

# La Spezia Trail Cinque Terre

Data  
Gara

10/04/2022  
Trail 28 Km

## Generale

pos	pett.	atleta	sex	cat.	p.cat	team	naz	race time	real time	gap	media
1	112	BERTOLINI MIRKO		SM		LA RECASTELLO RADICI	ITA	2:47:23			
2	168	CARRARA LUCA		SM45		ALTITUDE RACE	ITA	2:52:00		+4:37	
3	167	CANESSA ALBERTO		SM		SISPORT ASD SRL	ITA	2:52:00		+4:37	
4	184	PEDROLI MIRKO		SM45	1	RUN CARD	ITA	2:55:29		+8:06	
5	81	DONATI ALESSIO		SM	1	TRAIL RUNNING PROJECT ASD	ITA	3:00:39		+13:16	
6	180	ZANNI LORIS		SM	2	AMOROTTO ASD	ITA	3:00:39		+13:16	
7	95	ZANNI JURI		SM35	1	A.S. ATLETICA VIRTUS LUCCA	ITA	3:09:18		+21:55	
8	17	CAVIGLIA LUCA		SM	3	RENSEN SPORT TEAM ASD	ITA	3:11:26		+24:03	
9	24	DENEVI DIEGO		SM40	1	ASD ATLETICA SPEZIA	ITA	3:12:17		+24:54	
10	118	AMALBERTI EMILIANO		SM50	1	ASS. PRO SAN PIETRO	ITA	3:17:55		+30:32	
11	18	VALBUZZI PATRICK		SM35	2	ASD CASTELRAIDER	ITA	3:19:35		+32:12	
12	176	CORCIULO LORENZO		SM35	3	RUN CARD	ITA	3:20:48		+33:25	
13	7	MAGGIANI GREGORIO		SM35	4	SPEZIA MARATHON DLF	ITA	3:24:35		+37:12	
14	170	BARONI FRANCESCO		SM45	2	MONTECALVI TRAIL	ITA	3:27:16		+39:53	
15	90	CERVI RICCARDO		SM50	2	ASD POLISPORTIVA	ITA	3:27:44		+40:21	
16	21	LEONELLI GIACOMO		SM45	3	G.P.PIOMBINO AVIS	ITA	3:28:02		+40:39	
17	166	SIMI GIULIO		SM50	3	ATL. MASSAROSA AMICI D.	ITA	3:28:25		+41:02	
18	155	BUGLIONE DAVIDE		SM40	2	SPEZIA MARATHON DLF	ITA	3:31:31		+44:08	
19	163	MUSETTI ANTONIO		SM50	4	WORLD RUNNING ACADEMY	ITA	3:31:43		+44:20	
20	14	LANDRO PASQUALE		SM35	5	RUN CARD	ITA	3:31:49		+44:27	
21	133	STEGAGNINI LUCA		SM50	5	SISPORT ASD SRL	ITA	3:34:05		+46:42	
22	156	DJEKE MANUEL		SM	4	SPEZIA MARATHON DLF	ITA	3:35:36		+48:13	
23	177	SAMMARTANO TATIANA		SF40		RUN CARD	ITA	3:36:13		+48:50	
24	49	GHISLOTTI MAURO		SM35	6	RUN CARD	ITA	3:36:18		+48:55	
25	11	GRISONI STEFANO		SM40	3	TEAM OTC SSD ARL	ITA	3:40:07		+52:44	
26	154	CANTARINI FILIPPO		SM	5	SPEZIA MARATHON DLF	ITA	3:40:07		+52:44	
27	53	SARZI AMADE' FRANCESCO		SM	6	ATL. VIADANA	ITA	3:41:37		+54:14	
28	136	COPPOLA CARMINE		SM35	7	A.S.D. GOLFO DEI POETI	ITA	3:42:53		+55:30	
29	123	PAGNONCELLI MATTIA		SM	7	TEAM GAAREN #BEAHERO	ITA	3:43:24		+56:01	
30	28	DROGO DOMENICO		SM50	6	LUCANI FREE RUNNERS	ITA	3:44:17		+56:54	
31	143	FREDIANI MILENO		SM60	1	MONTECATINI MARATHON	ITA	3:44:34		+57:11	
32	106	SABATINI FRANCESCO		SM45	4	A.S. ATL. VINCI	ITA	3:47:01		+59:39	
