

### Categoria: M21

(Lunghezza 4100 m - Dislivello 0 m - Kmsf 4,10)

Pos.	Nome	Società	Tempo
1	Hedman Anders	Snaettringe SK	00.23.15
44	1 01:48	32 1 01:23	33 1 00:31
	46 1 00:48	34 1 01:03	41 3 01:27
	37 2 03:22	36 1 00:59	38 1 00:27
	35 1 01:39		
	1 00:01.48	1 00:03.11	1 00:03.42
	1 00:04.30	1 00:05.33	1 00:07.00
	1 00:10.22	1 00:11.21	1 00:11.48
	1 00:13.27		
40	2 02:03	45 1 02:26	42 1 01:50
	47 1 01:18	100 1 01:41	CL 1 00:30
	1 00:15.30	1 00:17.56	1 00:19.46
	1 00:21.04	1 00:22.45	1 00:23.15
2	Kaisajuntti Linus	Kamrat och IF KIF	00.25.06
44	2 01:55	32 3 02:06	33 2 00:40
	46 2 00:57	34 2 01:10	41 1 00:57
	37 1 03:05	36 2 01:17	38 2 00:33
	35 2 02:05		
	2 00:01.55	2 00:04.01	2 00:04.41
	2 00:05.38	2 00:06.48	2 00:07.45
	2 00:10.50	2 00:12.07	2 00:12.40
	2 00:14.45		
40	1 02:00	45 2 02:34	42 2 01:59
	47 2 01:31	100 2 01:43	CL 2 00:34
		2 00:24.32	2 00:25.06
	2 00:16.45	2 00:19.19	2 00:21.18
3	Pedrazzini Eugenio	Asco Lugano	00.31.09
44	3 02:08	32 2 01:57	33 3 00:52
	46 3 01:16	34 3 01:26	41 2 01:21
	37 3 03:58	36 3 01:24	38 3 00:40
	35 3 02:57		
	3 00:02.08	3 00:04.05	3 00:04.57
	3 00:06.13	3 00:07.39	3 00:09.00
	3 00:12.58	3 00:14.22	3 00:15.02
	3 00:17.59		
40	3 02:34	45 3 03:04	42 3 03:06
	47 3 01:54	100 3 01:57	CL 3 00:35
	3 00:20.33	3 00:23.37	3 00:26.43
	3 00:28.37	3 00:30.34	3 00:31.09

### Categoria: M50

(Lunghezza 4100 m - Dislivello 0 m - Kmsf 4,10)

