

Nome GARA

GF 3 Valli Varesine

Luogo : Varese
Percorso : Lungo
Lunghezza (KM) : 126
Dislivello (M) : 2100
Totale arrivati : 968
Meteo : sereno

POS.ASS.	COGNOME	NOME	CAT	POS	TEMPO	DISTACCO
1 12	LANZONE	FABIO	19/34 M	9	3:28:42	+11:56
2 46	PELASSA	SIMONE	19/34 M	34	3:34:28	+17:42
3 53	SELETTO	ALAIN	45/49 M	1	3:36:24	+19:38
4 78	OTTINO	ALESSANDRO	35/39 M	17	3:39:27	+22:40
5 81	REZZANI	MICHELE	45/49 M	5	3:39:48	+23:02
6 87	FACELLI	LORENZO	35/39 M	18	3:40:13	+23:27
7 111	BERSANETTI	IVAN	45/49 M	14	3:42:54	+26:08
8 129	BAROTTI	ENRICO	45/49 M	18	3:44:11	+27:25
9 135	ALLAMANNO	CRISTIAN	19/34 M	61	3:45:11	+28:25
10 142	MAGNI	WALTER	50/54 M	14	3:46:04	+29:18
11 175	CASETTI	MARCO	40/44 M	26	3:47:58	+31:11
12 216	CORNAGLIA	TOMMASO	35/39 M	45	3:51:40	+34:53
13 230	FRACASSO	MARCO	35/39 M	50	3:52:48	+36:01
14 290	MONTI	SIMONE	19/34 M	97	3:56:51	+40:04
15 307	TALARICO	FRANCO	50/54 M	39	3:58:39	+41:53
16 326	MARTINO	GIANLUCA	40/44 M	46	4:00:37	+43:51
17 353	ALESSIO	GABRIELE	45/49 M	57	4:03:36	+46:50
18 356	ACCARDI	LORENZO	19/34 M	111	4:04:06	+47:20
19 373	CENI	STEFANO	50/54 M	48	4:05:24	+48:37
20 377	MEZZERA	PAOLO	40/44 M	53	4:05:28	+48:41
21 393	DE BLASI	GIUSEPPE	19/34 M	124	4:07:37	+50:51
22 407	PORTALURI	GIULIA	35/39 W	3	4:09:00	+52:14
23 410	TICCI	TIZIANO	19/34 M	128	4:09:40	+52:53
24 431	DE MARCHI	SABRINA	35/39 W	4	4:11:15	+54:29
25 442	MARANGON	SIMONE	45/49 M	73	4:12:37	+55:51
26 445	DELLA DONNA	SAVERIO	55/59 M	29	4:12:52	+56:06
27 448	CAPPA	CLAUDIO	55/59 M	32	4:13:07	+56:21
28 449	FRIGOLI	GIOVANNI	50/54 M	56	4:13:09	+56:23
29 462	ROSSO	SIMONE	35/39 M	81	4:13:36	+56:49
30 477	SANTAMARIA	SALVATORE LUCA	40/44 M	61	4:15:19	+58:33
31 497	GUARDAMAGNA	MARCO	19/34 M	137	4:16:38	+59:52
32 507	POZZOLI	CLAUDIO	60/64 M	7	4:17:45	+1:00:59
33 550	BECHAZ	LUCINA	55/59 W	2	4:22:46	+1:06:00
34 565	BONINO	GIAN EMILIO	55/59 M	46	4:24:13	+1:07:27
35 566	NOTO	ANTONIO	55/59 M	47	4:24:13	+1:07:27
36 584	DEBERNARDI	ELISABETTA	55/59 W	3	4:26:42	+1:09:56
37 597	CAVALLI	DAVIDE	55/59 M	53	4:27:47	+1:11:00
38 600	CAPELLA	MATTEO EMANUELE	19/34 M	151	4:28:24	+1:11:38
39 628	PIPINO	MARCO GIOVANNI	55/59 M	59	4:30:48	+1:14:01
40 654	VIRZI	ETTORE	50/54 M	104	4:33:45	+1:16:59
41 671	PETRUZZA	SIGISMONDO	55/59 M	65	4:35:42	+1:18:56
42 672	PULCINI	FABRIZIO	55/59 M	66	4:35:44	+1:18:58
43 692	SAGLIETTO	CORRADO	55/59 M	70	4:37:54	+1:21:08
44 706	BASANO	MARCO	40/44 M	95	4:39:23	+1:22:36
45 731	PEZZUCCHI	ALESSIO	35/39 M	97	4:44:17	+1:27:31
46 758	ACCARDI	CARLO LUIGI	35/39 M	99	4:48:28	+1:31:41

