
| 10 | 00:02:36.489 | 5.57  | 13:00:34.523 |
| 11 | 00:02:38.241 | 6.01  | 13:03:12.764 |
| 12 | 00:02:32.491 | 6.02  | 13:05:45.255 |

**Laps:** 12

**Distance:** 4800

**Tot. Time:** 00:29:00.893

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Citta di Genova - 2

**Name:** Elisa

**Fraction:** 6

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:21.030 | 0.08  | 12:39:34.839 |
| 2  | 00:03:30.227 | 4.27  | 12:41:45.330 |
| 3  | 00:02:19.989 | 4.54  | 12:44:05.319 |
| 4  | 00:02:19.152 | 5.12  | 12:46:31.809 |
| 5  | 00:02:29.989 | 5.25  | 12:49:01.798 |
| 6  | 00:02:32.252 | 5.34  | 12:51:34.050 |
| 7  | 00:02:33.740 | 5.41  | 12:54:07.790 |
| 8  | 00:02:35.103 | 5.47  | 12:56:42.893 |
| 9  | 00:02:33.888 | 5.51  | 12:59:16.781 |
| 10 | 00:02:32.488 | 5.54  | 13:01:49.269 |
| 11 | 00:02:31.994 | 5.56  | 13:04:21.263 |
| 12 | 00:02:34.738 | 5.59  | 13:06:56.001 |

**Laps:** 12

**Distance:** 4800

**Tot. Time:** 01:34:32.436

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** CUG

**Name:** Deodato

**Fraction:** 3

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:59.235 | 4.58  | 11:08:36.163 |
| 2  | 00:02:25.738 | 5.31  | 11:11:01.901 |
| 3  | 00:02:29.741 | 5.45  | 11:13:31.642 |
| 4  | 00:02:23.491 | 5.48  | 11:15:55.133 |
| 5  | 00:02:27.991 | 5.53  | 11:18:23.124 |
| 6  | 00:02:31.490 | 5.57  | 11:20:54.614 |
| 7  | 00:02:30.241 | 5.59  | 11:23:24.855 |
| 8  | 00:02:31.249 | 6.02  | 11:25:56.104 |
| 9  | 00:02:30.730 | 6.03  | 11:28:26.834 |
| 10 | 00:02:37.492 | 6.06  | 11:31:04.326 |
| 11 | 00:02:38.239 | 6.09  | 11:33:42.565 |
| 12 | 00:02:38.500 | 6.11  | 11:36:21.065 |

**Laps:** 12

**Distance:** 4800

**Tot. Time:** 00:29:44.137

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** CUG

**Name:** Deodato

**Fraction:** 1

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:02:24.050 | 6.00  | 10:10:51.168 |
| 2  | 00:02:31.989 | 6.10  | 10:13:23.157 |
| 3  | 00:02:36.987 | 6.17  | 10:16:00.144 |
| 4  | 00:02:39.988 | 6.23  | 10:18:40.132 |
| 5  | 00:02:35.739 | 6.24  | 10:21:15.871 |
| 6  | 00:02:34.738 | 6.24  | 10:23:50.609 |
| 7  | 00:02:34.739 | 6.25  | 10:26:25.348 |
| 8  | 00:02:31.480 | 6.24  | 10:28:56.828 |
| 9  | 00:02:32.239 | 6.23  | 10:31:29.067 |
| 10 | 00:02:36.736 | 6.24  | 10:34:05.803 |
| 11 | 00:02:31.738 | 6.24  | 10:36:37.541 |

**Laps:** 11

**Distance:** 4400

**Tot. Time:** 00:28:10.423

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Citta di Genova - 2

**Name:** Cohen

**Fraction:** 1

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:02:18.051 | 5.45  | 10:10:45.169 |
| 2  | 00:02:29.488 | 5.59  | 10:13:14.657 |
| 3  | 00:02:27.489 | 6.02  | 10:15:42.146 |
| 4  | 00:02:27.989 | 6.04  | 10:18:10.135 |
| 5  | 00:02:25.988 | 6.04  | 10:20:36.123 |
| 6  | 00:02:25.990 | 6.04  | 10:23:02.113 |
| 7  | 00:02:27.739 | 6.05  | 10:25:29.852 |
| 8  | 00:02:32.980 | 6.07  | 10:28:02.832 |
| 9  | 00:02:30.490 | 6.08  | 10:30:33.322 |
| 10 | 00:02:32.986 | 6.09  | 10:33:06.308 |
| 11 | 00:02:25.238 | 6.09  | 10:35:31.546 |

