

3 x1000 ES010								
1 frazione		2 frazione			3 frazione			Squadra
N°	tempo	N°	tempo tot.	parz.	N°	tempo tot.	parz.	
19	4:03.0	19	8:22.9	4:19.1	19	12:17.0	3:56.6	Varazze A M10
1	4:06.6	3	8:25.7	4:18.1	20	12:44.3	4:02.6	Spezia Marathon A M10
20	4:07.0	10	8:28.5	4:09.6	3	12:49.5	4:23.6	Duferco A F10
3	4:07.6	20	8:41.6	4:34.1	10	12:51.5	4:26.0	Celle A F10
10	4:15.9	40	8:45.9	4:29.1	5	12:53.8	3:58.1	Don Bosco A F10
40	4:16.5	5	8:55.0	4:33.6	40	12:54.6	4:08.6	Trionfo A F10
4	4:16.8	4	8:57.0	4:40.6	4	13:05.7	4:08.1	Don Bosco A M10
5	4:21.2	12	8:58.6	4:32.0	12	13:19.4	4:20.6	Trionfo B F10
13	4:24.1	13	9:16.5	4:52.1	13	13:45.5	4:29.0	Spezia Marathon A F10
12	4:26.6	9	9:25.1	4:47.6	9	14:21.5	4:56.1	CFSSD Cogoleto Atletica F10
6	4:36.6	6	9:43.5	5:06.6	6	14:22.6	4:39.1	Atletica Levante A F10
9	4:37.5	15	10:57.7	5:21.1	15	15:57.8	5:00.1	Spezia Marathon G F10
15	5:36.3							

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