

**ALLENAMENTO ASCO-GOV-CO UTOE**  
**Gola di lago - 8.3.2020**



**Lungo ++**

		Temps	Départ	1 (156)	2 (157)	3 (165)	4 (168)	5 (164)	6 (167)	7 (151)	8 (162)	9 (153)	10 (163)	11 (154)	12 (166)	13 (155)	14 (167)	15 (160)	16 (161)	Arrivée
1	Manuele Ren	00:43:09	11:13:10	11:16:55 00:03:45	PM ----	11:26:06 ----	11:27:52 00:01:46	11:30:02 00:02:10	11:33:19 00:03:17	11:35:00 00:01:41	11:38:26 00:03:26	11:41:05 00:02:39	11:42:23 00:01:18	11:43:29 00:01:06	11:45:27 00:01:58	11:46:53 00:01:26	11:52:45 00:05:52	11:54:39 00:01:54	11:56:07 00:01:28	11:56:19 00:00:12
2	Tommy Besomi	00:51:03	11:16:20	11:21:02 00:04:42	PM ----	11:32:35 ----	11:34:22 00:01:47	11:36:55 00:02:33	11:40:36 00:03:41	11:42:28 00:01:52	11:46:23 00:03:55	11:49:10 00:02:47	11:50:58 00:01:48	11:52:13 00:01:15	11:54:36 00:02:23	11:56:17 00:01:41	PM ----	PM ----	12:07:07 ----	12:07:23 00:00:16
3	nicolas muller	00:51:12	10:42:41	10:47:31 00:04:50	PM ----	10:57:06 ----	10:59:03 00:01:57	11:01:50 00:02:47	11:05:35 00:03:45	11:07:54 00:02:19	11:13:02 00:05:08	11:16:12 00:03:10	11:17:46 00:01:34	11:19:02 00:01:16	11:21:59 00:02:57	11:23:38 00:01:39	11:29:13 00:05:35	11:31:37 00:02:24	11:33:35 00:01:58	11:33:53 00:00:18
4	andrea beltraminelli	00:53:12	10:51:28	10:55:57 00:04:29	PM ----	11:07:23 ----	11:09:15 00:01:52	11:12:08 00:02:53	11:16:01 00:03:53	11:18:21 00:02:20	11:22:57 00:04:36	11:26:09 00:03:12	11:27:49 00:01:40	11:29:17 00:01:28	11:32:03 00:02:46	11:33:51 00:01:48	11:40:14 00:06:23	11:42:33 00:02:19	11:44:22 00:01:49	11:44:40 00:00:18
5	gioele maddalena	00:55:52	10:47:38	10:51:53 00:04:15	PM ----	11:02:35 ----	11:04:30 00:01:55	11:08:18 00:03:48	11:12:57 00:04:39	11:15:22 00:02:25	11:20:35 00:05:13	11:23:41 00:03:06	11:25:32 00:01:51	11:26:43 00:01:11	11:29:38 00:02:55	11:31:30 00:01:52	11:39:01 00:07:31	11:41:13 00:02:12	11:43:11 00:01:58	11:43:30 00:00:19
6	silvio vassalli	00:57:11	10:31:55	10:36:56 00:05:01	PM ----	10:48:33 ----	10:51:11 00:02:38	10:54:15 00:03:04	10:58:45 00:04:30	11:01:12 00:02:27	11:06:23 00:05:11	11:09:27 00:03:04	11:11:00 00:01:33	11:12:32 00:01:32	11:15:27 00:02:55	11:17:12 00:01:45	11:24:18 00:07:06	11:26:40 00:02:22	11:28:43 00:02:03	11:29:06 00:00:23
7	martina rizzi	00:57:58	10:52:25	10:57:18 00:04:53	PM ----	11:09:13 ----	11:11:28 00:02:15	11:15:43 00:04:15	11:20:10 00:04:27	11:22:44 00:02:34	11:27:33 00:04:49	11:30:37 00:03:04	11:32:24 00:01:47	11:33:59 00:01:35	11:36:53 00:02:54	11:38:43 00:01:50	11:45:52 00:07:09	11:48:14 00:02:22	11:50:06 00:01:52	11:50:23 00:00:17
8	Andrea Chiodoni	01:02:25	10:37:27	10:42:19 00:04:52	PM ----	10:54:28 ----	10:56:40 00:02:12	11:01:35 00:04:55	11:06:22 00:04:47	11:09:08 00:02:46	11:14:41 00:05:33	11:18:26 00:03:45	11:20:30 00:02:04	11:21:59 00:01:29	11:25:22 00:03:23	11:27:12 00:01:50	11:34:06 00:06:54	11:37:43 00:03:37	11:39:35 00:01:52	11:39:52 00:00:17