**Laps:** 11

**Distance:** 4400

**Tot. Time:** 00:27:04.428

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

11

**Team:** Atletica Levante - 3

**Name:** Benvenuti

**Fraction:** 6

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:02:01.742 | 5.04  | 12:38:45.351 |
| 2  | 00:02:18.981 | 5.25  | 12:41:04.332 |
| 3  | 00:02:28.740 | 5.41  | 12:43:33.072 |
| 4  | 00:02:34.749 | 5.52  | 12:46:07.821 |
| 5  | 00:02:36.729 | 6.00  | 12:48:44.550 |
| 6  | 00:02:43.000 | 6.08  | 12:51:27.550 |
| 7  | 00:02:45.490 | 6.14  | 12:54:13.040 |
| 8  | 00:02:47.997 | 6.20  | 12:57:01.037 |
| 9  | 00:02:49.991 | 6.25  | 12:59:51.028 |
| 10 | 00:02:49.738 | 6.29  | 13:02:40.766 |
| 11 | 00:02:46.490 | 6.31  | 13:05:27.256 |

**Laps:** 11

**Distance:** 4400

**Tot. Time:** 00:28:43.647

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

**Team:** Citta di Genova - 1

**Name:** Ricco

**Fraction:** 10

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:02:19.229 | 5.04  | 15:09:28.472 |
| 2  | 00:02:13.991 | 5.06  | 15:11:42.463 |
| 3  | 00:02:22.198 | 4.50  | 15:12:14.661 |
| 4  | 00:02:11.265 | 4.32  | 15:12:25.926 |
| 5  | 00:02:22.240 | 4.20  | 15:16:25.933 |
| 6  | 00:02:19.239 | 4.25  | 15:18:45.172 |
| 7  | 00:02:15.741 | 4.29  | 15:21:00.913 |
| 8  | 00:02:24.477 | 4.33  | 15:23:25.390 |
| 9  | 00:02:22.240 | 4.37  | 15:25:47.630 |
| 10 | 00:02:27.229 | 4.41  | 15:28:14.859 |
| 11 | 00:02:35.486 | 4.45  | 15:30:50.345 |
| 12 | 00:02:32.484 | 4.49  | 15:33:22.829 |
| 13 | 00:02:34.236 | 4.53  | 15:35:57.065 |
| 14 | 00:02:39.985 | 4.57  | 15:38:37.050 |

**Laps:** 14

**Distance:** 5200

**Tot. Time:** 00:39:48.175

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** Zena Runners

**Name:** Fragnelli

**Fraction:** 9

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:29.225 | 6.12  | 14:09:15.732 |
| 2  | 00:01:52.240 | 5.46  | 14:11:07.972 |
| 3  | 00:01:53.245 | 5.13  | 14:13:01.217 |
| 4  | 00:01:51.487 | 5.02  | 14:14:52.704 |
| 5  | 00:01:52.739 | 4.56  | 14:16:45.443 |
| 6  | 00:01:49.239 | 4.48  | 14:18:34.682 |
| 7  | 00:01:49.742 | 4.46  | 14:21:42.211 |
| 8  | 00:01:51.240 | 4.45  | 14:23:33.451 |
| 9  | 00:01:50.757 | 4.45  | 14:25:24.208 |
| 10 | 00:01:51.243 | 4.44  | 14:27:15.451 |
| 11 | 00:01:54.994 | 4.43  | 14:29:10.445 |
| 12 | 00:01:51.993 | 4.43  | 14:31:02.438 |
| 13 | 00:01:51.743 | 4.42  | 14:32:54.181 |
| 14 | 00:01:51.744 | 4.42  | 14:34:45.925 |
| 15 | 00:01:51.003 | 4.41  | 14:36:36.928 |
| 16 | 00:01:51.794 | 4.41  | 14:37:47.988 |

**Laps:** 16

**Distance:** 6400

**Tot. Time:** 00:29:48.175

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE



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**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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**Team:** Zena Runners**Name:** Parodi**Fraction:** 10