33	73	GONZALEZ HERNANDEZ BRAYAN DUWAN		SM	8	GSBR	COL	3:47:59		+1:00:36	
34	146	DELVECCHIO NICOLA		SM35	8	WORLD RUNNING ACADEMY	ITA	3:50:07		+1:02:44	
35	69	MONTEDURO AGOSTINO		SM	9	A.S.D. TRE CASALI	ITA	3:50:19		+1:02:56	
36	145	FAVA ROBERTO		SM45	5	G.P. I CAGNON	ITA	3:50:43		+1:03:20	
37	141	PERNA JESSICA		SF40		MONTECATINI MARATHON	ITA	3:51:33		+1:04:10	
38	74	PICCININI LUCA		SM45	6	RUN CARD	ITA	3:51:36		+1:04:13	
39	174	NICORA DANIELE		SM35	9	RUN CARD	ITA	3:53:33		+1:06:10	
40	142	BADIANI FEDERICO		SM45	7	MONTECATINI MARATHON	ITA	3:53:35		+1:06:12	
41	85	ZIBELLINI RICCARDO		SM	10	RUN CARD	ITA	3:53:57		+1:06:34	
42	13	ROLLAND LOIC		SM	11	RUN CARD	FRA	3:54:10		+1:06:47	
43	121	MASSOLI EMANUELE		SM55	1	FREE-ZONE	ITA	3:54:29		+1:07:06	
44	162	BRANCHETTI SIMONE		SM40	4	POLISPORTIVA BORZANESE	ITA	3:55:49		+1:08:26	
45	108	MINEO GIUSEPPE		SM40	5	RUN CARD	ITA	3:55:52		+1:08:29	
46	22	MARELLI MATTEO		SM35	10	RUN CARD	ITA	3:56:16		+1:08:53	
47	8	GIGLI DIEGO		SM	12	RUN CARD	ITA	3:56:33		+1:09:10	
48	138	D'ERRICO MICHELE		SM35	11	LA GALLA A.S.D.	ITA	3:58:21		+1:10:58	
49	105	ROSSI CARLO		SM50	7	A.S.D. GOLFO DEI POETI	ITA	3:58:31		+1:11:08	
50	57	DONEDA FEDERICA		SF35		TEAM GAAREN #BEAHERO	ITA	3:58:50		+1:11:28	
51	179	SILVA MARIO		SM50	8	TEAM GAAREN BEAHERO ASD	ITA	4:04:41		+1:17:18	
52	165	GHISELLINI ALBERTO		SM35	12	TEAM PASTURO ASD	ITA	4:05:50		+1:18:27	
53	80	GHIRARDI STEFANO		SM35	13	A.S.D. BAUDENASCA	ITA	4:05:54		+1:18:31	
54	153	TOMASELLO DOMENICO		SM45	8	SPEZIA MARATHON DLF	ITA	4:06:35		+1:19:13	
55	157	DJEKE JOSEPH		SM	13	SPEZIA MARATHON DLF	ITA	4:07:17		+1:19:54	
56	47	FERRI RICCARDO		SM40	6	TRM TEAM A.S.	ITA	4:07:34		+1:20:11	
57	92	BOCCA FABRIZIO		SM55	2	RUN CARD	ITA	4:09:06		+1:21:43	
58	181	EMMANUELI GIUSEPPE		SM55	3	LUPI D'APPENNINO	ITA	4:09:08		+1:21:45	

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pos	pett.	atleta	sex	cat.	p.cat	team	naz	race time	real time	gap	media
59	38	GIANARDI FRANCESCO		SM45	9	GSD RICCÒ LE RONDINI	ITA	4:09:09		+1:21:46	
60	56	LEPYOKHINA OLGA		SF40	1	RUN CARD	ITA	4:09:45		+1:22:22	
61	54	EL ORCHI AMIN		PM	1	ATL. VIADANA	ITA	4:10:13		+1:22:50	
62	87	DONATI MASSIMO		SM45	10	RUN CARD	ITA	4:10:36		+1:23:13	
63	140	ARRIGHINI LUCA		SM50	9	ATL.PIETRASANTA VERSILIA	ITA	4:11:00		+1:23:37	
64	78	LAZAR LOREDANA		SF40	2	A.S.D. VIGONECHECORRE	ROU	4:12:16		+1:24:53	
65	139	ANTONIOLI MICHELE		SM55	4	RUN CARD	ITA	4:12:21		+1:24:58	