**Lungo +**

		Temps	Départ	1 (156)	2 (157)	3 (165)	4 (168)	5 (164)	6 (167)	7 (151)	8 (162)	9 (153)	10 (163)	11 (154)	12 (166)	13 (155)	14 (167)	15 (160)	16 (161)	Arrivée
1	Gioele Chiodoni	00:51:08	10:48:10	10:52:49 00:04:39	10:54:44 00:01:55	10:57:31 00:02:47	10:59:32 00:02:01	11:02:43 00:03:11	11:07:55 00:05:12	11:10:05 00:02:10	11:16:28 00:06:23	11:20:05 00:03:37	11:21:42 00:01:37	11:23:18 00:01:36	11:26:09 00:02:51	11:28:04 00:01:55	11:34:08 00:06:04	11:37:12 00:03:04	11:39:01 00:01:49	11:39:18 00:00:17
2	Alex Del Fedele	00:55:09	10:55:26	11:00:29 00:05:03	11:02:35 00:02:06	11:06:05 00:03:30	11:08:32 00:02:27	11:11:55 00:03:23	11:16:10 00:04:15	11:18:35 00:02:25	11:23:29 00:04:54	11:27:14 00:03:45	11:29:32 00:02:18	11:30:52 00:01:20	11:36:20 00:05:28	11:38:39 00:02:19	11:45:47 00:07:08	11:48:20 00:02:33	11:50:19 00:01:59	11:50:35 00:00:16
3	valerio beretta	00:58:35	10:49:58	10:55:13 00:05:15	10:57:14 00:02:01	11:00:40 00:03:26	11:03:31 00:02:51	11:07:53 00:04:22	11:13:21 00:05:28	11:16:15 00:02:54	11:22:00 00:05:45	11:25:39 00:03:39	11:27:44 00:02:05	11:29:32 00:01:48	11:33:00 00:03:28	11:35:21 00:02:21	11:43:13 00:07:52	11:46:10 00:02:57	11:48:12 00:02:02	11:48:33 00:00:21
4	Marco Baiardi	00:59:41	10:51:55	10:56:38 00:04:43	10:58:55 00:02:17	11:03:07 00:04:12	11:06:04 00:02:57	11:09:59 00:03:55	11:16:10 00:06:11	11:18:26 00:02:16	11:24:11 00:05:45	11:28:14 00:04:03	11:30:27 00:02:13	11:31:49 00:01:22	11:36:04 00:04:15	11:39:13 00:03:09	11:46:58 00:07:45	11:49:32 00:02:34	11:51:23 00:01:51	11:51:36 00:00:13
5	Samuele Bonini	01:01:24	10:55:01	11:00:27 00:05:26	11:02:34 00:02:07	11:06:12 00:03:38	11:08:52 00:02:40	11:12:42 00:03:50	11:18:22 00:05:40	11:21:20 00:02:58	11:27:30 00:06:10	11:31:31 00:04:01	11:33:48 00:02:17	11:35:38 00:01:50	11:39:01 00:03:23	11:41:38 00:02:37	11:51:04 00:09:26	11:54:02 00:02:58	11:56:07 00:02:05	11:56:25 00:00:18
6	alessandro beretta	01:05:16	10:41:26	10:46:24 00:04:58	10:48:35 00:02:11	10:52:53 00:04:18	10:57:23 00:04:30	11:01:19 00:03:56	11:08:03 00:06:44	11:11:26 00:03:23	11:18:24 00:06:58	11:22:51 00:04:27	11:25:05 00:02:14	11:26:43 00:01:38	11:30:41 00:03:58	11:33:04 00:02:23	11:40:52 00:07:48	11:43:46 00:02:54	11:46:18 00:02:32	11:46:42 00:00:24
7	Noe Moser	01:08:57	10:52:53	10:59:19 00:06:26	11:02:11 00:02:52	11:06:03 00:03:52	11:08:30 00:02:27	11:12:04 00:03:34	11:18:26 00:06:22	11:22:04 00:03:38	11:30:17 00:08:13	11:34:55 00:04:38	11:37:15 00:02:20	11:39:06 00:01:51	11:42:53 00:03:47	11:45:32 00:02:39	11:54:44 00:09:12	11:58:52 00:04:08	12:01:35 00:02:43	12:01:50 00:00:15
8	Mattia Mauri	01:10:33	10:50:52	10:57:00 00:06:08	10:59:42 00:02:42	11:04:32 00:04:50	11:08:12 00:03:40	11:12:35 00:04:23	11:18:36 00:06:01	11:22:32 00:03:56	11:30:14 00:07:42	11:35:34 00:05:20	11:37:36 00:02:02	11:39:37 00:02:01	11:42:56 00:03:19	11:45:33 00:02:37	11:55:05 00:09:32	11:58:29 00:03:24	12:00:58 00:02:29	12:01:25 00:00:27
9	baba schwank	01:12:58	10:56:05	11:02:45 00:06:40	PM ----	11:18:16 ----	11:21:05 00:02:49	11:25:35 00:04:30	11:31:04 00:05:29	11:33:52 00:02:48	11:39:42 00:05:50	11:43:52 00:04:10	11:46:15 00:02:23	11:48:05 00:01:50	11:51:17 00:03:12	11:53:33 00:02:16	PM ----	PM ----	12:08:16 ----	12:09:03 00:00:47

