

## Una 10km sotto i 50'

	1°g	2°g	3°g	4°g	5°g	6°g	7°g
1s		12 KM A 5'30". 5'40"		3 KM A 5'40" 3 KM A 5'20" 3 KM A 5'40" 3 KM A 5'10"		10 KM A 5'40" 4 KM A 5'10"	
2s		10 KM A 5'30" 2 KM A 5'10"		3 KM A 5'40" 2 KM A 5'20" 1 KM A 5'10" 3 KM A 5'40" 2 KM A 5'20" 1 KM A 5'10"		14 KM A 5'40" 2 KM A 5'10"	
3s		7 KM A 5'30"		5 KM A 5'40" 2 KM A 5'10"		RISC. 1X 6 KM A 5'00"	
4s		11 KM A 5'30" 1 KM A 5'20"		RISC. 4X 1000 IN 4'50" REC. 500 IN 2'50"		10 KM A 5'40" 3 KM A 5'20" 2 KM A 5'10"	
5s		10 KM A 5'30" 1 KM A 5'10" 1 KM A 5'00"		RISC. 5X 1000 IN 4'50" REC. 500 IN 2'50"		4 KM A 5'40" 8 KM A 5'10"	
6s		10 KM A 5'30" 2 KM A 5'00"		RISC. 2X 2000 IN 9'44" REC. 500 IN 2'50"		16 KM A 5'30"	
7s		7 KM A 5'30"		4 KM A 5'30" 2 KM A 5'10"		RISC. 1X 7 KM A 5'00"	
8s		12 KM A 5'30"		RISC. 2X 2000 IN 9'44" REC. 500 IN 2'50" REC. 500 IN 2'50" 1X 1000 IN 4'50"		10 KM A 5'30" 4 KM A 5'20" 2 KM A 5'10"	
9s		8 KM A 5'30" 2 KM A 5'10" 2 KM A 5'00"		RISC. 2X 3000 IN 14'45" REC. 500 IN 2'50"		6 KM A 5'30" 3 KM A 5'10" 3 KM A 5'00"	
10s		5 KM A 5'30" 2 KM A 5'00"			5 KM A 5'30" 1 KM A 5'00"		GARA