

Foglio1

CODICE ATLETA	SESSO	ETA'	DISTANZA	CODICE GARA	TEMPO OTTENUTO	RECORD PRECEDENTE	MIGLIORAMENTO
DICEMBRE							
APN	M	24	21,1km	137	1h12'37"	1h15'34"	2'57"
FCH	M	43	21,1km	100	1h28'53"	1h29'37"	44"
FFR	M	41	42,2km	23	3h14'46"	3h21'15"	6'29"
GBR	M	51	42,2km	23	3h23'47"	3h25'46"	1'59"
GLR	M	38	10km	211	33'29"	33'40"	11"
GML	M	40	42,2km	24	3h01'54"	3h10'10"	8'16"
GRB	M	43	42,2km	22	3h36'36"	3h38'25"	1'50"
LBG	M	42	5km		19'15"	19'41"	26"
MBR	M	31	10km	211	38'50"	41'01"	2'11"
MFS	M	54	10km	201	43'22"	44'59"	1'37"
MMU	M	43	10km	211	44'10"	45'11"	1'01"
MNR	M	51	21,1km	137	1h32'18"	1h33'15"	57"
MOR	M	50	21,1km	137	1h31'06"	1h31'51"	45"
MZC	M	54	42,2km	24	3h41'40"	3h53'39"	11'59"
NMZ	M	57	42,2km	16	4h22'35"	4h27'37"	5'02"
2014							
AGR	M	41	42,2km	6	3h37'20"	3h42'26"	4'56"
AGR	M	41	42,2km	10	3h30'32"	3h37'20"	6'48"
FLB	M	46	42,2km	7	3h31'10"	3h33'26"	2'16"
ELB	F	45	21,1km	116	2h01'45"	2h05'27"	3'42"
ELB	F	45	10km	203	53'10"	57'30"	4'20"
AAB	M	37	21,1km	111	1h30'58"	1h32'50"	1'52"
AAB	M	37	42,2km	6	3h32'18"	3h35'36"	3'18"
AAB	M	37	42,2km	4	3h35'36"	3h44'00"	8'24"
AAB	M	37	42,2km	18	3h25'40"	3h32'18"	6'38"
CAN	M	55	21,1km	111	1h43'28"	1h44'03"	35"
CNT	M	45	42,2km	20	3h36'36"	3h46'19"	9'43"
NZG	M	49	42,2km	1	3h23'38"	3h28'54"	5'26"
NZG	M	49	42,2km	14	3h17'14"	3h23'38"	6'24"
NZG	M	49	21,1km	133	1h31'17"	1h39'08"	7'51"
IAR	M	43	21,1km	121	1h44'27"	1h44'51"	24"
GNA	M	42	21,1km	110	1h45'40"	1h48'54"	3'14"
GNA	M	42	21,1km	116	1h44'51"	1h45'40"	51"
DAR	M	40	5km		19'53"	20'18"	25"
EBL	F	37	10km	209	45'23"	47'18"	1'52"
DBR	M	42	21,1km	112	1h50'15"	1h52'00"	1'45"
DBR	M	42	42,2km	6	4h15'27"	4h18'25"	2'58"
SBS	D	45	21,1km	131	1h56'30"	2h01'30"	5'00"
FBT	M	37	21,1km	115	1h26'07"	1h27'07"	1'00"
FBT	M	37	30km	51	2h09'58"	2h12'10"	1'12"
FBT	M	37	30km	50	2h12'03"	2h18'35"	6'32"
FBT	M	37	42,2km	22	3h14'21"	3h35'29"	21'08"
LBC	M	36	42,2km	10	3h27'30"	3h33'24"	5'54"
AB7	M	45	21,1km	110	1h25'30"	1h26'30"	1'00"
AB7	M	45	21,1km	112	1h23'54"	1h25'30"	1'36"
AB7	M	45	42,2km	20	3h06'19"	3h16'43"	10'24"
DBN	M	31	21,1km	117	1h19'06"	1h21'44"	2'38"
EBT	M	46	21,1km	112	1h39'26"	1h43'35"	4'09"
GBT	M	46	42,2km	10	3h14'25"	3h15'10"	45"
ABS	M	49	21,1km	100	1h26'03"	1h28'35"	2'32"
FBZ	M	42	21,1km	111	1h30'48"	1h37'57"	7'09"
FBZ	M	42	21,1km	105	1h37'57"	1h47'01"	9'04"
ETF	M	36	10km	220	44'43"	45'53"	50"
MBR	M	31	21,1km	124	1h25'11"	1h27'27"	1'16"
MBR	M	31	42,2km	12	3h03'28"	3h26'44"	23'16"
