

Mezza Ciocia...ra

Classifica Assoluta

12/01/2020

Ordine	Categoria	Cognome	Nome	Sesso	Societa	Tempo tot	Media m/km	Ritardo
Percorso Corto 8 Km								
1	SF	Cocco	Carla	F	Atl. Città Dei Papi	00:00:31:53.088	0.450	00:04:50.387
2	SF	Colatosti	Chiara	F	Pol. Ciociara Antonio Fava	00:00:34:24.066	0.490	00:07:21.365
3	SF35	Caperna	Desirè	F	Runners Elite Ceccano	00:00:35:54.613	0.510	00:08:51.912
4	SF40	Mirabella	Alessia	F	Aletica Ceccano	00:00:36:10.361	0.510	00:09:07.660
5	SF50	Bianchi	Patrizia	F	Runners Avezzano	00:00:36:43.608	0.520	00:09:40.908
6	SF35	Bellizia	Milena	F	Aletica Colleferro Segni	00:00:37:20.049	0.530	00:10:17.348
7	SF40	Zolli	Claudia	F	Runners Elite Ceccano	00:00:38:35.840	0.550	00:11:33.140
8	SF40	Capodiferro	Maria Grazia	F	Running Club Latina	00:00:38:44.839	0.550	00:11:42.138
9	SF35	Recchia	Lucia	F	Endurance Training	00:00:39:54.328	0.570	00:12:51.627
10	SF	D'Alatri	Giulia	F	I.A.O.Gym Club Libertas	00:00:39:58.831	0.570	00:12:56.131
11	SF50	Raponi	Roberta	F	Aletica Colleferro Segni	00:00:41:33.815	0.590	00:14:31.115
12	SF55	Campagna	Lorella	F	Aletica Colleferro Segni	00:00:41:59.001	0.590	00:14:56.301
13	SF50	Nardoni	Maria Teresa	F	Torrice Runners	00:00:42:27.308	1.000	00:15:24.607
14	SF50	Gurgone	Stefania	F	Endurance Training	00:00:42:53.305	1.010	00:15:50.604
15	SF55	Imperia	Valentina	F	Runners Club Anagni	00:00:43:23.300	1.010	00:16:20.600
16	SF45	D'Addato	Angela	F	Running Club Latina	00:00:43:25.299	1.020	00:16:22.598
17	SF35	Pinchera	Antonella	F	Aletica Amatori Fiat Cassino	00:00:43:31.297	1.020	00:16:28.596
18	SF50	Perugini	Alessandra	F	Torrice Runners	00:00:43:32.797	1.020	00:16:30.096
19	SF	Spinelli	Chiara	F	Individuale	00:00:43:58.294	1.020	00:16:55.593
20	SF45	Leone	Monia	F	Runners Club Anagni	00:00:44:33.539	1.030	00:17:30.839
21	SF65	Martignani	Marilena	F	Endurance Training	00:00:44:39.977	1.030	00:17:37.276
22	SF35	Abballe	Emiliana	F	Runcard	00:00:44:46.537	1.030	00:17:43.836
23	SF	Tuzi	Maria Assunta	F	Cross Training Sora	00:00:44:47.287	1.030	00:17:44.586
24	SF35	Accettola	Erica	F	Cross Training Sora	00:00:44:58.789	1.040	00:17:56.089
25	SF35	Ciballi	Noemi	F	Runners Club Anagni	00:00:45:03.534	1.040	00:18:00.834
26	SF55	Cantiello	Daniela	F	Endurance Training	00:00:45:04.544	1.040	00:18:01.843
27	SF50	Straccamore	Stefania	F	Endurance Training	00:00:45:18.285	1.040	00:18:15.584
28	SF45	Fabrizi	Rita	F	Endurance Training	00:00:45:59.526	1.050	00:18:56.825
29	SF45	Chiappini	Daniela	F	Endurance Training	00:00:46:06.777	1.050	00:19:04.076
30	SF45	Paniccia	Savina	F	Atl. Città Dei Papi	00:00:46:21.273	1.060	00:19:18.573
31	SF45	Iannucci	Pina	F	Aletica Colleferro Segni	00:00:47:03.767	1.070	00:20:01.066
32	SF60	Maracchioni	Rosella	F	Atl. Città Dei Papi	00:00:47:44.512	1.080	00:20:41.812
33	SF50	D'amico	Cristina	F	Torrice Runners	00:00:47:48.261	1.080	00:20:45.560
34	SF45	Tomaselli	Oriana	F	Cross Training Sora	00:00:48:20.006	1.090	00:21:17.305
35	SF40	Zeppieri	Antonella	F	Endurance Training	00:00:48:26.945	1.090	00:21:24.245
36	SF50	Rosi	Sonia	F	Runners Club Anagni	00:00:48:27.505	1.090	00:21:24.805
37	SF40	Dupli	Fabiola	F	Runners Club Anagni	00:00:48:27.755	1.090	00:21:25.055
38	SF	Labanca	Laudisa	F	Aletica Ceccano	00:00:48:44.252	1.090	00:21:41.551