Pos.	Nome	Società	Tempo
1	Bjorklund Anders		00.37.07
44	5 02:57	32 1 02:02	33 3 00:55
	46 1 01:18	34 2 01:35	41 4 01:22
	37 1 04:04	36 2 01:35	38 1 00:43
	35 2 02:51		
	5 00:02.57	1 00:04.59	1 00:05.54
	1 00:07.12	1 00:08.47	1 00:10.09
	1 00:14.13	1 00:15.48	1 00:16.31
	1 00:19.22		
40	2 02:42	45 5 07:26	42 2 02:41
	47 2 01:58	100 3 02:14	CL 5 00:44
	1 00:22.04	1 00:29.30	1 00:32.11
	1 00:34.09	1 00:36.23	1 00:37.07
2	Beltraminelli Paolo	Asco Lugano	00.37.16
44	4 02:52	32 2 02:29	33 7 02:51
	46 6 02:52	34 3 01:36	41 2 01:06
	37 2 04:29	36 3 01:43	38 2 00:46
	35 4 03:17		
	4 00:02.52	2 00:05.21	4 00:08.12
	4 00:11.04	4 00:12.40	4 00:13.46
	4 00:18.15	3 00:19.58	3 00:20.44
	3 00:24.01		
40	3 02:54	45 2 03:15	42 1 02:35
	47 2 01:58	100 1 01:56	CL 2 00:37
	2 00:26.55	2 00:30.10	2 00:32.45
	2 00:34.43	2 00:36.39	2 00:37.16
3	Zanini Marc	Asco Lugano	00.43.08
44	1 02:18	32 7 12:33	33 1 00:53
	46 2 01:22	34 1 01:34	41 1 00:58
	37 4 05:04	36 1 01:18	38 6 01:56
	35 1 02:16		
	1 00:02.18	7 00:14.51	7 00:15.44
	7 00:17.06	6 00:18.40	5 00:19.38
	5 00:24.42	5 00:26.00	5 00:27.56
	5 00:30.12		
40	1 02:20	45 1 02:56	42 3 03:23
	47 1 01:45	100 1 01:56	CL 1 00:36
	5 00:32.32	4 00:35.28	3 00:38.51
	3 00:40.36	3 00:42.32	3 00:43.08
4	Corsi Sandro	Gold Savosa	00.46.15
44	6 03:10	32 3 02:34	33 4 01:07
	46 3 01:34	34 5 02:09	41 5 01:42
	37 6 05:41	36 5 02:47	38 4 01:11
	35 6 04:02		
	6 00:03.10	4 00:05.44	3 00:06.51
	2 00:08.25	2 00:10.34	3 00:12.16
	3 00:17.57	4 00:20.44	4 00:21.55
	4 00:25.57		
40	5 03:21	45 4 04:29	42 6 06:06
	47 6 02:42	100 6 02:48	CL 6 00:52
	3 00:29.18	3 00:33.47	4 00:39.53
	4 00:42.35	4 00:45.23	4 00:46.15
5	Unternährer Ferruccio	Asco Lugano	00.51.58
44	2 02:44	32 4 02:38	33 5 01:22
	46 5 02:32	34 4 01:41	41 2 01:06
	37 3 04:31	36 4 02:08	38 3 00:57
	35 3 02:55		
	2 00:02.44	3 00:05.22	2 00:06.44
	3 00:09.16	3 00:10.57	2 00:12.03
	2 00:16.34	2 00:18.42	2 00:19.39
	2 00:22.34		
40	6 07:09	45 6 13:37	42 4 03:26
	47 4 02:17	100 4 02:15	CL 3 00:40
	4 00:29.43	6 00:43.20	5 00:46.46
	5 00:49.03	5 00:51.18	5 00:51.58
6	Madonna Aldo	Gold Savosa	00.52.25
44	3 02:48	32 6 09:35	33 1 00:53
	46 4 01:46	34 5 02:09	41 6 03:12
	37 5 05:31	36 6 04:04	38 5 01:37
	35 5 03:57		
	3 00:02.48	6 00:12.23	6 00:13.16
	5 00:15.02	5 00:17.11	6 00:20.23
	6 00:25.54	6 00:29.58	6 00:31.35
	6 00:35.32		
40	4 03:06	45 3 03:53	42 5 04:14
	47 5 02:26	100 5 02:34	CL 3 00:40
	6 00:38.38	5 00:42.31	5 00:46.45
	6 00:49.11	6 00:51.45	6 00:52.25
-	Farenfield Martin	CAOS	Ritirato
44	7 05:52	32 5 04:56	33 6 01:27
	46 7 03:10	45 - 01:32	42 - 05:20
	47 - 03:51	100 - 05:06	RI - 01:36
	7 00:05.52	5 00:10.48	5 00:12.15
	6 00:15.25	- 00:16.57	- 00:22.17
	- 00:26.08	- 00:31.14	7 00:32.50

### Categoria: W21

(Lunghezza 3800 m - Dislivello 0 m - Kmsf 3,80)