**ALLENAMENTO ASCO-GOV-CO UTOE**  
**Gola di lago - 8.3.2020**



**Lungo**

		Temps	Départ	1 (156)	2 (157)	3 (165)	4 (168)	5 (164)	6 (167)	7 (151)	8 (162)	9 (153)	10 (163)	11 (154)	12 (166)	13 (155)	Arrivée
1	michele ren	00:38:23	11:25:27	11:30:09	11:32:08	11:35:11	11:37:34	11:40:14	11:45:02	11:47:17	11:51:23	11:54:07	11:55:40	11:57:10	11:59:33	12:01:13	12:03:50
				00:04:42	00:01:59	00:03:03	00:02:23	00:02:40	00:04:48	00:02:15	00:04:06	00:02:44	00:01:33	00:01:30	00:02:23	00:01:40	00:02:37
2	Graziella Quadri	00:51:45	10:57:21	11:03:40	11:06:15	11:09:56	11:12:23	11:15:59	11:22:02	11:25:20	11:31:08	11:35:12	11:37:14	11:38:59	11:42:30	11:45:17	11:49:06
				00:06:19	00:02:35	00:03:41	00:02:27	00:03:36	00:06:03	00:03:18	00:05:48	00:04:04	00:02:02	00:01:45	00:03:31	00:02:47	00:03:49
3	emma kocsis	00:52:53	10:55:36	11:01:52	11:04:30	11:08:46	11:11:26	11:15:29	11:21:16	11:24:17	11:30:06	11:34:51	11:37:03	11:38:45	11:42:23	11:45:06	11:48:29
				00:06:16	00:02:38	00:04:16	00:02:40	00:04:03	00:05:47	00:03:01	00:05:49	00:04:45	00:02:12	00:01:42	00:03:38	00:02:43	00:03:23
4	matteo besomi	00:52:57	11:02:21	11:09:22	11:11:40	11:17:09	11:19:36	11:22:56	11:30:15	11:33:06	11:38:39	11:42:41	11:45:00	11:46:52	11:50:20	11:52:17	11:55:18
				00:07:01	00:02:18	00:05:29	00:02:27	00:03:20	00:07:19	00:02:51	00:05:33	00:04:02	00:02:19	00:01:52	00:03:28	00:01:57	00:03:01
5	Sofia Chiodoni	00:56:52	10:54:02	11:00:08	11:02:43	11:07:45	11:11:06	11:15:32	11:21:59	11:25:34	11:31:58	11:36:41	11:39:21	11:41:30	11:45:10	11:47:14	11:50:54
				00:06:06	00:02:35	00:05:02	00:03:21	00:04:26	00:06:27	00:03:35	00:06:24	00:04:43	00:02:40	00:02:09	00:03:40	00:02:04	00:03:40
6	ian bianchi	00:57:43	10:52:59	10:59:29	11:02:20	11:07:43	11:11:17	11:15:27	11:20:58	11:24:15	11:30:03	11:35:11	11:37:13	11:39:29	11:43:23	11:45:57	11:50:42
				00:06:30	00:02:51	00:05:23	00:03:34	00:04:10	00:05:31	00:03:17	00:05:48	00:05:08	00:02:02	00:02:16	00:03:54	00:02:34	00:04:45
7	manno del don	00:58:17	11:11:14	11:18:36	11:21:05	11:25:28	11:28:26	11:33:47	11:39:05	11:42:40	11:48:52	11:53:37	11:56:00	11:57:49	12:02:27	12:05:40	12:09:31
				00:07:22	00:02:29	00:04:23	00:02:58	00:05:21	00:05:18	00:03:35	00:06:12	00:04:45	00:02:23	00:01:49	00:04:38	00:03:13	00:03:51
8	roberto deluigi	00:59:59	10:49:25	10:55:24	10:57:58	11:02:10	11:08:18	11:12:37	11:18:34	11:22:36	11:31:25	11:35:56	11:38:09	11:39:59	11:43:37	11:46:02	11:49:24
				00:05:59	00:02:34	00:04:12	00:06:08	00:04:19	00:05:57	00:04:02	00:08:49	00:04:31	00:02:13	00:01:50	00:03:38	00:02:25	00:03:22
9	paolo beltraminelli	01:03:13	10:39:33	10:46:33	10:49:21	10:54:02	10:57:10	11:01:48	11:10:59	11:16:01	11:23:12	11:28:05	11:30:34	11:32:14	11:36:31	11:39:06	11:42:46
				00:07:00	00:02:48	00:04:41	00:03:08	00:04:38	00:09:11	00:05:02	00:07:11	00:04:53	00:02:29	00:01:40	00:04:17	00:02:35	00:03:40
10	Celine Knupfer	01:04:09	11:02:08	11:09:20	11:12:06	11:18:00	11:21:18	11:25:38	11:33:09	11:38:26	11:46:20	11:50:47	11:54:01	11:56:06	12:00:36	12:02:58	12:06:17
				00:07:12	00:02:46	00:05:54	00:03:18	00:04:20	00:07:31	00:05:17	00:07:54	00:04:27	00:03:14	00:02:05	00:04:30	00:02:22	00:03:19
11	marzia beltraminelli	01:05:53	10:33:30	10:41:16	10:44:09	10:49:22	10:52:59	10:58:22	11:05:50	11:11:03	11:18:51	11:23:42	11:25:59	11:27:46	11:32:05	11:35:10	11:39:23
				00:07:46	00:02:53	00:05:13	00:03:37	00:05:23	00:07:28	00:05:13	00:07:48	00:04:51	00:02:17	00:01:47	00:04:19	00:03:05	00:04:13
12	Valentina Quadri	01:12:32	10:52:36	10:59:23	11:01:47	11:06:02	11:09:11	11:15:53	11:26:10	11:32:03	11:41:06	11:47:32	11:52:03	11:54:06	11:58:40	12:01:17	12:05:08
				00:06:47	00:02:24	00:04:15	00:03:09	00:06:42	00:10:17	00:05:53	00:09:03	00:06:26	00:04:31	00:02:03	00:04:34	00:02:37	00:03:51
13	Antonio Kocsis	01:12:55	10:43:23	10:51:41	10:54:55	11:00:09	11:04:02	11:09:53	11:18:19	11:23:04	11:31:27	11:37:06	11:40:02	11:42:20	11:47:16	11:51:34	11:56:18
				00:08:18	00:03:14	00:05:14	00:03:53	00:05:51	00:08:26	00:04:45	00:08:23	00:05:39	00:02:56	00:02:18	00:04:56	00:04:18	00:04:44
14	Marta Schwank	01:14:42	10:50:27	10:57:36	11:00:40	11:05:54	11:09:13	11:16:04	11:26:14	11:31:58	11:41:09	11:47:35	11:52:10	11:54:09	11:58:45	12:01:18	12:05:09
				00:07:09	00:03:04	00:05:14	00:03:19	00:06:51	00:10:10	00:05:44	00:09:11	00:06:26	00:04:35	00:01:59	00:04:36	00:02:33	00:03:51
15	cristina ren	00:58:10	11:11:23	11:18:14	11:20:52	11:25:04	11:28:34	11:33:49	11:40:57	PM	11:48:57	11:53:49	11:56:36	11:58:38	12:02:47	12:05:23	12:09:33
				00:06:51	00:02:38	00:04:12	00:03:30	00:05:15	00:07:08	----	----	00:04:52	00:02:47	00:02:02	00:04:09	00:02:36	00:04:10

