

### Categoria: M21

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

Pos.	Nome		Società		Tempo																								
1	Hedman Anders		Snaettringe SK		00.21.10																								
31	1	00:50	36	1	00:54	38	3	03:12	46	1	01:26	45	1	01:24	40	1	01:55	41	1	00:34	43	1	01:00	39	1	02:01	42	1	01:09
1	00:00.50	1	00:01.44	3	00:04.56	2	00:06.22	2	00:07.46	1	00:09.41	1	00:10.15	1	00:11.15	1	00:13.16	1	00:14.25										
48	1	01:05	33	1	02:04	32	1	00:59	37	1	00:55	100	1	01:19	CL	1	00:23												
1	00:15.30	1	00:17.34	1	00:18.33	1	00:19.28	1	00:20.47	1	00:21.10																		
2	Kaisajuntti Linus		Kamrat och IF KIF		00.22.32																								
31	2	00:55	36	2	00:57	38	2	02:28	46	2	01:34	45	2	01:37	40	2	02:11	41	2	00:35	43	2	01:05	39	2	02:14	42	2	01:19
2	00:00.55	2	00:01.52	1	00:04.20	1	00:05.54	1	00:07.31	2	00:09.42	2	00:10.17	2	00:11.22	2	00:13.36	2	00:14.55										
48	2	01:12	33	2	02:16	32	2	01:09	37	2	01:04	100	2	01:30	CL	2	00:26												
2	00:16.07	2	00:18.23	2	00:19.32	2	00:20.36	2	00:22.06	2	00:22.32																		
3	Pedrazzini Eugenio		Asco Lugano		00.26.36																								
31	3	01:02	36	3	01:12	38	1	02:20	46	3	01:51	45	3	02:06	40	3	02:33	41	3	00:41	43	3	01:17	39	3	02:46	42	3	01:38
3	00:01.02	3	00:02.14	2	00:04.34	3	00:06.25	3	00:08.31	3	00:11.04	3	00:11.45	3	00:13.02	3	00:15.48	3	00:17.26										
48	3	01:29	33	3	02:41	32	3	01:25	37	3	01:18	100	3	01:51	CL	2	00:26												
3	00:18.55	3	00:21.36	3	00:23.01	3	00:24.19	3	00:26.10	3	00:26.36																		