MCR	M	31	21,1km	124	1h23'40"	1h27'27"	3'47"

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MCR	M	31	21,1km	117	1h27'27"	1h31'20"	3'53"
MCR	M	31	21,1km	127	1h22'46"	1h23'40"	54"
MBR	M	31	42,2km	17	2h57'11"	3h03'28"	6'17"
MCR	M	32			20'11"	18'03"	2'08"
FBG	M	24	21,1km	103	1h37'45"	1h41'54"	3'51"
FBG	M	24	42,2km	18	4h06'02"	4h07'04"	1'02"
MCC	M	42	21,1km	105	1h33'15"	1h35'05"	1'50"
MCL	M	32	10km	200	48'49"	51'23"	2'34"
NCR	M	43	42,2km	10	3h14'46"	3h26'51"	12'05"
NCR	M	43	42,2km	2	3h26'51"	3h29'30"	2'39"
NCS	M	53	10km	205	41'31"	44'10"	2'39"
NCS	M	53	21,1km	111	1h31'10"	1h33'53"	2'42"
NCS	M	53	10km	204	41'00"	41'31"	31"
NCS	M	53	21,1km	132	1h30'13"	1h31'10"	57"
NCS	M	53	42,2km	20	3h13'51"	3h25'34"	11'43"
RCT	M	49	42,2km	7	3h47'30"	3h55'24"	7'54"
LCV	M	30	21,1km	106	1h21'47"	1h23'57"	2'10"
LCV	M	30	10km	202	35'08"	38'10"	3'02"
FCH	M	43	42,2km	14	3h19'31"	3h24'31"	5'00"
FCH	M	43	21,1km	133	1h29'37"	1h30'18"	41"
NDC	M	42	21,1km	111	1h54'23"	1h58'23"	4'00"
ACN	M	46	21,1km	134	1h31'36"	1h34'30"	2'55"
ACR	M	41	42,2km	10	3h23'20"	3h33'26"	10'06"
ACR	M	41	21,1km	128	1h28'53"	1h29'09"	16"
ACR	M	41	21,1km	115	1h29'09"	1h32'00"	2'51"
ACR	M	41	21,1km	135	1h26'25"	1h28'53"	2'28"
ACR	M	41	42,2km	22	3h14'50"	3h23'20"	8'30"
MCL	M	48	10km	210	41'45"	43'26"	1'41"
MCL	M	42	10km	204	38'10"	39'30"	1'30"
ECN	F	40	10km	204	48'38"	50'41"	2'03"
DCR	M	46	42,2km	6	4h07'12"	4h09'20"	2'08"
JVN	F	40	10km	204	38'54"	39'16"	22"
GDT	M	47	10km	205	39'16"	39'40"	26"
GDT	M	47	21,1km	117	1h26'40"	1h27'10"	40"
SDR	M	41	10km	546	55'03"	58'07"	3'04"
MDL	M	39	21,1km	128	1h31'06"	1h34'17"	3'11"
MDD	M	43	42,2km	16	3h06'51"	3h09'35"	2'44"
RDL	F	55	21,1km	112	1h58'57"	2h00'03"	1'06"
CDR	M	36	42,2km	18	3h28'55"	3h40'50"	11'24"
ADT	M	36	10km	200	44'02"	44'14"	12"
ADT	M	36	10km	202	43'50"	44'02"	12"
ADT	M	36	42,2km	8	3h38'00"	3h53'23"	15'23"
ADT	M	36	21,1km	111	1h38'06"	1h44'34"	6'28"
ADT	M	36	42,2km	12	3h28'55"	3h38'00"	9'05"
DSD	M	45	10km	202	43'20"	46'50"	2'30"
LDG	M	39	21,1km	110	1h31'59"	1h32'10"	11"
LDG	M	39	42,2km	4	3h19'30"	3h34'04"	14'32"
LDG	M	39	21,1km	104	1h32'10"	1h35'42"	3'32"
LDG	M	39	21,1km	133	1h29'20"	1h31'59"	2'39"
LDG	M	39	42,2km	22	3h18'16"	3h19'30"	1'14"
NDN	M	40	21,1km	114	1h28'58"	1h29'39"	41"
GDP	M	46	21,1km	112	1h46'03"	1h46'46"	43"
DGP	M	47	21,1km	111	1h38'07"	1h39'33"	1'24"
DGP	M	47	42,2km	6	3h41'00"	3h44'00"	3'00"
DGP	M	47	42,2km	16	3h37'30"	3h44'00"	6'30"