Pos.	Nome	Società	Tempo
1	Hedman Karin	Snaettringe SK	00.28.16
31	1 01:40	32 2 02:04	33 6 01:05
1	00.01.40	2 00.03.44	2 00.04.49
40	6 01:44	46 1 01:59	42 4 02:06
1	00.19.51	1 00.21.50	1 00.23.56
2	Penzina Kseniia	Rajamaen Rykmentti	00.28.36
31	2 01:41	32 3 02:15	33 4 00:53
2	00.01.41	3 00.03.56	2 00.04.49
40	1 01:20	46 4 02:21	42 1 01:45
2	00.20.19	2 00.22.40	2 00.24.25
3	Dahlstedt Emma	Kamrat och IF KIF	00.30.54
31	4 01:48	32 4 02:21	33 1 00:43
4	00.01.48	4 00.04.09	4 00.04.52
40	2 01:21	46 2 02:03	42 2 01:52
4	00.23.10	4 00.25.13	4 00.27.05
4	Vlasova Katerina	Hiisirasti	00.31.15
31	3 01:43	32 1 01:40	33 7 01:09
3	00.01.43	1 00.03.23	1 00.04.32
40	4 01:35	46 3 02:12	42 3 02:02
3	00.21.03	3 00.23.15	3 00.25.17
5	Mengotti Marisa	Asco Lugano	00.36.27
31	5 01:56	32 5 02:26	33 5 00:58
5	00.01.56	5 00.04.22	5 00.05.20
40	8 01:51	46 7 02:35	42 5 02:11
5	00.26.20	5 00.28.55	5 00.31.06
6	Nembrini Nina	C.O. Aget Lugano	00.36.28
31	6 01:57	32 8 07:20	33 3 00:47
6	00.01.57	8 00.09.17	8 00.10.04
40	3 01:32	46 6 02:27	42 7 02:36
6	00.26.51	6 00.29.18	6 00.31.54
7	Vassalli Cuki	Asco Lugano	00.42.26
31	9 03:40	32 6 02:45	33 2 00:46
9	00.03.40	6 00.06.25	6 00.07.11
40	5 01:42	46 4 02:21	42 6 02:15
7	00.29.28	7 00.31.49	7 00.34.04
8	Inderst Martina	Gold Savosa	00.45.26
31	7 02:10	32 7 05:50	33 8 01:19
7	00.02.10	7 00.08.00	7 00.09.19
40	9 02:11	46 9 02:59	42 9 03:28
8	00.32.49	8 00.35.48	8 00.39.16
9	Corsi Maurizia	Gold Savosa	00.50.23
31	8 02:11	32 9 10:32	33 9 01:26
8	00.02.11	9 00.12.43	9 00.14.09
40	7 01:50	46 8 02:48	42 8 02:51
9	00.39.09	9 00.41.57	9 00.44.48

### Categoria: M16

(Lunghezza 3800 m - Dislivello 0 m - Kmsf 3,80)

Pos.	Nome	Società	Tempo
1	Bergqvist Ture	NAIS Orientering	00.33.55
31	1 01:36	32 1 01:45	33 1 00:39
1	00.01.36	1 00.03.21	1 00.04.00
40	1 01:22	46 1 02:16	42 1 03:06
1	00.24.32	1 00.26.48	1 00.29.54
2	Farenfield Alex	CAOS	00.42.06
31	2 03:08	32 2 03:12	33 2 03:24
2	00.03.08	2 00.06.20	2 00.09.44
40	2 02:00	46 2 02:38	42 2 03:16
2	00.31.39	2 00.34.17	2 00.37.33

### Categoria: Open M

(Lunghezza 3800 m - Dislivello 0 m - Kmsf 3,80)

Pos.	Nome	Società	Tempo
1	Limbens Ilmars	Sigulda	00.32.52
31	1 01:51	32 1 02:08	33 1 01:23
1	00.01.51	1 00.03.59	1 00.05.22
40	1 01:41	46 1 02:44	42 1 02:11
1	00.23.25	1 00.26.09	1 00.28.20
45	1 01:46	43 1 01:22	44 1 00:38
1	00.07.08	1 00.09.28	1 00.12.41
34	1 02:20	41 2 03:13	35 1 01:16
1	00.29.42	1 00.30.20	1 00.32.14
36	1 02:49	37 1 01:45	39 1 03:13
1	00.16.46	1 00.18.31	1 00.21.44
100	1 01:54	CL 1 00:38	
1	00.32.52	1 00.32.52	
2	Bergqvist Sara	NAIS Orientering	01.03.42
31	2 03:51	32 2 03:59	33 2 01:29
2	00.03.51	2 00.07.50	2 00.09.19
40	2 03:18	46 2 04:57	42 2 05:23
2	00.43.19	2 00.48.16	2 00.53.39
45	2 03:00	43 2 02:36	44 2 01:33
2	00.12.19	2 00.16.41	2 00.18.38
34	2 04:22	41 1 01:57	35 2 03:39
2	00.56.15	2 00.57.48	2 01.02.10
36	2 06:03	37 2 03:41	39 2 08:00
2	00.28.20	2 00.32.01	2 00.40.01
100	2 04:22	CL 2 01:32	
2	01.03.42	2 01.03.42	

### Categoria: M60

(Lunghezza 3400 m - Dislivello 0 m - Kmsf 3,40)