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39	SF35	Maura	Caterina	F	Atletica Ceccano	00:00:48:44.502	1.090	00:21:41.801
40	SF45	Staccone	Paola	F	Pol. Atletica Ceprano	00:00:49:01.500	1.100	00:21:58.799
41	SF60	Di Gennaro	Maria Luisa	F	Atletica Ceccano	00:00:49:13.998	1.100	00:22:11.298
42	SF50	Parenti	Rosita	F	Atl. Città Dei Papi	00:00:49:43.244	1.110	00:22:40.544
43	SF50	Stachurska	Beata Maria	F	Atl. Città Dei Papi	00:00:49:43.746	1.110	00:22:41.046
44	SF40	Cestra	Loretta	F	Endurance Training	00:00:50:06.698	1.110	00:23:03.997
45	SF	De Sante	Katia	F	Cross Training Sora	00:00:51:19.480	1.130	00:24:16.779
46	SF45	Cioce	Federica	F	Endurance Training	00:00:51:55.915	1.140	00:24:53.214
47	SF35	Giorgilli	Veronica	F	Runcard	00:00:51:56.475	1.140	00:24:53.774
48	SF40	Fantozzi	Delia	F	Roccagorga	00:00:52:47.935	1.150	00:25:45.234
49	SF45	Cellante	Simona	F	Runcard	00:00:53:07.904	1.150	00:26:05.203
50	SF50	Sulpizio	Felicia	F	Cross Training Sora	00:00:54:12.705	1.170	00:27:10.004
51	SF	Capasso	Cristiana	F	Cross Training Sora	00:00:54:13.896	1.170	00:27:11.196
52	SF35	Pesoli	Manuela	F	Atl. Città Dei Papi	00:00:54:30.453	1.170	00:27:27.752
53	SF55	Costantini	Silvia	F	Atl. Città Dei Papi	00:00:54:30.896	1.170	00:27:28.196
54	SF50	Patrizi	Nunzia	F	Endurance Training	00:00:54:45.450	1.180	00:27:42.749
55	SF40	Tribioli	Marta	F	Endurance Training	00:00:54:45.650	1.180	00:27:42.950
56	SF45	Corsi	Loredana	F	Atl. Città Dei Papi	00:00:54:54.890	1.180	00:27:52.189
57	SF	Taglione	Cinzia	F	Cross Training Sora	00:00:56:10.688	1.200	00:29:07.988
58	SF	Iafrate	Valentina	F	Cross Training Sora	00:00:56:10.885	1.200	00:29:08.185
59	SF	Alonzi	Roberta	F	Cross Training Sora	00:00:57:50.174	1.220	00:30:47.473
Percorso Lungo 21 Km								
60	SF50	Desiderio	Fabiola	F	Team Atletica Uisp	00:01:24:39.947	1.000	00:10:50.409
61	SF45	Scaccia	Alessandra	F	Atletica Collevero Segni	00:01:25:52.187	1.010	00:12:02.649
62	SF50	Celletti	Katia	F	Atl. Città Dei Papi	00:01:34:04.125	1.070	00:20:14.587
63	SF40	Mirabella	Liliana	F	Atletica Ceccano	00:01:34:49.119	1.070	00:20:59.581
64	SF35	Quattrocchi	Oriana	F	Ernica Running	00:01:34:54.870	1.070	00:21:05.332
65	SF35	Andreoli	Roberta	F	Podistica Avis Priverno	00:01:35:55.110	1.080	00:22:05.572
66	SF45	Marcoccia	Manuela	F	Pol. Atletica Ceprano	00:01:36:29.856	1.080	00:22:40.318
67	SF45	Fiorini	Sonia	F	I.A.O.Gym Club Libertas	00:01:39:08.834	1.100	00:25:19.296
68	SF45	Pinna	Silvia	F	ASD Rincorro	00:01:40:26.074	1.110	00:26:36.536
69	SF	Ciocchetti	Valeria	F	Magic Training	00:01:41:07.821	1.120	00:27:18.283
70	SF40	Farace	Maria Grazia	F	G.S. Cat Sport Roma	00:01:41:54.504	1.120	00:28:04.966
71	SF50	Germani	Lucia	F	Atletica Arce	00:01:44:20.06	0.000	00:30:30.463
72	SF50	Cialei	Giorgia	F	Atletica Ceccano	00:01:46:05.472	1.150	00:32:15.934
73	SF50	Porcelli	Loris	F	Roccagorga	00:01:47:16.773	1.160	00:33:27.235
74	SF50	Pulvirenti	Rosaria	F	GS Bancari Romani	00:01:47:43.019	1.160	00:33:53.481
75	SF40	Ciaccia	Chiara	F	Podistica Solidarietà Roma	00:01:49:27.753	5.120	00:35:38.215
76	SF	Hawat	Sabrina	F	Go Running	00:01:49:28.254	1.180	00:35:38.716
77	SF60	Garcia Paytuvi	Celia Lucrecia	F	Atletica Ceccano	00:01:51:59.980	1.190	00:38:10.442
78	SF50	Martini	Monica	F	Torrice Runners	00:01:52:13.978	1.200	00:38:24.440
79	SF50	Tiberia	Luisa	F	Atletica Ceccano	00:01:52:20.417	1.200	00:38:30.880
80	SF40	Schietroma	Noemi	F	Torrice Runners	00:01:53:56.716	1.210	00:40:07.179
81	SF35	Cristofanilli	Agostina	F	Runners Elite Ceccano	00:02:00:00.660	1.250	00:46:11.122
82	SF50	Coreno	Paola	F	Pol. Oro Fantasy	00:02:00:10.161	1.250	00:46:20.623
83	SF45	Rinaldi	Tiziana	F	Il Corridore Running Club	00:02:00:20.347	1.250	00:46:30.809
84	SF40	Contasta	Marianna	F	Endurance Training	00:02:00:21.361	1.250	00:46:31.823
85	SF35	Margarita	Michela	F	Pol. Ciociara Antonio Fava	00:02:00:21.564	1.250	00:46:32.027
86	SF40	Centofante	Monica	F	Atl. Amatori Fiat Cassino	00:02:00:37.155	1.260	00:46:47.617