**ALLENAMENTO ASCO-GOV-CO UTOE**  
**Gola di lago - 8.3.2020**



**medio 1**

		Temps	Départ	1 (152)	2 (156)	3 (157)	4 (165)	5 (164)	6 (167)	7 (151)	8 (155)	9 (154)	10 (153)	11 (166)	Arrivée
1	tito arrigo	00:45:22	10:55:31	10:58:31 00:03:00	11:00:31 00:02:00	11:02:48 00:02:17	11:06:30 00:03:42	11:15:36 00:09:06	11:20:17 00:04:41	11:22:42 00:02:25	11:27:40 00:04:58	11:30:42 00:03:02	11:32:24 00:01:42	11:37:41 00:05:17	11:40:53 00:03:12
2	cecilia badaracco	00:51:09	10:52:14	10:55:53 00:03:39	10:57:56 00:02:03	11:00:42 00:02:46	11:05:05 00:04:23	11:10:14 00:05:09	11:17:29 00:07:15	11:21:48 00:04:19	11:27:36 00:05:48	11:31:32 00:03:56	11:34:46 00:03:14	11:38:46 00:04:00	11:43:23 00:04:37
3	lara zamboni amaro	00:51:32	10:50:06	10:54:02 00:03:56	10:56:41 00:02:39	10:59:06 00:02:25	11:02:53 00:03:47	11:08:50 00:05:57	11:16:35 00:07:45	11:20:09 00:03:34	11:26:35 00:06:26	11:30:06 00:03:31	11:32:28 00:02:22	11:36:33 00:04:05	11:41:38 00:05:05
4	rocco schwank	00:53:05	10:49:33	10:53:07 00:03:34	10:55:22 00:02:15	10:57:55 00:02:33	11:02:10 00:04:15	11:08:54 00:06:44	11:16:05 00:07:11	11:18:58 00:02:53	11:24:41 00:05:43	11:28:49 00:04:08	11:33:52 00:05:03	11:37:48 00:03:56	11:42:38 00:04:50
5	Nathan Bianchi	00:56:02	10:46:47	10:52:31 00:05:44	10:55:41 00:03:10	10:58:16 00:02:35	11:03:29 00:05:13	11:09:15 00:05:46	11:15:48 00:06:33	11:18:59 00:03:11	11:24:37 00:05:38	11:28:48 00:04:11	11:33:37 00:04:49	11:37:45 00:04:08	11:42:49 00:05:04
6	massimo bonini	00:56:55	10:56:13	11:00:36 00:04:23	11:03:31 00:02:55	11:06:06 00:02:35	11:10:32 00:04:26	11:16:47 00:06:15	11:25:12 00:08:25	11:30:20 00:05:08	11:36:58 00:06:38	11:40:57 00:03:59	11:43:49 00:02:52	11:47:58 00:04:09	11:53:08 00:05:10
7	sandra steingruber	01:03:11	10:39:58	10:44:21 00:04:23	10:49:04 00:04:43	10:52:35 00:03:31	10:57:41 00:05:06	11:04:46 00:07:05	11:12:38 00:07:52	11:17:08 00:04:30	11:23:09 00:06:01	11:29:13 00:06:04	11:32:26 00:03:13	11:36:39 00:04:13	11:43:09 00:06:30
8	anna beltraminelli	01:03:14	10:34:23	10:39:03 00:04:40	10:41:36 00:02:33	10:44:53 00:03:17	10:50:17 00:05:24	10:57:34 00:07:17	11:05:46 00:08:12	11:11:08 00:05:22	11:18:48 00:07:40	11:23:24 00:04:36	11:26:11 00:02:47	11:31:53 00:05:42	11:37:37 00:05:44
9	Clara Ballerini	01:10:49	10:50:49	10:55:26 00:04:37	10:57:53 00:02:27	11:00:56 00:03:03	11:06:16 00:05:20	11:15:48 00:09:32	11:26:27 00:10:39	11:32:11 00:05:44	11:40:20 00:08:09	11:45:44 00:05:24	11:50:04 00:04:20	11:55:20 00:05:16	12:01:38 00:06:18
10	walter amaro	01:28:39	10:45:20	10:50:13 00:04:53	10:54:25 00:04:12	10:58:19 00:03:54	11:04:22 00:06:03	11:28:08 00:23:46	11:36:35 00:08:27	11:42:01 00:05:26	11:50:47 00:08:46	11:57:12 00:06:25	12:02:45 00:05:33	12:08:20 00:05:35	12:13:59 00:05:39
11	8090670 (corona V??)	01:37:04	10:49:21	10:55:56 00:06:35	10:59:35 00:03:39	11:04:34 00:04:59	11:10:56 00:06:22	11:20:43 00:09:47	11:31:39 00:10:56	11:39:11 00:07:32	11:48:12 00:09:01	11:53:43 00:05:31	11:58:33 00:04:50	12:04:24 00:05:51	12:26:25 00:22:01