### Categoria: M50

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

Pos.	Nome		Società		Tempo																									
1	Bjorklund Anders				00.29.08																									
31	4	01:20	36	1	01:21	38	1	02:11	46	1	02:10	45	1	02:03	40	1	02:50	41	1	00:44	43	2	01:30	39	2	03:05	42	2	01:43	
4	00:01.20	2	00:02.41	1	00:04.52	1	00:07.02	1	00:09.05	1	00:11.55	1	00:12.39	1	00:14.09	1	00:17.14	1	00:18.57											
48	2	01:38	33	2	02:56	32	4	01:46	37	3	01:25	100	3	01:58	CL	2	00:28													
1	00:20.35	1	00:23.31	1	00:25.17	1	00:26.42	1	00:28.40	1	00:29.08																			
2	Beltraminelli Paolo		Asco Lugano		00.32.10																									
31	2	01:14	36	3	01:44	38	3	03:20	46	5	02:50	45	3	02:25	40	3	02:53	41	3	00:50	43	3	01:37	39	3	03:21	42	3	01:47	
2	00:01.14	3	00:02.58	2	00:06.18	2	00:09.08	2	00:11.33	2	00:14.26	2	00:15.16	2	00:16.53	2	00:20.14	2	00:22.01											
48	3	01:45	33	3	03:04	32	2	01:33	37	2	01:23	100	2	01:52	CL	4	00:32													
2	00:23.46	2	00:26.50	2	00:28.23	2	00:29.46	2	00:31.38	2	00:32.10																			
3	Zanini Marc		Asco Lugano		00.33.53																									
31	1	01:08	36	2	01:26	38	6	08:18	46	2	02:30	45	2	02:13	40	2	02:52	41	2	00:48	43	1	01:21	39	1	02:43	42	1	01:42	
1	00:01.08	1	00:02.34	6	00:10.52	6	00:13.22	6	00:15.35	5	00:18.27	5	00:19.15	4	00:20.36	4	00:23.19	4	00:25.01											
48	1	01:27	33	1	02:46	32	1	01:16	37	1	01:13	100	1	01:42	CL	2	00:28													
4	00:26.28	3	00:29.14	3	00:30.30	3	00:31.43	3	00:33.25	3	00:33.53																			
4	Madonna Aldo		Gold Savosa		00.35.23																									
31	5	01:21	36	6	02:28	38	2	02:58	46	3	02:36	45	4	02:45	40	4	03:41	41	4	00:54	43	5	01:54	39	4	03:29	42	4	02:00	
5	00:01.21	6	00:03.49	3	00:06.47	3	00:09.23	3	00:12.08	3	00:15.49	3	00:16.43	3	00:18.37	3	00:22.06	3	00:24.06											
48	4	02:02	33	4	03:16	32	3	01:39	37	5	01:43	100	4	02:14	CL	1	00:23													
3	00:26.08	4	00:29.24	4	00:31.03	4	00:32.46	4	00:35.00	4	00:35.23																			
5	Unternährer Ferruccio		Asco Lugano		00.39.27																									
31	3	01:17	36	4	01:55	38	5	06:03	46	4	02:49	45	5	02:56	40	5	04:03	41	5	00:56	43	4	01:48	39	5	03:36	42	4	02:00	
3	00:01.17	4	00:03.12	5	00:09.15	5	00:12.04	5	00:15.00	6	00:19.03	6	00:19.59	6	00:21.47	5	00:25.23	5	00:27.23											
48	5	02:03	33	5	03:50	32	4	01:46	37	4	01:35	100	5	02:17	CL	5	00:33													
5	00:29.26	5	00:33.16	5	00:35.02	5	00:36.37	5	00:38.54	5	00:39.27																			
6	Corsi Sandro		Gold Savosa		00.42.38																									
31	6	01:25	36	5	02:14	38	4	03:36	46	6	03:42	45	6	03:05	40	6	04:07	41	6	01:05	43	6	02:02	39	6	04:14	42	6	02:20	
6	00:01.25	5	00:03.39	4	00:07.15	4	00:10.57	4	00:14.02	4	00:18.09	4	00:19.14	5	00:21.16	6	00:25.30	6	00:27.50											
48	6	02:24	33	6	04:32	32	6	02:13	37	6	01:59	100	6	02:55	CL	6	00:45													
6	00:30.14	6	00:34.46	6	00:36.59	6	00:38.58	6	00:41.53	6	00:42.38																			

### Categoria: W21

(Lunghezza 3700 m - Dislivello 46 m - Kmsf 4,16)

Pos.	Nome		Società		Tempo																								
1	Hedman Karin		Snaettringe SK		00.23.51																								
34	2	01:34	36	2	00:49	47	1	03:03	46	3	00:53	43	1	03:21	41	1	01:14	40	1	00:43	39	1	01:09	45	2	02:26	49	1	00:32
2	00:01.34	2	00:02.23	2	00:05.26	2	00:06.19	2	00:09.40	2	00:10.54	2	00:11.37	2	00:12.46	2	00:15.12	1	00:15.44										
48	2	01:04	38	1	01:37	33	1	01:37	37	1	01:44	100	1	01:39	CL	2	00:26												
2	00:16.48	1	00:18.25	1	00:20.02	1	00:21.46	1	00:23.25	1	00:23.51																		