FFC	M	42	42,2km	22	3h31'18"	3h31'49"	31"
MFD	M	40	42,2km	10	3h28'01"	3h33'20"	5'20"
PPF	M	37	42,2km	7	3h14'35"	3h15'14"	39"
PPF	M	38	42,2km	20	3h14'20"	3h14'35"	15"

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GFR	M	42	21,1km	121	1h29'35"	1h31'33"	1'58"
FFS	M	33	10km	206	41'50"	42'52"	1'02"
FFS	M	33	21,1km	122	1h34'00"	1h35'12"	1'12"
FFN	M	40	21,1km	125	1h33'40"	1h42'28"	8'48"
FFN	M	40	21,1km	128	1h29'54"	1h33'40"	3'46"
SFR	M	38	42,2km	7	3h17'59"	3h21'13"	3'14"
SFR	M	38	21,1km	112	1h28'04"	1h34'00"	5'56"
SFR	M	38	21,1km	129	1h26'33"	1h28'04"	1'31"
SFR	M	38	21,1km	130	1h25'58"	1h26'33"	35"
SFR	F	32	5km	208	23'45"	25'20"	1'35"
SFR	F	32	21,1km	124	1h53'40"	1h54'00"	20"
SFI	F	31	21,1km	120	1h55'40"	1h56'14"	34"
SFR	F	32	21,1km	122	1h54'00"	1h54'40"	40"
SFR	F	32	21,1km	129	1h50'40"	1h53'40"	3'00"
GFL	M	50	21,1km	117	1h28'48"	1h30'30"	1'42"
GFL	M	50	5km		19'26"	19'55"	29"
GFL	M	50	5km		19'55"	20'26"	31"
GFL	M	50	21,1km	136	1h28'00"	1h28'48"	48"
RFN	M	49	42,2km	12	3h23'52"	3h24'52"	1'00"
RFR	F	33	42,2km	4	3h28'31"	3h41'30"	12'59"
RFR	F	33	21,1km	110	1h37'02"	1h40'40"	3'38"
RFR	F	33	21,1km	101	1h40'40"	1h41'29"	49"
PFR	M	60	10km	208	58'50"	1h02'23"	3'33"
FRD	M	43	21,1km	178	1h20'15"	1h21'19"	1'04"
DFR	M	43	42,2km	10	2h57'27"	2h58'21"	54"
DFR	M	43	42,2km	15	2h56'37"	2h57'27"	50"
MGP	M	29	10km	208	37"10"	38'05"	55"
MGP	M	29	21,1km	130	1h23'20"	1h24'05"	45"
DGN	M	30	10km	204	36'50"	38'06"	1'16"
GGR	M	43	21,1km	120	1h35'27"	1h37'50"	2'23"
GGR	M	43	21,1km	108	1h37'50"	1h38'38"	48"
RGV	M	41	42,2km	3	2h54'24"	2h54'47"	23"
RGV	M	41	21,1km	110	1h21'23"	1h22'09"	46"
RGV	M	42	50km	51	3h51'17"	3h56'22"	5'02"
IGR	M	56	42,2km	20	3h29'25"	3h36'54"	7'29"
FGR	M	46	10km	202	48'54"	49'10"	16"
FGR	M	46	21,1km	111	1h49'47"	1h56'11"	6'24"
GIN	M	52	21,1km	111	1h38'09"	1h40'06"	1'57"
PIS	M	42	21,1km	123	1h22'47"	1h23'17"	1'53"
PIS	M	42	15		1h07'55"	1h09'58"	2'03"
PIS	M	42	15		1h01'02"	1h05'03"	4'01"
PIS	M	42	42,2km	20	2h59'51"	3h02'8"	2'17"
ANL	M	42	21,1km	111	1h26'43"	1h28'20"	1'37"
ANL	M	42	21,1km	117	1h23'21"	1h26'43"	3'22"
ANL	M	42	42,2km	9	3h04'46"	3h08'35"	3'50"
SLC	M	37	21,1km	118	1h33'20"	1h35'57"	2'37"
SLC	M	37	12km	219	53'43"	57'27"	3'44"
BLC	M	39	21,1km	106	1h38'28"	1h39'25"	57"
BLC	M	39	21,1km	107	1h39'25"	1h42'31"	3'06"
ELM	M	45	10km	209	46'50"	52'04"	5'14"
ELM	M	45	21,1km	133	1h47'15"	2h10'12"	22'57"
MLC	M	29	21,1km	118	1h20'09"	1h20'13"	4"