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:45.941 | 4.26  | 14:38:37.530 |
| 2  | 00:01:55.357 | 4.28  | 14:40:22.475 |
| 3  | 00:01:20.912 | 4.24  | 14:42:33.588 |
| 4  | 00:01:50.742 | 4.27  | 14:44:24.330 |
| 5  | 00:01:51.240 | 4.27  | 14:46:15.570 |
| 6  | 00:01:52.491 | 4.28  | 14:48:08.061 |
| 7  | 00:01:51.492 | 4.27  | 14:49:59.553 |
| 8  | 00:01:49.751 | 4.26  | 14:51:49.304 |
| 9  | 00:01:50.231 | 4.27  | 14:53:39.535 |
| 10 | 00:01:50.991 | 4.26  | 14:55:30.526 |
| 11 | 00:01:49.742 | 4.25  | 14:57:20.268 |
| 12 | 00:01:51.491 | 4.26  | 14:59:11.759 |
| 13 | 00:01:50.241 | 4.27  | 15:01:02.000 |
| 14 | 00:01:52.493 | 4.28  | 15:02:54.493 |
| 15 | 00:01:52.239 | 4.28  | 15:04:46.732 |
| 16 | 00:01:49.242 | 4.29  | 15:06:35.974 |
| 17 | 00:01:48.243 | 4.29  | 15:08:24.217 |

**Laps:** 17**Distance:** 6800**Tot. Time:** 00:31:57.928

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

12 x MEZZ'ORA PRIMA EDIZIONE  
MANIFESTAZIONE PODISTICA IN PISTA

11

**Team:** Zena Runners

**Name:** Ronchetti

**Fraction:** 11

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:40.003 | 4.10  | 14:08:48.856 |
| 2  | 00:01:49.733 | 4.22  | 14:10:48.097 |
| 3  | 00:01:50.491 | 4.26  | 14:12:52.836 |
| 4  | 00:01:54.992 | 4.32  | 14:14:57.826 |
| 5  | 00:01:54.491 | 4.34  | 14:17:01.316 |
| 6  | 00:01:55.492 | 4.37  | 14:19:02.057 |
| 7  | 00:01:55.741 | 4.38  | 14:21:03.048 |
| 8  | 00:01:54.231 | 4.39  | 14:23:02.288 |
| 9  | 00:01:53.742 | 4.40  | 14:25:02.778 |
| 10 | 00:01:54.990 | 4.40  | 14:27:03.020 |
| 11 | 00:01:54.481 | 4.41  | 14:29:05.509 |
| 12 | 00:01:55.740 | 4.42  | 15:31:07.503 |
| 13 | 00:01:54.498 | 4.42  | 15:33:07.241 |
| 14 | 00:01:54.479 | 4.42  | 15:35:08.231 |
| 15 | 00:01:53.490 | 4.42  | 14:37:08.732 |

**Laps:** 15

**Distance:** 6000

**Tot. Time:** 00:29:57.731

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE

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**12 x MEZZ'ORA PRIMA EDIZIONE**  
**MANIFESTAZIONE PODISTICA IN PISTA**

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11

**Team:** Zena Runners**Name:** Sanfilippo**Fraction:** 12

| #  | Lap Time     | Speed | Time         |
|----|--------------|-------|--------------|
| 1  | 00:01:56.489 | 4.51  | 15:38:36.407 |
| 2  | 00:01:25.742 | 4.12  | 15:40:03.220 |
| 3  | 00:01:32.991 | 4.06  | 15:41:38.955 |
| 4  | 00:01:35.742 | 4.04  | 15:43:12.950 |
| 5  | 00:01:34.491 | 4.02  | 15:44:45.694 |
| 6  | 00:01:35.241 | 4.01  | 15:46:17.939 |
| 7  | 00:01:36.741 | 4.01  | 15:47:49.931 |
| 8  | 00:01:35.741 | 4.01  | 15:49:23.422 |
| 9  | 00:01:38.492 | 4.02  | 15:50:57.920 |
| 10 | 00:01:38.239 | 4.02  | 15:52:32.661 |
| 11 | 00:01:39.504 | 4.03  | 15:54:08.156 |
| 12 | 00:01:39.992 | 4.03  | 15:55:42.899 |
| 13 | 00:01:39.491 | 4.04  | 15:57:19.144 |
| 14 | 00:01:29.244 | 4.04  | 15:59:29.694 |
| 15 | 00:01:42.242 | 4.05  | 16:01:11.936 |
| 16 | 00:01:41.740 | 4.05  | 16:02:53.676 |
| 17 | 00:01:41.011 | 4.06  | 16:04:34.687 |
| 18 | 00:01:40.993 | 4.06  | 16:06:15.680 |
| 19 | 00:01:37.243 | 4.06  | 16:07:52.923 |

**Laps:** 19**Distance:** 7600**Tot. Time:** 00:31:01.369

Elaborazione dati a cura di F.I.Cr. LA SPEZIA

Note: Classifiche su <http://risultati.ficr.it/> selez. MANIFESTAZIONI VARIE