...Categoria: W21

Pos.	Nome		Società		Tempo																										
2	Dahlstedt Emma		Kamrat och IF KIF		00.24.18																										
34	1	01:26	36	1	00:45	47	2	03:07	46	1	00:45	43	2	03:25	41	2	01:18	40	2	00:47	39	2	01:11	45	1	02:25	49	3	00:35		
	1	00:01.26	1	00:02.11	1	00:05.18	1	00:06.03	1	00:09.28	1	00:10.46	1	00:11.33	1	00:12.44	1	00:15.09	1	00:15.44											
48	1	01:02	38	2	01:51	33	2	01:46	37	1	01:44	100	2	01:43	CL	4	00:28														
	1	00:16.46	2	00:18.37	2	00:20.23	2	00:22.07	2	00:23.50	2	00:24.18																			
3	Nembrini Nina		C.O. Aget Lugano		00.29.33																										
34	3	01:37	36	3	00:50	47	4	03:36	46	5	00:59	43	3	04:04	41	6	02:31	40	6	01:07	39	6	01:49	45	4	02:52	49	4	00:37		
	3	00:01.37	3	00:02.27	3	00:06.03	3	00:07.02	3	00:11.06	4	00:13.37	4	00:14.44	4	00:16.33	4	00:19.25	4	00:20.02											
48	3	01:06	38	3	02:00	33	3	01:54	37	4	02:15	100	3	01:51	CL	1	00:25														
	4	00:21.08	3	00:23.08	3	00:25.02	3	00:27.17	3	00:29.08	3	00:29.33																			
4	Mengotti Marisa		Asco Lugano		00.30.13																										
34	6	01:48	36	5	00:59	47	5	03:48	46	2	00:51	43	4	04:11	41	3	01:38	40	4	01:05	39	4	01:34	45	5	03:12	49	2	00:33		
	6	00:01.48	6	00:02.47	5	00:06.35	5	00:07.26	4	00:11.37	3	00:13.15	3	00:14.20	3	00:15.54	3	00:19.06	3	00:19.39											
48	5	01:11	38	5	02:20	33	6	02:17	37	4	02:15	100	5	01:59	CL	8	00:32														
	3	00:20.50	4	00:23.10	4	00:25.27	4	00:27.42	4	00:29.41	4	00:30.13																			
5	Vassalli Cuki		Asco Lugano		00.34.09																										
34	5	01:45	36	4	00:55	47	8	06:00	46	4	00:54	43	7	05:14	41	8	03:46	40	3	01:00	39	3	01:20	45	3	02:50	49	5	00:39		
	5	00:01.45	4	00:02.40	8	00:08.40	8	00:09.34	8	00:14.48	8	00:18.34	8	00:19.34	8	00:20.54	8	00:23.44	8	00:24.23											
48	4	01:08	38	4	02:09	33	4	01:56	37	3	02:08	100	4	01:57	CL	4	00:28														
	7	00:25.31	5	00:27.40	5	00:29.36	5	00:31.44	5	00:33.41	5	00:34.09																			
6	Vassalli Kim		Asco Lugano		00.35.35																										
34	4	01:42	36	6	01:02	47	3	03:33	46	6	01:05	43	8	05:31	41	5	01:56	40	8	01:28	39	7	02:05	45	7	03:37	49	6	00:42		
	4	00:01.42	5	00:02.44	4	00:06.17	4	00:07.22	5	00:12.53	5	00:14.49	5	00:16.17	5	00:18.22	5	00:21.59	5	00:22.41											
48	7	01:23	38	6	03:51	33	8	02:20	37	7	02:26	100	7	02:23	CL	7	00:31														
	5	00:24.04	6	00:27.55	6	00:30.15	6	00:32.41	6	00:35.04	6	00:35.35																			
7	Corsi Maurizia		Gold Savosa		00.36.37																										
34	7	02:09	36	8	01:17	47	7	04:26	46	7	01:13	43	6	04:52	41	4	01:51	40	5	01:06	39	8	02:26	45	8	03:38	49	7	00:43		
	7	00:02.09	7	00:03.26	6	00:07.52	6	00:09.05	6	00:13.57	6	00:15.48	6	00:16.54	6	00:19.20	6	00:22.58	6	00:23.41											
48	6	01:22	38	6	03:51	33	7	02:18	37	8	02:33	100	6	02:22	CL	6	00:30														
	6	00:25.03	7	00:28.54	7	00:31.12	7	00:33.45	7	00:36.07	7	00:36.37																			
8	Inderst Martina		Gold Savosa		00.38.32																										
34	8	02:25	36	7	01:04	47	6	04:25	46	8	01:32	43	5	04:43	41	7	02:52	40	7	01:20	39	5	01:41	45	6	03:17	49	8	00:49		
	8	00:02.25	8	00:03.29	7	00:07.54	7	00:09.26	7	00:14.09	7	00:17.01	7	00:18.21	7	00:20.02	7	00:23.19	7	00:24.08											
48	8	01:25	38	8	05:37	33	5	02:07	37	6	02:23	100	8	02:25	CL	3	00:27														
	8	00:25.33	8	00:31.10	8	00:33.17	8	00:35.40	8	00:38.05	8	00:38.32																			