AMG	M	38	10km	202	41'57"	42'57"	1'01"
AMG	M	38	10km	200	42'57"	44'02"	1'05"
AMG	M	38	21,1km	111	1h32'01"	1h35'55"	1'54"
AMG	M	38	42,2km	6	3h24'38"	3h27'50"	3'12"
DMN	M	46	21,1km	119	1h39'49"	1h42'25"	2'36"
FMN	M	40	10km	201	47'42"	49'24"	1'42"
FMN	M	40	21,1km	102	1h49'14"	1h55'43"	6'29"

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AML	M	45	21,1km	129	1h35'50"	1h39'07"	3'28"
AML	M	45	21,1km	134	1h34'39"	1h35'50"	1'11"
AML	M	45	42,2km	22	3h36'50"	4h17'10"	4'20"
GMZ	M	56	42,2km	16	3h37'56"	3h42'25"	4'29"
GMZ	M	56	21,1km	134	1h37'52"	1h38'49"	57"
GMZ	M	56	42,2km	22	3h36'15"	3h37'56"	1'41"
NMZ	M	57	42,2km	16	4h27'37"	4h37'17"	9'40"
VMZ	M	45	42,2km	22	3h24'05"	3h24'37"	32"
MML	M	40	10km	202	47'48"	59'48"	12'00"
MML	M	40	21,1km	113	1h42'50"	1h57'54"	15'04"
DML	M	44	21,1km	108	1h25'59"	1h28'22"	2'23"
GML	M	40	21,1km	106	1h25'44"	1h28'26"	2'42"
GML	M	40	42,2km	6	3h10'10"	3h15'40"	5'30"
FSM	M	45	42,2km	1	3h29'30"	3h41'34"	12'04"
RNC	M	31	42,2km	9	3h08'37"	3h19'32"	10'55"
RNC	M	31	21,1km	119	1h24'29"	1h25'28"	59"
MNS	M	52	21,1km	118	1h39'57"	1h40'16"	19"
MNS	M	52	42,2km	21	3h28'58"	3h39'11"	10'13"
FNV	M	40	10km	220	49'40"	50'42"	1'02"
FNV	M	40	21,1km	111	1h49'55"	2h13'	23'05"
FNV	M	40	10km	204	46'15"	49'40"	3'25"
MON	M	44	21,1km	117	1h34'31"	1h39'23"	4'52"
MOR	M	50	21,1km	128	1h31'51"	1h36'17"	4'26"
MOR	M	50	42,2km	18	3h15'44"	3h44'30"	28'46"
CPG	M	50	5km		20'15"	22'13"	58"
CPG	M	49	21,1km	104	1h43'42"	1h46'28"	2'46"
CPG	M	49	21,1km	112	1h40'13"	1h43'42"	3'39"
CPA	M	45	42,2km	21	4h08'43"	4h25'40"	16'57"
PCR	M	39	42,2km	4	3h32'40"	3h44'38"	11'58"
CPR	M	30	10km	208	38'30"	39'43"	113"
GPL	M	40	21,1km	127	1h43'03"	1h51'30"	8'27"
POL	M	41	3		13'06"	15'10"	2'04"
POL	M	41	21,1km	103	1h47'04"	1h49'15"	2'11"
MPR	M	40	21,1km	122	1h33'20"	1h35'15"	1'55"
SCR	M	37	42,2km	6	3h41'26"	3h58'34"	17'08"
LPV	F		42,2km	6	4h20'26"	4h38'43"	18'17"
SPL	M	48	21,1km	118	1h26'07"	1h27'35"	1'28"
SPL	M	48	21,1km	125	1h25'51"	1h26'07"	16"
SPL	M	48	42,2km	10	3h03'00"	3h05'47"	3'34"
SPL	M	48	30km	51	2h0805"	2h08'43"	45"
SPL	M	48	42,2km	20	3h01'37"	3h03'00"	1'23"
PPL	M	26	42,2km	10	3h12'50"	3h25'46"	12'56"
APS	M	47	21,1km	116	1h51'35"	1h52'23"	48"
LPZ	M	42	42,2km	7	3h04'28"	3h05'41"	1'13"
LPZ	M	43	21,1km	112	1h23'52"	1h25'10"	1'18"
LPZ	M	43	21,1km	110	1h25'10"	1h25'21"	11"
FPR	M	39	21,1km	209	1h49'40"	1h52'45"	3'05"
FPR	M	39	21,1km	126	1h41'16"	1h49'40"	8'24"