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87	SF55	Rea	Loretta	F	Pol. Oro Fantasy	00:02:00:59.654	1.260	00:47:10.117
88	SF45	Chicca	Augusta	F	Pol. Oro Fantasy	00:02:01:09.150	1.260	00:47:19.612
89	SF55	Sordi	Fiorella	F	Atl. Città Dei Papi	00:02:01:54.144	1.270	00:48:04.606
90	SF50	Catracchia	Gabriella	F	Atletica Collevero Segni	00:02:03:43.128	1.280	00:49:53.590
91	SF45	Cesari	Marzia	F	Torrice Runners	00:02:06:54.103	1.300	00:53:04.565
92	SF45	Vadalà	Valentina	F	Il Corridore Running Club	00:02:10:30.824	1.330	00:56:41.286
93	SF	Costagliola	Anna	F	Runners Elite Ceccano	00:02:12:22.810	1.340	00:58:33.273
94	SF45	Martucci	Stefania	F	Atletica Collevero Segni	00:02:16:09.218	1.370	01:02:19.680
95	SF70	Ciocchetti	Silvana	F	Runcard	00:02:27:54.428	1.450	01:14:04.890
96	SF45	Planes	Elisenda	F	Ernica Running	00:01:36:45.603	1.320	00:22:56.065
97	SF60	Gradellini	Paola	F	Atl. Città Dei Papi	00:02:22:33.475	2.150	01:08:43.938