**Categoria: M16**

(Lunghezza 3700 m - Dislivello 46 m - Kmsf 4,16)

Pos.	Nome		Società		Tempo																										
1	Bergqvist Ture		NAIS Orientering		00.36.41																										
34	1	01:49	36	1	00:44	47	1	03:08	46	1	00:54	43	1	03:49	41	1	01:27	40	1	00:52	39	1	01:25	45	2	04:33	49	2	01:07		
	1	00:01.49	1	00:02.33	1	00:05.41	1	00:06.35	1	00:10.24	1	00:11.51	1	00:12.43	1	00:14.08	1	00:18.41	1	00:19.48											
48	2	02:15	38	1	03:46	33	2	03:45	37	1	02:46	100	2	03:24	CL	2	00:57														
	1	00:22.03	1	00:25.49	1	00:29.34	1	00:32.20	1	00:35.44	1	00:36.41																			
2	Farenfield Alex		CAOS		00.46.46																										
34	2	02:16	36	2	01:10	47	2	07:08	46	2	01:56	43	2	05:16	41	2	02:50	40	2	01:46	39	2	02:10	45	1	04:11	49	1	01:05		
	2	00:02.16	2	00:03.26	2	00:10.34	2	00:12.30	2	00:17.46	2	00:20.36	2	00:22.22	2	00:24.32	2	00:28.43	2	00:29.48											
48	1	01:40	38	2	06:15	33	1	02:57	37	2	02:50	100	1	02:45	CL	1	00:31														
	2	00:31.28	2	00:37.43	2	00:40.40	2	00:43.30	2	00:46.15	2	00:46.46																			

**Categoria: Open M**

(Lunghezza 3700 m - Dislivello 46 m - Kmsf 4,16)

Pos.	Nome		Società		Tempo																										
1	Limbens Ilmars		Sigulda		00.29.45																										
34	1	02:07	36	1	01:06	47	1	03:58	46	1	01:01	43	1	04:23	41	1	01:28	40	1	00:56	39	1	01:11	45	1	02:39	49	1	00:42		
	1	00:02.07	1	00:03.13	1	00:07.11	1	00:08.12	1	00:12.35	1	00:14.03	1	00:14.59	1	00:16.10	1	00:18.49	1	00:19.31											
48	1	01:15	38	1	02:21	33	1	01:52	37	1	02:04	100	1	02:06	CL	1	00:36														
	1	00:20.46	1	00:23.07	1	00:24.59	1	00:27.03	1	00:29.09	1	00:29.45																			

### Categoria: M60

(Lunghezza 3500 m - Dislivello 44 m - Kmsf 3,94)

Pos.	Nome	Società	Tempo
1	Quickfall Andrew	SROC	00.24.21
31	1 01:11	36 1 01:28	38 1 02:24
1	00.01.11	1 00.02.39	1 00.05.03
37	1 02:09	100 1 01:56	CL 1 00:32
1	00.21.53	1 00.23.49	1 00.24.21
2	Kivikas Arvo	Ilves	00.29.27
31	2 01:17	36 2 01:31	38 3 03:50
2	00.01.17	2 00.02.48	3 00.06.38
37	3 02:17	100 2 02:08	CL 3 00:37
2	00.26.42	2 00.28.50	2 00.29.27
3	Kellens Jean-Pierre	KOL Belgium	00.29.36
31	3 01:21	36 3 01:41	38 2 03:27
3	00.01.21	3 00.03.02	2 00.06.29
37	2 02:15	100 3 02:21	CL 2 00:33
2	00.26.42	3 00.29.03	3 00.29.36

### Categoria: W50

(Lunghezza 3500 m - Dislivello 44 m - Kmsf 3,94)