Pos.	Nome	Società	Tempo
1	Quickfall Andrew	SROC	00.24.37
43	1 02:35	32 1 01:15	45 1 01:29
1	00.02.35	1 00.03.50	1 00.05.19
44	1 01:16	100 1 01:53	CL 1 00:35
1	00.22.09	1 00.24.02	1 00.24.37
2	Kivikas Arvo	Ilves	00.30.23
43	2 02:49	32 2 01:43	45 2 01:54
2	00.02.49	2 00.04.32	2 00.06.26
44	2 01:37	100 2 02:30	CL 2 00:45
2	00.27.08	2 00.29.38	2 00.30.23
3	Kellens Jean-Pierre	KOL Belgium	00.36.24
43	3 03:10	32 3 02:23	45 3 03:33
3	00.03.10	3 00.05.33	3 00.09.06
44	2 01:37	100 3 02:39	CL 2 00:45
3	00.33.00	3 00.35.39	3 00.36.24
41	1 02:26	39 2 01:43	35 1 01:21
1	00.07.45	1 00.09.28	1 00.10.49
36	1 02:53	40 1 02:40	46 1 02:01
1	00.13.42	1 00.16.22	1 00.18.23
40	1 02:40	46 1 02:01	42 2 02:30
1	00.16.22	1 00.18.23	1 00.20.53
39	2 01:36	35 2 01:29	36 2 03:27
2	00.12.33	2 00.14.02	2 00.17.29
40	2 03:04	46 2 02:29	42 1 02:29
2	00.20.33	2 00.23.02	2 00.25.31
35	3 04:32	36 3 04:02	40 3 03:24
3	00.18.07	3 00.22.09	3 00.25.33
46	3 03:05	42 3 02:45	
3	00.28.38	3 00.31.23	

### Categoria: W50

(Lunghezza 3400 m - Dislivello 0 m - Kmsf 3,40)

Pos.	Nome	Società	Tempo
1	Beltraminelli Marzia	Asco Lugano	00.30.23
43	5 07:06	32 1 01:33	45 1 01:51
5	00.07.06	5 00.08.39	2 00.10.30
44	1 01:28	100 1 02:04	CL 1 00:41
1	00.27.38	1 00.29.42	1 00.30.23
2	Haataja Katri	OH	00.39.40
43	2 03:07	32 3 02:09	45 3 07:05
2	00.03.07	1 00.05.16	3 00.12.21
44	3 01:44	100 3 03:02	CL 3 00:45
2	00.35.53	2 00.38.55	2 00.39.40
39	2 01:40	35 5 02:39	36 3 04:04
3	00.18.28	3 00.21.07	3 00.25.11
40	2 03:26	46 3 02:54	42 3 02:38
3	00.28.37	2 00.31.31	2 00.34.09
3	Quickfall Karen	SROC	00.41.57
43	1 03:04	32 4 03:43	45 4 11:28
1	00.03.04	2 00.06.47	4 00.18.15
44	2 01:42	100 2 02:31	CL 4 00:50
4	00.38.36	3 00.41.07	3 00.41.57
41	2 03:00	39 4 02:09	35 2 01:20
4	00.21.15	4 00.23.24	4 00.24.44
36	2 03:40	40 3 03:30	46 2 02:36
4	00.28.24	4 00.31.54	4 00.34.30
42	2 02:24	4 00.36.54	
4	00.36.54		
4	Farenfield Erminia	CAOS	00.43.16
43	4 05:27	32 2 02:07	45 2 02:30
4	00.05.27	3 00.07.34	1 00.10.04
44	5 02:36	100 5 04:35	CL 5 00:55
3	00.37.46	4 00.42.21	4 00.43.16
39	5 02:43	35 4 01:38	36 4 04:23
2	00.18.18	2 00.19.56	2 00.24.19
40	5 04:15	46 4 03:13	42 5 03:23
2	00.28.34	3 00.31.47	3 00.35.10

...Categoria: W50

Pos.	Nome	Società	Tempo
5	Montemezzani Nives	Asco Lugano	00.54.42
43	3 03:36	32 5 04:20	45 5 14:08
3	00.03.36	4 00.07.56	5 00.22.04
44	4 01:51	100 4 03:11	CL 2 00:43
5	00.50.48	5 00.53.59	5 00.54.42

**Categoria: W60**

(Lunghezza 3400 m - Dislivello 0 m - Kmsf 3,40)