47 785	PAGANONI	ROBERTO	60/64 M	20	4:52:11	+1:35:25
48 786	BERTON	GIORGIO	60/64 M	21	4:52:11	+1:35:25
49 824	NAULA	SILVIA	50/54 W	5	5:00:03	+1:43:17
50 839	RIZZELLO	PASQUALE	55/59 M	97	5:02:27	+1:45:41
51 853	GANDINI	SARA	55/59 W	6	5:06:17	+1:49:31
52 854	VITILLO	MASSIMO	50/54 M	133	5:06:20	+1:49:34
53 867	BRACOTTO	MARCO	50/54 M	139	5:10:02	+1:53:16
54 898	LIZZI	FRANCESCO	60/64 M	26	5:17:03	+2:00:17
55 936	OCCHETTI	VALTER GIOVANNI	65/69 M	3	5:30:42	+2:13:55
56 954	MEZZAPESA	DANIELE	45/49 M	151	5:50:38	+2:33:51

Percorso : **Medio**
Lunghezza (KM) : **100**
Dislivello (M) : **1640**
Totale arrivati : **813**

1 10	FRESIA	SIMONE	19/34 M	8	2:47:09	+2:55
2 112	CARBONE	STEFANO	55/59 M	2	3:02:22	+18:08
3 127	MIRANTE	ROMEO	50/54 M	7	3:03:05	+18:51
4 130	COLOMBO	CLAUDIO	60/64 M	9	3:03:20	+19:06
5 135	CENA	EMILIANO	45/49 M	15	3:03:52	+19:38
6 148	CAPELLO	MARCO	55/59 M	5	3:05:47	+21:33
7 152	SPERONI	RICCARDO	35/39 M	15	3:06:25	+22:11
8 162	BERGIA	LUCIANO	60/64 M	13	3:07:33	+23:18
9 174	ONORATO	FRANCESCO	45/49 M	18	3:08:05	+23:51
10 205	CANARELLI	SIMONE	19/34 M	87	3:10:38	+26:24
11 263	APPENDINO	ROBERTO	65/69 M	8	3:16:01	+31:46
12 280	PERSENDA	ALBERTO	40/44 M	29	3:17:59	+33:45
13 320	QUATERNI	DANILO	45/49 M	32	3:22:16	+38:02
14 369	ANTONINO	ANTONIO	60/64 M	38	3:27:37	+43:23
15 404	CUMANI	PAOLO GIACOMO	65/69 M	19	3:31:09	+46:55
16 405	MURA	FRANCESCO	60/64 M	41	3:31:11	+46:57
17 442	BISCEGLIA	MICHELE	50/54 M	44	3:35:06	+50:51
18 469	MANDELLI	ELVIO	60/64 M	51	3:38:12	+53:58
19 472	ANTONIOLI	LANFRANCO	65/69 M	25	3:38:43	+54:29
20 499	MISSAGLIA	ANDREA	40/44 M	54	3:41:32	+57:18
21 589	VOLTOLINI	OMAR	40/44 M	63	3:54:12	+1:09:58
22 591	VALENTE	GABRIELLA	35/39 W	5	3:54:43	+1:10:29
23 604	GRACEFFA	CALOGERO	55/59 M	53	3:55:27	+1:11:13
24 620	NEODO	DAVIDE	19/34 M	136	3:58:08	+1:13:53
25 645	DISSIMILE	BARBARA	45/49 W	5	4:01:02	+1:16:47
26 657	MORANDI	ALBERTO	40/44 M	69	4:02:57	+1:18:43
27 693	CILLERAI	LORI	70/74 M	19	4:11:13	+1:26:58
28 695	DI GIACOMANTONI	SANTINA	50/54 W	14	4:11:28	+1:27:14
29 718	ZANZERIN	FABIO	19/34 M	141	4:18:33	+1:34:19
30 757	BAIMA RUGHET	GIUSEPPE	60/64 M	76	4:30:11	+1:45:57
31 775	ACCOSSATO	ROSSELLA	55/59 W	21	4:37:13	+1:52:59
32 780	BROSLAV	ALLA	19/34 W	15	4:41:11	+1:56:57
33 789	PERINO DUCA	DANIELE	50/54 M	98	4:47:12	+2:02:58
34 802	IPPOLITO	PATRIZIA	55/59 W	24	4:55:21	+2:11:07