Pos.	Nome	Società	Tempo
1	Quickfall Karen	SROC	00.28.56
31	2 01:20	36 2 01:46	38 2 02:50
2	00.01.20	3 00.03.06	2 00.05.56
37	2 02:20	100 2 02:19	CL 4 00:35
1	00.26.02	1 00.28.21	1 00.28.56
2	Haataja Katri	OH	00.29.22
31	3 01:21	36 1 01:32	38 1 02:43
3	00.01.21	1 00.02.53	1 00.05.36
37	3 02:31	100 2 02:19	CL 3 00:33
2	00.26.30	2 00.28.49	2 00.29.22
3	Beltraminelli Marzia	Asco Lugano	00.29.54
31	1 01:10	36 3 01:54	38 5 06:09
1	00.01.10	2 00.03.04	5 00.09.13
37	1 01:57	100 1 02:00	CL 1 00:28
3	00.27.26	3 00.29.26	3 00.29.54
4	Montemezzani Nives	Asco Lugano	00.36.43
31	3 01:21	36 4 02:02	38 3 02:54
3	00.01.21	4 00.03.23	3 00.06.17
37	4 02:49	100 4 02:44	CL 2 00:29
4	00.33.30	4 00.36.14	4 00.36.43
5	Farenfield Erminia	CAOS	00.42.51
31	5 02:01	36 5 02:28	38 4 04:03
5	00.02.01	5 00.04.29	4 00.08.32
37	5 03:25	100 5 03:38	CL 5 00:48
5	00.38.25	5 00.42.03	5 00.42.51

### Categoria: W60

(Lunghezza 3500 m - Dislivello 44 m - Kmsf 3,94)

Pos.	Nome	Società	Tempo
1	Vaerton Saima	Kobras	00.31.07
31	1 01:31	36 1 01:57	38 1 02:54
1	00.01.31	1 00.03.28	1 00.06.22
37	1 02:23	100 1 02:13	CL 1 00:32
1	00.28.22	1 00.30.35	1 00.31.07

...Categoria: W60

Pos.	Nome		Società		Tempo																								
2	Silvi Simonne		KOL Belgium		00.37.17																								
31	2	01:55	36	2	02:12	38	2	03:26	46	2	03:19	45	2	03:31	43	2	02:33	42	2	03:58	49	3	02:53	47	2	03:42	33	2	03:06
2		00.01.55	2		00.04.07	2		00.07.33	2		00.10.52	2		00.14.23	2		00.16.56	2		00.20.54	2		00.23.47	2		00.27.29	2		00.30.35
37	2	03:01	100	2	02:58	CL	2	00:43																					
2		00.33.36	2		00.36.34	2		00.37.17																					
3	Nembrini Lidia		C.O. Aget Lugano		00.45.19																								
31	3	02:00	36	3	03:03	38	3	07:06	46	3	05:13	45	3	03:49	43	3	02:48	42	3	04:19	49	2	02:43	47	1	03:34	33	3	03:15
3		00.02.00	3		00.05.03	3		00.12.09	3		00.17.22	3		00.21.11	3		00.23.59	3		00.28.18	3		00.31.01	3		00.34.35	3		00.37.50
37	3	03:15	100	3	03:25	CL	3	00:49																					
3		00.41.05	3		00.44.30	3		00.45.19																					

**Categoria: M70**

(Lunghezza 3100 m - Dislivello 32 m - Kmsf 3,42)

Pos.	Nome		Società		Tempo	
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**Categoria: W70**

(Lunghezza 3100 m - Dislivello 32 m - Kmsf 3,42)

Pos.	Nome		Società		Tempo	
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1	Limbenza Rudite		Sigulda		00.40.49																								
33	1	07:06	38	1	03:32	49	1	03:59	42	1	03:09	44	1	01:15	45	1	02:02	47	1	04:41	36	1	05:43	35	1	03:21	37	1	01:38
1		00.07.06	1		00.10.38	1		00.14.37	1		00.17.46	1		00.19.01	1		00.21.03	1		00.25.44	1		00.31.27	1		00.34.48	1		00.36.26
100	1	03:30	CL	1	00:53																								
1		00.39.56	1		00.40.49																								