66	161	FERRETTI MATTEO		SM50	10	RUN CARD	ITA	4:13:09		+1:25:46	
67	59	MURA EMANUELE		SM	14	RUN CARD	ITA	4:14:28		+1:27:05	
68	33	BONDONI BARBARA		SF45	1	S.A. VALCHIESE	ITA	4:14:38		+1:27:15	
69	67	PONZINI MATTEO		SM40	7	RUN CARD	ITA	4:17:04		+1:29:41	
70	94	LANZOLLA GIANBATTISTA		SM55	5	TARANTO SPORTIVA	ITA	4:18:17		+1:30:54	
71	66	CASSAGO DAVIDE		SM50	11	G.P. GORGONZOLA 88	ITA	4:20:01		+1:32:38	
72	126	GHIDINI PATRIZIA		SF50	1	K3 SSD ARL	ITA	4:20:08		+1:32:45	
73	61	SANSONI MICHELA		SF45	2	S.A. VALCHIESE	ITA	4:20:09		+1:32:46	
74	68	LEGGIO DANIELE		SM	15	A.S.D. TRE CASALI	ITA	4:20:28		+1:33:05	
75	113	CESARANO LUIGI		SM40	8	RUN CARD	ITA	4:22:45		+1:35:22	
76	130	DIMA MARIANA		SF40	3	TEAM GAAREN#BEAHERO	ROU	4:22:49		+1:35:26	
77	129	ZANCHI CRISTIANO		SM50	12	TEAM GAAREN#BEAHERO	ITA	4:22:49		+1:35:26	
78	36	TORAZZA FEDERICO		SM45	11	ATLETICA VALLE SCRIVIA	ITA	4:23:17		+1:35:54	
79	5	GIANNETTI PAOLO		SM50	13	RUNNING STATION TEAM ASD	ITA	4:23:40		+1:36:17	
80	32	ROLLA DANIELE		SM	16	RUN CARD	ITA	4:23:45		+1:36:22	
81	88	LEONI DANIELA		SF50	2	VIRTUS GROANE	ITA	4:26:16		+1:38:53	
82	35	NOCCIOLINI MARCO		SM40	9	TRAIL RUNNING PROJECT ASD	ITA	4:26:28		+1:39:05	
83	65	ZAMPOLI SIMONE		SM40	10	TRAIL RUNNING PROJECT ASD	ITA	4:26:29		+1:39:06	
84	50	MARTOLINI ALBERTO		SM45	12	RUN CARD	ITA	4:27:27		+1:40:04	
85	31	GAMBIASIO DAVIDE		SM	17	RUNNERS BERGAMO	ITA	4:27:27		+1:40:04	
86	42	ALBANI DAVIDE		SM50	14	RUNNING STATION TEAM ASD	ITA	4:27:35		+1:40:12	
87	71	ZIGNAIGO GIOVANNI		SM	18	RUN CARD	ITA	4:27:48		+1:40:25	
88	164	PIAZZI PAOLO		SM55	6	K3 SSD ARL	ITA	4:29:09		+1:41:46	
89	110	RAGGI CRISTIANO		SM40	11	G.P. QUADRIFOGLIO	ITA	4:30:25		+1:43:02	
90	75	MALATACCA DONATELLO		SM35	14	A.S.D. GOLFO DEI POETI	ITA	4:31:06		+1:43:43	
91	9	GALLO DANIELE		SM40	12	RUN CARD	ITA	4:33:09		+1:45:46	
92	151	LEONE ROBERTO		SM35	15	SPEZIA MARATHON DLF	ITA	4:33:47		+1:46:25	
93	19	CATTABRIGA DINO		SM45	13	STRACARRARA	ITA	4:34:16		+1:46:53	
94	114	BARBERA MATTEO		SM40	13	A.S.D. GOLFO DEI POETI	ITA	4:35:05		+1:47:42	
95	122	BORACCHIA MIRKO		SM45	14	A.S.D. GOLFO DEI POETI	ITA	4:35:05		+1:47:42	
96	25	MAGGIANI LORENZO		SM35	16	RUN CARD	ITA	4:35:34		+1:48:11	
97	72	FUSARO ALFONSO		SM55	7	PARMARATHON ASD	ITA	4:36:50		+1:49:27	
98	185	MONTI PAOLO		SM50	15	LEOPODISTICA	ITA	4:37:45		+1:50:22	
99	186	MELANDRI FLAVIA		SM45	15	LEOPODISTICA	ITA	4:37:45		+1:50:22	