FPR	M	39	21,1km	131	1h36'24"	1h41'16"	4'52"
FPR	M	39	21,1km	133	1h32'51"	1h36'24"	3'33"
MRZ	M	37	10km	203	45'46"	49'20"	3'34"
LRB	M	39	10km	546	43'26"	44'44"	1'18"
PLI	M	40	21,1km	120	1h38'01"	1h40'12"	2'11"
LRB	M	39	10km	207	42'32"	43'26"	54"
LRB	M	39	42,2km	13	3h31'44"	3h40'37"	8'53"
MRM	M	42	42,2km	2	2h58'52"	3h25'20"	26'28"
MRM	M	42	21,1km	110	1h22'46"	1h26'24"	3'38"
FRM	F	41	42,2km	9	3h46'24"	3h51'39"	5'15"
DRS	D	49	42,2km	18	3h22'17"	3h30'44"	8'27"

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FRS	F	35	21,1km	107	1h49'05"	2h01'13"	12'08"
MRS	M	47	42,2km	16	3h44'30"	3h51'58"	7'28"
MRS	M	47	21,1km	132	1h39'04"	1h44'01"	4'57"
MRS	M	47	10km	210	43'54"	44'21"	28"
MSL	M	45	42,2km	5	3h32'26"	3h37'14"	14'48"
SNT	M	40	5km		18'05"	18'15"	10"
SNT	M	40	21,1km	112	1h28'37"	1h28'57"	20"
SNT	M	40	21,1km	109	1h28'57"	1h32'07"	3'10"
SNT	M	40	21,1km	122	1h23'18"	1h28'37"	5'19"
SNT	M	40	42,2km	22	3h18'24"	3h23'18"	4'54"
ASA	M	38	10km	209	44'40"	46'40"	2'00"
ASA	M	38	21,1km	134	1h38'12"	1h43'30"	5'18"
FSC	F	20	21,1km	122	1h54'49"	1h59'41"	4'52"
ASC	M	43	10km	220	52'07"	56'	3'53"
ASG	M	40	5km		40'01"	41'52"	1'51"
ASG	M	40	5km		18'53"	19'31"	38"
AVS	M	51	21,1km	112	1h44'57"	1h47'46"	2'49"
AVS	M	51	42,2km	7	3h53'46"	3h58'19"	5'33"
DSL	M	55	42,2km	11	4h07'55"	4h21'04"	13'09"
DSR	M		42,2km	20	3h41'17"	3h42'54"	1'37"
MSP	M	44	42,2km	14	3h53'55"	4'50'	56'05"
DST	M	39	42,2km	6	3h31'08"	3h32'40"	1'32"
GTG	M	51	10km	203	44'33"	46'19"	1'46"
GTG	M	51	10km	209	41'28"	44'33"	3'05"
MTS	M	41	21,1km	111	1h34'35"	1h36'04"	1'29"
NIL	M	42	10km	203	44'07"	45'10"	1'03"
NIL	M	42	10km	204	44'01"	44'07"	6"
NIL	M	42	42,2km	20	3h45'52"	3h59'03"	13'11"
ETR	M	39	21,1km	122	1h46'30"	1h53'37"	7'07"
GVL	M	40	21,1km	126	1h52'02"	1h56'23"	4'21"
GVL	M	40	21,1km	129	1h47'10"	1h52'02"	4'52"
GVL	M	40	21,1km	132	1h46'05"	1h47'10"	1'05"
GVL	M	40	42,2km	19	4h03'31"	4h29'40"	26'09"
CVN	M	40	10km	210	41'30"	42'00"	30"
MVG	M	39	42,2km	2	3h20'17"	3h31'19"	11'02"
MVG	M	38	21,1km	105	1h29'59"	1h33'35"	3'36"
MVG	M	38	42,2km	14	3h18'05"	3h20'17"	2'12"
LVC	M	39	21,1km	120	1h50'11"	1h51'30"	1'19"
LVC	M	39	21,1km	116	1h51'30"	1h55'29"	3'59"
LVC	M	39	21,1km	131	1h47'11"	1h50'11"	1'00"
MZC	M	54	21,1km	111	1h41'21"	1h43'02"	1'41"
MZC	M	54	21,1km	122	1h39'19"	1h41'21"	2'02"
MZD	M	26	21,1km	118	1h28'13"	1h28'44"	31"
MZD	M	26	21,1km	130	1h27'24"	1h28'13"	49"
GZN	M	46	21,1km	108	1h30'34"	1h31'54"	1'20"