**ALLENAMENTO ASCO-GOV-CO UTOE**  
**Gola di lago - 8.3.2020**



**medio 2 (senza pto 7)**

		Temps	Départ	1 (152)	2 (156)	3 (157)	4 (165)	5 (164)	6 (167)	7 (151)	8 (155)	9 (154)	10 (153)	11 (166)	Arrivée
1	Aline Ren	00:43:12	11:08:52	11:12:35 00:03:43	11:14:39 00:02:04	11:16:50 00:02:11	11:22:09 00:05:19	11:27:38 00:05:29	11:33:25 00:05:47	PM	11:38:31	11:42:02 00:03:31	11:44:08 00:02:06	11:48:25 00:04:17	11:52:04 00:03:39
2	Caroline Knupfer	00:48:02	11:03:23	11:07:28 00:04:05	11:10:27 00:02:59	11:13:23 00:02:56	11:17:33 00:04:10	11:23:15 00:05:42	11:29:59 00:06:44	PM	11:35:12	11:39:53 00:04:41	11:42:24 00:02:31	11:46:06 00:03:42	11:51:25 00:05:19
3	Iarissa castelli	00:51:36	11:06:10	11:10:32 00:04:22	11:14:03 00:03:31	11:17:08 00:03:05	11:21:56 00:04:48	11:28:00 00:06:04	11:33:59 00:05:59	PM	11:39:49	11:45:18 00:05:29	11:48:13 00:02:55	11:52:54 00:04:41	11:57:46 00:04:52
4	Marco Tricarico	00:53:54	10:48:27	10:52:27 00:04:00	10:55:43 00:03:16	10:58:22 00:02:39	11:03:32 00:05:10	11:09:24 00:05:52	11:16:15 00:06:51	PM	11:22:28	11:30:39 00:08:11	11:34:05 00:03:26	11:37:49 00:03:44	11:42:21 00:04:32
5	pio berger	00:54:35	10:35:55	10:40:41 00:04:46	10:43:31 00:02:50	10:46:23 00:02:52	10:50:55 00:04:32	10:57:56 00:07:01	11:05:04 00:07:08	PM	11:10:31	11:15:17 00:04:46	11:18:07 00:02:50	11:25:47 00:07:40	11:30:30 00:04:43
6	Ambra Bonini	00:57:46	10:54:16	10:58:01 00:03:45	11:00:03 00:02:02	11:02:32 00:02:29	11:07:03 00:04:31	11:13:11 00:06:08	11:30:47 00:17:36	PM	11:35:31	11:40:03 00:04:32	11:42:30 00:02:27	11:46:42 00:04:12	11:52:02 00:05:20
7	giulia pittet	00:57:47	10:54:06	10:58:05 00:03:59	11:00:22 00:02:17	11:03:43 00:03:21	11:10:04 00:06:21	11:17:05 00:07:01	11:28:41 00:11:36	PM	11:34:38	11:38:17 00:03:39	11:41:19 00:03:02	11:45:57 00:04:38	11:51:53 00:05:56
8	davide mauri	00:59:26	10:51:07	10:55:09 00:04:02	10:57:28 00:02:19	11:00:35 00:03:07	11:05:50 00:05:15	11:15:41 00:09:51	11:25:03 00:09:22	PM	11:30:18	11:35:52 00:05:34	11:38:55 00:03:03	11:44:37 00:05:42	11:50:33 00:05:56
9	noemi pittet	00:59:49	10:53:26	10:58:02 00:04:36	11:00:24 00:02:22	11:03:53 00:03:29	11:10:02 00:06:09	11:17:46 00:07:44	11:28:51 00:11:05	PM	11:35:35	11:40:06 00:04:31	11:43:14 00:03:08	11:47:27 00:04:13	11:53:15 00:05:48
10	Arianna Deluigi	01:01:05	10:42:31	10:46:58 00:04:27	10:50:35 00:03:37	10:54:36 00:04:01	11:01:09 00:06:33	11:08:59 00:07:50	11:16:41 00:07:42	PM	11:22:59	11:28:54 00:05:55	11:34:08 00:05:14	11:38:38 00:04:30	11:43:36 00:04:58