100	102	SPINA VINCENZO		SM60	2	RUN CARD	ITA	4:38:12		+1:50:49	
101	98	BETTI EMILIANO		SM50	16	GRUPPO PODISTICO ROSSINI	ITA	4:38:16		+1:50:53	
102	150	DE BENEDETTO FRANCESCO		SM45	16	SPEZIA MARATHON DLF	ITA	4:38:37		+1:51:14	
103	62	NUCERA SARA		SM40	14	ASD ATLETICA SPEZIA	ITA	4:38:54		+1:51:31	
104	76	MARTIGNON MATTEO		SM	19	RUN CARD	ITA	4:39:56		+1:52:33	
105	41	PELLICCIA FILIPPO ANDREA		SM45	17	RUN CARD	ITA	4:42:09		+1:54:46	
106	127	GALLI MICHELE		SM50	17	K3 SSD ARL	ITA	4:43:43		+1:56:20	
107	55	VEZZOSI STANISLAO		SM	20	RUN CARD	ITA	4:44:25		+1:57:02	
108	51	PISTOIA FRANCESCO		SM	21	EMOZIONI SPORT TEAM A.S.D.	ITA	4:45:32		+1:58:09	
109	52	DI BARTOLOMEO DANIELE		SM40	15	STRACARRARA	ITA	4:46:11		+1:58:48	
110	39	REINA GIOVANNI		SM40	16	RUN CARD	ITA	4:48:11		+2:00:48	
111	64	BONENTI CINZIA		SF50	3	G.S. BONDO	ITA	4:48:38		+2:01:15	
112	63	VALENTI GILBERTO		SM50	18	G.S. BONDO	ITA	4:48:38		+2:01:15	
113	175	SCARICA ALBERTO		SM45	18	RUN CARD	ITA	4:50:25		+2:03:02	
114	40	COCCO ORDINI PIERO BERNARDO		SM50	19	RUN CARD	ITA	4:51:18		+2:03:55	
115	148	CASTRO JACOPO		SM40	17	SPEZIA MARATHON DLF	ITA	4:52:12		+2:04:49	
116	149	FERRARI MARCO		SM40	18	SPEZIA MARATHON DLF	ITA	4:52:12		+2:04:49	
117	46	TRENTI GIORDANO		SM50	20	RUNNING STATION TEAM ASD	ITA	4:52:32		+2:05:09	
118	6	BACCI RICCARDO		SM50	21	RUN CARD	ITA	4:56:13		+2:08:50	
119	99	FERRETTI VALERIO		SM65	1	GRUPPO PODISTICO ROSSINI	ITA	4:58:51		+2:11:28	
120	12	LE MERLE EVA		SF	1	RUN CARD	FRA	5:01:39		+2:14:16	
121	131	OTTAGGIO EMANUELE		SM50	22	RUN CARD	ITA	5:04:16		+2:16:53	

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pos	pett.	atleta	sex	cat.	p.cat team	naz	race time	real time	gap	media
122	128	VIVARELLI DANIELE		SM45	19 RUN CARD	ITA	5:04:17		+2:16:54	
123	178	ZANCHI PATRIZIA		SF45	3 TEAM GAAREN BEAHERO ASD	ITA	5:06:25		+2:19:02	
124	82	PIRROTTA LUCA		SM45	20 RUN CARD	ITA	5:08:23		+2:21:00	
125	147	ANTONINI LORENZO		SM50	23 RUN CARD	ITA	5:08:24		+2:21:01	
126	83	LORENZINI GIOVANNI		SM50	24 RUN CARD	ITA	5:08:24		+2:21:01	
127	137	GRENTI FILIPPO		SM45	21 TEAM MUD & SNOW ASD	ITA	5:08:24		+2:21:01	
128	119	GULANI STEFANO		SM40	19 G.S. ROVELLO PORRO	ITA	5:10:24		+2:23:01	
129	84	FIORINI ALESSANDRO		SM50	25 RUN CARD	ITA	5:13:47		+2:26:24	
130	111	MAZZONI MARCO		SM45	22 POL. PONTREMOLESE	ITA	5:17:35		+2:30:12	
131	91	PEDRON FABIO		SM50	26 POL. PONTREMOLESE	ITA	5:17:35		+2:30:12	