**Categoria: Open S**

(Lunghezza 3100 m - Dislivello 32 m - Kmsf 3,42)

Pos.	Nome		Società		Tempo	
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1	Montemezzani Monica		Asco Lugano		00.34.56																								
33	1	05:28	38	1	03:25	49	1	02:52	42	1	02:27	44	2	01:34	45	1	01:38	47	1	04:34	36	1	05:57	35	1	02:45	37	1	01:24
1		00.05.28	1		00.08.53	1		00.11.45	1		00.14.12	1		00.15.46	1		00.17.24	1		00.21.58	1		00.27.55	1		00.30.40	1		00.32.04
100	1	02:18	CL	1	00:34																								
1		00.34.22	1		00.34.56																								
2	Bergqvist Sara		NAIS Orientering		00.51.57																								
33	2	08:10	38	2	04:24	49	2	05:11	42	2	03:41	44	1	01:29	45	2	02:43	47	2	06:17	36	2	08:01	35	2	04:19	37	2	02:05
2		00.08.10	2		00.12.34	2		00.17.45	2		00.21.26	2		00.22.55	2		00.25.38	2		00.31.55	2		00.39.56	2		00.44.15	2		00.46.20
100	2	04:24	CL	2	01:13																								
2		00.50.44	2		00.51.57																								

**Categoria: M10**

(Lunghezza 1200 m - Dislivello 20 m - Kmsf 1,40)

Pos.	Nome		Società		Tempo	
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1	Hedman Elvin		Snaettringe SK		00.10.31																							
34	1	01:54	36	3	01:00	32	1	01:03	33	2	01:41	35	1	01:09	37	3	01:05	100	2	02:10	CL	2	00:29					
1		00.01.54	1		00.02.54	1		00.03.57	2		00.05.38	1		00.06.47	2		00.07.52	2		00.10.02	1		00.10.31					
1	Dahlstedt Kaisajuntti Svante		Kamrat och IF KIF		00.10.31																							
34	2	01:56	36	2	00:59	32	2	01:04	33	1	01:37	35	2	01:17	37	2	00:58	100	2	02:10	CL	3	00:30					
2		00.01.56	2		00.02.55	2		00.03.59	1		00.05.36	2		00.06.53	1		00.07.51	1		00.10.01	1		00.10.31					
3	Hedman Noel		Snaettringe SK		00.11.59																							
34	3	02:09	36	1	00:56	32	3	01:41	33	3	02:07	35	3	01:36	37	1	00:54	100	1	02:08	CL	1	00:28					
3		00.02.09	3		00.03.05	3		00.04.46	3		00.06.53	3		00.08.29	3		00.09.23	3		00.11.31	3		00.11.59					

# CLASSIFICA

Stage 3 - Sardinia Week 44 Data: mercoledì 30 ottobre 2019

Data creazione: 30/10/2019 11:19:50



## Categoria: W10

(Lunghezza 1200 m - Dislivello 20 m - Kmsf 1,40)

Pos.	Nome		Società		Tempo																								
1	Dahlstedt Kaisajuntti Smilla		Kamrat och IF KIF		00.14.36																								
34	1	02:31	36	2	01:05	32	2	02:26	33	1	02:23	35	1	02:02	37	1	00:58	100	1	02:42	CL	1	00:29						
	1	00.02.31	1	00.03.36	2	00.06.02	1	00.08.25	1	00.10.27	1	00.11.25	1	00.14.07	1	00.14.36													
2	Vassalli Joy		Asco Lugano		00.18.25																								
34	2	02:49	36	1	00:53	32	1	02:03	33	2	02:40	35	2	04:09	37	2	01:28	100	2	03:54	CL	1	00:29						
	2	00.02.49	2	00.03.42	1	00.05.45	1	00.08.25	2	00.12.34	2	00.14.02	2	00.17.56	2	00.18.25													

## Categoria: W12

(Lunghezza 1200 m - Dislivello 20 m - Kmsf 1,40)

Pos.	Nome		Società		Tempo	
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