11	cuki vassalli	01:01:54	10:35:52	10:40:34 00:04:42	10:43:36 00:03:02	10:46:17 00:02:41	10:51:40 00:05:23	10:58:08 00:06:28	11:07:09 00:09:01	PM	11:15:40	11:25:56 00:10:16	11:29:27 00:03:31	11:33:38 00:04:11	11:37:46 00:04:08
12	julia glavieux	01:02:30	10:58:46	11:03:03 00:04:17	11:07:33 00:04:30	11:11:53 00:04:20	11:21:33 00:09:40	11:27:55 00:06:22	11:34:25 00:06:30	PM	11:39:39	11:45:25 00:05:46	11:50:08 00:04:43	11:55:00 00:04:52	12:01:16 00:06:16
13	kim vassalli	01:04:14	10:34:18	10:39:07 00:04:49	10:41:57 00:02:50	10:45:19 00:03:22	10:50:33 00:05:14	10:58:12 00:07:39	11:07:29 00:09:17	PM	11:15:34	11:25:54 00:10:20	11:29:27 00:03:33	11:33:42 00:04:15	11:38:32 00:04:50
14	debora mauri	01:08:25	10:51:53	10:56:56 00:05:03	11:00:22 00:03:26	11:03:48 00:03:26	11:10:00 00:06:12	11:17:00 00:07:00	11:27:49 00:10:49	PM	11:34:43	11:44:21 00:09:38	11:48:31 00:04:10	11:53:41 00:05:10	12:00:18 00:06:37
15	Emma Brenner	01:09:39	10:47:36	10:52:37 00:05:01	10:57:11 00:04:34	11:00:42 00:03:31	11:07:19 00:06:37	11:16:05 00:08:46	11:24:23 00:08:18	PM	11:33:03	11:39:34 00:06:31	11:44:11 00:04:37	11:50:59 00:06:48	11:57:15 00:06:16
16	Alessia Antognini	01:10:37	10:45:36	10:50:34 00:04:58	10:53:21 00:02:47	10:55:59 00:02:38	11:02:46 00:06:47	11:12:28 00:09:42	11:24:03 00:11:35	PM	11:32:55	11:39:15 00:06:20	11:44:08 00:04:53	11:50:41 00:06:33	11:56:13 00:05:32
17	selina stampanoni	01:11:52	10:49:30	10:55:11 00:05:41	10:58:13 00:03:02	11:02:29 00:04:16	11:10:20 00:07:51	11:22:03 00:11:43	11:31:16 00:09:13	PM	11:38:44	11:46:27 00:07:43	11:50:06 00:03:39	11:55:37 00:05:31	12:01:22 00:05:45
18	dudi beltramellini	01:12:08	10:41:04	10:46:50 00:05:46	10:50:08 00:03:18	10:54:39 00:04:31	11:01:11 00:06:32	11:09:49 00:08:38	11:21:01 00:11:12	PM	11:29:43	11:36:07 00:06:24	11:40:23 00:04:16	11:45:41 00:05:18	11:53:12 00:07:31
19	sofia nobile	01:12:47	10:43:44	10:48:25 00:04:41	10:52:12 00:03:47	10:55:50 00:03:38	11:02:52 00:07:02	11:12:29 00:09:37	11:24:13 00:11:44	PM	11:32:58	11:39:12 00:06:14	11:43:59 00:04:47	11:50:36 00:06:37	11:56:31 00:05:55
20	Alessia Berti	01:15:13	10:41:15	10:45:33 00:04:18	10:49:20 00:03:47	10:54:48 00:05:28	11:01:25 00:06:37	11:12:45 00:11:20	11:24:09 00:11:24	PM	11:33:00	11:39:02 00:06:02	11:43:44 00:04:42	11:50:49 00:07:05	11:56:28 00:05:39
21	Martina Tettamanti	01:18:21	10:38:52	10:44:44 00:05:52	10:49:18 00:04:34	10:55:00 00:05:42	11:01:49 00:06:49	11:11:53 00:10:04	11:24:07 00:12:14	PM	11:33:08	11:39:35 00:06:27	11:44:17 00:04:42	11:51:07 00:06:50	11:57:13 00:06:06