132	144	AMICO ALESSIO		SM55	8 RUN CARD	ITA	5:18:08		+2:30:45	
133	103	SOLOMITA PASQUAL		SM55	9 GIOSPORT ASD	ITA	5:18:12		+2:30:49	
134	132	ALTERISIO MONICA		SF55	1 ASD ZENA RUNNERS	ITA	5:18:51		+2:31:28	
135	187	AGOSTINI ELISA		SM45	23 LEOPODISTICA	ITA	5:19:25		+2:32:02	
136	29	SPINEDI BRUNO		SM60	3 RUNNERS BERGAMO	ITA	5:22:59		+2:35:36	
137	27	MERONI DAVIDE		SM45	24 100 % ANIMA TRAIL ASD	ITA	5:23:21		+2:35:58	
138	26	CACCAMO VITTORIA		SF45	4 100 % ANIMA TRAIL ASD	ITA	5:23:21		+2:35:58	
139	173	BRAGETTA MARCO		SM60	4 TRAIL RUNNING PROJECT ASD	ITA	5:26:49		+2:39:26	
140	45	GAMBINO MASSIMILIANO		SM45	25 RUNNING STATION TEAM ASD	ITA	5:30:00		+2:42:37	
141	101	ROSSI MORENO		SM55	10 RUN CARD	ITA	5:32:23		+2:45:00	
142	43	ALBANI LUCA		SM50	27 RUNNING STATION TEAM ASD	ITA	5:33:44		+2:46:21	
143	116	TACCONI ROMINA		SF45	5 ASD ATLETICA PISTOIA	ITA	5:36:49		+2:49:26	
144	117	PERROTTA ANTONIO		SM45	26 ASD ATLETICA PISTOIA	ITA	5:36:50		+2:49:27	
145	125	BARIKHAN AICHE		SF40	4 A.S.D LUPI D'APPENNINO	ITA	5:37:25		+2:50:02	
146	86	VALLARINO ALESSANDRO		SM55	11 RUN CARD	ITA	5:37:25		+2:50:03	
147	104	BIANCHI DARIO		SM55	12 RUN CARD	ITA	5:37:40		+2:50:17	
148	100	LEPORINI ENZO		SM60	5 RUN CARD	ITA	5:37:40		+2:50:17	
149	169	AVERSANO LUCIANO		SM55	13 1°PIZZA&BIKE	ITA	5:40:22		+2:52:59	
150	152	LOMBARDO FRANCESCA		SF50	4 SPEZIA MARATHON DLF	ITA	5:44:14		+2:56:51	
151	93	LAKEMAN JANTINE		SF50	5 DELTA SPEDIZIONI	ITA	5:44:14		+2:56:51	
152	159	CINQUINI IRENE		SF50	6 VERSILIA SPORT	ITA	5:58:00		+3:10:37	
153	158	LEONE LUCA		SM45	27 VERSILIA SPORT	ITA	5:58:00		+3:10:37	
154	79	GUERRIERI GRAZIANO		SM65	2 ASD PRATO PROMOZIONE	ITA	5:58:25		+3:11:02	
155	135	STARREVELD ROSEMARIJN JULIETTE		SF50	7 DELTA SPEDIZIONI	NED	5:59:29		+3:12:06	
156	15	SALATI BENEDETTO		SM35	17 RUN CARD	ITA	6:01:36		+3:14:13	
157	109	IULIANO SAMANTHA		SF45	6 DELTA SPEDIZIONI	ITA	6:06:26		+3:19:03	
158	107	BOSIO STEFANIA		SF50	8 ERGUS TRAIL TEAM	ITA	6:06:26		+3:19:03	
159	77	PASSETTI GIANLUCA		SM60	6 RUN CARD	ITA	6:07:53		+3:20:30	
160	124	LINARI LUCA		SM55	14 G.P. PARCO ALPI APUANE	ITA	6:12:27		+3:25:04	
161	34	MANISERA GIUSEPPANTONIO		SM65	3 ASD RUN LIFE	ITA	6:12:28		+3:25:05	
DNF	134	GRONDONA PIETRO		SM45	SISPORT	ITA				
DNF	160	MONTAGNANI CRISTINA		SF55	G.P. PARCO ALPI APUANE	ITA				
DNF	188	TAROZZI PAOLA		SM50	LEOPODISTICA	ITA				