

rango	tempo effettivo	Nome	Cognome		Società
1	00:14:33	Ivan	Pongelli	1978	Gab Bellinzona
2	00:15:44	Michele	Lardi	1996	SAM Massagno
3	00:15:47	Marco	Terraneo	1975	ASD Falchi Lecco (Italia)
4	00:16:07	Leonida	Stampanoni	1974	Usc Capriaschese
1	00:16:22	Manuela	Falconi	1975	Sfg Biasca
5	00:16:55	Paolo	Piattini	1974	Usc Capriaschese
6	00:17:16	Erik	Pongelli		Usc Capriaschese
7	00:17:17	Vassalli	Davide	1979	GAB Bellinzona
8	00:17:19	Bicio	Moghini		Usc Capriaschese
2	00:17:20	Vassalli-Rossi	Rosalba	1982	GAB Bellinzona
9	00:17:29	Stefano	Premoli	1965	
10	00:17:46	Giacomo	Galli	1972	Atletica Mendrisiotto
11	00:17:46	Alex	Balestra	2001	Usc Capriaschese
12	00:17:49	Giancarlo	Fraquelli	1962	Usc Capriaschese
13	00:17:59	Massimo	Marta	1973	Moesa Runners
14	00:17:59	Nicola	Ramelli	1963	Unitas
15	00:18:05	Marco	Delorenzi	1999	Usc Capriaschese
16	00:18:06	Christoph	Schindler	1954	Frecce gialle Malcantone
17	00:18:10	Carmine	Fuschetto	1965	Moesa Runners
18	00:18:22	Toto	Notari	1981	Indipendente
19	00:18:29	Daniele	Prandi	1979	SAM Massagno
20	00:18:31	David	Nussio	1978	-
21	00:18:32	Sergio	Valsangiacomo	1967	Usc Capriaschese
3	00:18:37	Antonella	Lardi	1997	SAM Massagno
22	00:18:45	Brunello	Aprile	1957	Frecce gialle Malcantone
23	00:18:57	Marco	Caldara	1959	SAM Massagno
24	00:18:58	Alessio	Beninca	1971	FC Gravesano Bedano
25	00:19:13	Daniele	Crivelli	1976	SAM Massagno
4	00:19:21	Paola	Stampanoni	1985	Gab Bellinzona
26	00:19:22	Mario	Marzano	1963	RC Bellinzona
27	00:19:35	Ruben	Balestra	2003	Usc Capriaschese
28	00:19:44	Stefano	Reiser	1989	Usc Capriaschese
5	00:19:45	Flavie	Roncoroni	1997	Usc Capriaschese
29	00:20:05	Claudio	Brusorio	1959	Sfg Biasca
30	00:20:11	Damiano	Riverso	1974	Sfg Biasca
6	00:20:21	Johanna	Kress	1996	Usc Capriaschese
7	00:20:33	Mara	Rossinelli	1960	RC Bellinzona
8	00:20:34	Claudia	Andreazzi	1982	RC Bellinzona
31	00:20:36	Angelo	Caslini	1963	OSA Valmadrera (Italia)
32	00:20:37	Santiago	Fantoni	2002	Usc Capriaschese
33	00:20:45	Nelson	Candolfi	1959	Spl Locarnese
9	00:20:47	Sabina	Bacinelli	1981	Muscoli del Lario (Italia)
10	00:21:17	Matilde	Stampanoni		Usc Capriaschese
34	00:21:20	Nicola	Fontana	1973	Usc Capriaschese
35	00:21:29	Marco	Bernasconi	1967	SAM Massagno

	36	00:22:09	Marco	Pongelli	1955	AS Monteceneri
	37	00:22:12	Marco	Dal Pozzo	1951	AS Monteceneri
	38	00:22:20	Luigi	Nonella		Mövat
11		00:22:22	Nadia	Mancassola	1982	
	39	00:22:45	Sergio	Stampanoni	1949	Usc Capriaschese
12		00:22:48	Maria	Soldini	1952	Usc Capriaschese
	40	00:22:49	Riccardo	Piani	1956	-
13		00:23:46	Manuela	Delorenzi	1966	Usc Capriaschese
	41	00:24:18	Gian	Meier	1961	SAM Massagno
14		00:24:40	Rosalba	Marzano	1966	RC Bellinzona
15		00:25:50	Selina	Stampanoni		Usc Capriaschese
	42	00:27:52	Aramis	Andreazzi	1950	-
	43	00:28:26	Sebastiano	Carpentieri	1939	Campionese