**ALLENAMENTO ASCO-GOV-CO UTOE**  
**Gola di lago - 8.3.2020**



**corto**

		Temps	Départ	1 (152)	2 (156)	3 (157)	4 (158)	5 (159)	6 (160)	7 (161)	Arrivée
1	federico bonini	00:20:50	10:52:58	10:56:26	10:58:33	11:01:09	11:04:06	11:07:23	11:10:45	11:13:20	11:13:48
				00:03:28	00:02:07	00:02:36	00:02:57	00:03:17	00:03:22	00:02:35	00:00:28
2	Sara Bomio-Pacciorini	00:21:47	10:39:44	10:43:27	10:46:47	10:49:28	10:52:06	10:55:38	10:59:02	11:01:08	11:01:31
				00:03:43	00:03:20	00:02:41	00:02:38	00:03:32	00:03:24	00:02:06	00:00:23
3	Martino Amaro	00:23:39	10:37:49	10:41:47	10:44:14	10:47:30	10:50:41	10:54:08	10:58:39	11:01:05	11:01:28
				00:03:58	00:02:27	00:03:16	00:03:11	00:03:27	00:04:31	00:02:26	00:00:23
4	Selina Castelli	00:24:16	10:48:21	10:52:38	10:56:01	10:58:51	11:02:03	11:05:37	11:09:15	11:12:20	11:12:37
				00:04:17	00:03:23	00:02:50	00:03:12	00:03:34	00:03:38	00:03:05	00:00:17
5	Enea Gonzato	00:25:42	10:36:25	10:40:33	10:43:25	10:46:40	10:50:47	10:54:07	10:58:43	11:01:29	11:02:07
				00:04:08	00:02:52	00:03:15	00:04:07	00:03:20	00:04:36	00:02:46	00:00:38
6	Nicole Berti	00:25:54	10:36:48	10:41:09	10:44:08	10:46:55	10:50:53	10:54:57	10:59:36	11:01:57	11:02:42
				00:04:21	00:02:59	00:02:47	00:03:58	00:04:04	00:04:39	00:02:21	00:00:45
7	nicolo yankelevich	00:27:08	10:36:15	10:41:06	10:43:50	10:46:49	10:51:04	10:55:18	11:00:30	11:02:59	11:03:23
				00:04:51	00:02:44	00:02:59	00:04:15	00:04:14	00:05:12	00:02:29	00:00:24
8	Alessandro Daunia	00:27:37	10:34:36	10:39:48	10:42:54	10:46:39	10:50:50	10:54:39	10:59:32	11:01:53	11:02:13
				00:05:12	00:03:06	00:03:45	00:04:11	00:03:49	00:04:53	00:02:21	00:00:20
9	Nathan Baruffaldi	00:29:32	10:33:16	10:38:30	10:41:42	10:46:13	10:51:04	10:55:16	11:00:11	11:02:19	11:02:48
				00:05:14	00:03:12	00:04:31	00:04:51	00:04:12	00:04:55	00:02:08	00:00:29
10	Maya Bianchi	00:29:32	10:36:10	10:41:18	10:44:48	10:48:38	10:52:44	10:57:38	11:02:35	11:05:08	11:05:42
				00:05:08	00:03:30	00:03:50	00:04:06	00:04:54	00:04:57	00:02:33	00:00:34
11	Arturo Schwank	00:30:02	10:55:14	10:59:22	11:02:53	11:06:14	11:11:27	11:15:28	11:22:06	11:24:53	11:25:16
				00:04:08	00:03:31	00:03:21	00:05:13	00:04:01	00:06:38	00:02:47	00:00:23
12	Sebastiano Amaro	00:30:30	10:39:23	10:44:28	10:48:17	10:51:38	10:55:59	11:00:35	11:05:28	11:09:30	11:09:53
				00:05:05	00:03:49	00:03:21	00:04:21	00:04:36	00:04:53	00:04:02	00:00:23
13	Diego Eberli	00:31:20	10:54:32	10:59:11	11:02:53	11:06:13	11:11:39	11:15:39	11:22:05	11:25:10	11:25:52
				00:04:39	00:03:42	00:03:20	00:05:26	00:04:00	00:06:26	00:03:05	00:00:42
14	Giulio Chiodoni	00:32:47	10:52:31	10:57:18	11:00:13	11:03:31	11:07:56	11:13:39	11:22:17	11:24:51	11:25:18
				00:04:47	00:02:55	00:03:18	00:04:25	00:05:43	00:08:38	00:02:34	00:00:27
15	joy vassalli	00:35:49	10:34:25	10:40:29	10:43:53	10:48:22	10:55:58	11:00:42	11:05:44	11:09:36	11:10:14
				00:06:04	00:03:24	00:04:29	00:07:36	00:04:44	00:05:02	00:03:52	00:00:38
16	lea pisset	00:44:08	10:56:29	11:03:25	11:09:12	11:15:20	11:21:39	11:29:06	11:36:40	11:39:56	11:40:37
				00:06:56	00:05:47	00:06:08	00:06:19	00:07:27	00:07:34	00:03:16	00:00:41
17	leonardo yankelevich	00:53:44	10:33:06	10:41:16	10:48:17	10:57:19	11:03:41	11:12:26	11:22:13	11:26:13	11:26:50
				00:08:10	00:07:01	00:09:02	00:06:22	00:08:45	00:09:47	00:04:00	00:00:37
18	maurizio pozzoni	01:22:19	10:29:44	10:43:33	10:50:15	11:00:53	11:13:53	11:27:18	11:41:11	11:50:53	11:52:03
				00:13:49	00:06:42	00:10:38	00:13:00	00:13:25	00:13:53	00:09:42	00:01:10
19	maila del don	00:51:23	11:12:53	11:21:09	11:28:20	11:36:45	11:41:14	11:41:21	12:00:51	PM	12:04:16
				00:08:16	00:07:11	00:08:25	00:04:29	00:00:07	00:19:30	----	----
20	giaele del don	00:51:31	11:13:00	11:21:56	11:28:37	11:37:02	11:41:21	11:41:27	12:01:15	PM	12:04:31
				00:08:56	00:06:41	00:08:25	00:04:19	00:00:06	00:19:48	----	----
21	pietro del don	00:44:54	11:10:51	11:17:08	11:20:16	11:25:41	11:33:47	PM	11:53:36	PM	11:55:45
				00:06:17	00:03:08	00:05:25	00:08:06	----	----	----	----