Pos.	Nome	Società	Tempo
1	Vaerton Saima	Kobras	00.33.19
43	1 03:18	32 1 01:35	45 1 02:18
1	00.03.18	1 00.04.53	1 00.07.11
44	1 01:27	100 1 02:22	CL 1 00:43
1	00.30.14	1 00.32.36	1 00.33.19
2	Nembrini Lidia	C.O. Aget Lugano	00.47.46
43	3 10:05	32 2 02:04	45 2 02:34
3	00.10.05	3 00.12.09	2 00.14.43
44	2 02:17	100 3 03:18	CL 2 00:56
2	00.43.32	2 00.46.50	2 00.47.46
3	Silvi Simonne	KOL Belgium	00.51.44
43	2 04:09	32 3 03:55	45 3 08:45
2	00.04.09	2 00.08.04	3 00.16.49
44	3 02:19	100 2 03:08	CL 3 00:57
3	00.47.39	3 00.50.47	3 00.51.44

**Categoria: M70**

(Lunghezza 2800 m - Dislivello 0 m - Kmsf 2,80)

Pos.	Nome	Società	Tempo
1	Limbenza Rudite	Sigulda	00.38.05
42	1 05:59	32 1 02:29	45 1 03:31
1	00.05.59	1 00.08.28	1 00.11.59
100	1 01:37	CL 1 01:09	
1	00.36.56	1 00.38.05	

**Categoria: Open S**

(Lunghezza 2800 m - Dislivello 0 m - Kmsf 2,80)

Pos.	Nome	Società	Tempo
1	Montemezzani Monica	Asco Lugano	00.45.37
42	1 05:23	32 1 02:12	45 1 15:31
1	00.05.23	1 00.07.35	1 00.23.06
100	1 01:10	CL 1 00:51	
1	00.44.46	1 00.45.37	

**Categoria: M10**

(Lunghezza 900 m - Dislivello 0 m - Kmsf 0,90)

Pos.	Nome	Società	Tempo
1	Hedman Noel	Snaettringe SK	00.12.48
47	1 02:14	49 1 01:19	43 1 01:19
1	00.02.14	1 00.03.33	1 00.04.52

**CLASSIFICA**

Stage 1 - Sardinia Week 44 Data: lunedì 28 ottobre 2019

Data creazione: 28/10/2019 17:03:59

**...Categoria: M10**

Pos.	Nome		Società		Tempo																						
2	Hedman Elvin		Snaettringe SK		00.14.14																						
47	3	03:11	49	2	01:23	43	2	01:39	44	2	02:21	31	2	01:36	48	1	01:41	100	2	01:40	CL	3	00:43				
	3	00.03.11		2	00.04.34		2	00.06.13		2	00.08.34		2	00.10.10		2	00.11.51		2	00.13.31		2	00.14.14				
3	Dahlstedt Kaisajuntti Svante		Kamrat och IF KIF		00.14.15																						
47	2	03:03	49	3	01:32	43	2	01:39	44	3	02:25	31	1	01:35	48	2	01:42	100	2	01:40	CL	2	00:39				
	2	00.03.03		3	00.04.35		3	00.06.14		3	00.08.39		3	00.10.14		3	00.11.56		3	00.13.36		3	00.14.15				

**Categoria: W10**

(Lunghezza 900 m - Dislivello 0 m - Kmsf 0,90)

Pos.	Nome		Società		Tempo																						
1	Dahlstedt Kaisajuntti Smilla		Kamrat och IF KIF		00.10.57																						
47	1	02:21	49	2	01:24	43	1	01:17	44	2	01:16	31	1	01:08	48	1	01:54	100	1	00:55	CL	1	00:42				
	1	00.02.21		1	00.03.45		1	00.05.02		1	00.06.18		1	00.07.26		1	00.09.20		1	00.10.15		1	00.10.57				
2	Vassalli Joy		Asco Lugano		00.21.19																						
47	2	07:26	49	1	00:45	43	2	05:04	44	1	01:03	31	2	01:56	48	2	02:46	100	2	01:37	CL	1	00:42				
	2	00.07.26		2	00.08.11		2	00.13.15		2	00.14.18		2	00.16.14		2	00.19.00		2	00.20.37		2	00.21.19				

**Categoria: W12**

(Lunghezza 900 m - Dislivello 0 m - Kmsf 0,90)

Pos.	Nome		Società		Tempo																						
1	Vassalli Kim		Asco Lugano		00.09.08																						
47	1	02:34	49	1	00:49	43	1	01:07	44	1	00:51	31	1	00:58	48	1	01:16	100	1	00:57	CL	1	00:36				
	1	00.02.34		1	00.03.23		1	00.04.30		1	00.05.21		1	00.06.19		1	00.07.35		1	00.08.32		1	00.09.08				