**ALLENAMENTO ASCO-GOV-CO UTOE**  
**Gola di lago - 8.3.2020**



**farfalla (corto plus)**

		<b>Temps</b>	<b>Départ</b>	<b>1 (151)</b>	<b>2 (155)</b>	<b>3 (153)</b>	<b>4 (154)</b>	<b>5 (166)</b>	<b>Arrivée</b>
1	federico bonini	00:18:52	11:17:39	PM ----	11:21:06 ----	11:24:58 00:03:52	11:28:35 00:03:37	11:32:09 00:03:34	11:36:31 00:04:22
2	Selina Castelli	00:22:14	11:15:34	PM ----	11:21:53 ----	11:25:08 00:03:15	11:28:39 00:03:31	11:33:04 00:04:25	11:37:48 00:04:44
3	martino amaro	00:23:50	11:12:57	PM ----	11:17:13 ----	11:24:59 00:07:46	11:28:38 00:03:39	11:32:18 00:03:40	11:36:47 00:04:29
4	sara bonio pacciorini	00:32:39	11:10:55	PM ----	11:18:19 ----	11:26:08 00:07:49	11:29:06 00:02:58	11:38:02 00:08:56	11:43:34 00:05:32
5	Giulio Chiodoni	00:34:42	11:33:56	PM ----	11:39:39 ----	11:47:42 00:08:03	11:54:52 00:07:10	12:02:15 00:07:23	12:08:38 00:06:23
6	Enea Gonzato	00:35:45	11:33:55	PM ----	11:39:18 ----	11:47:42 00:08:24	11:55:06 00:07:24	12:02:42 00:07:36	12:09:40 00:06:58
7	leonardo yankelevich	00:36:34	11:31:15	PM ----	11:39:22 ----	11:47:57 00:08:35	11:53:03 00:05:06	12:00:45 00:07:42	12:07:49 00:07:04