



di Fulvio Massini

UNA 10 KM SOTTO I 60'

	1°g	2°g	3°g	4°g	5°g	6°g	7°g
1s		10 KM A 6'30"		8 KM A 6'30" 2 KM A 6'10"		12 KM A 6'30"	
2s		4 KM A 6'30" 2 KM A 6'20" 4 KM A 6'30" 2 KM A 6'10"		8 KM A 6'30" 2 KM 6'10"		14 KM A 6'30"	
3s		7 KM A 6'30"		5 KM A 6'30" 2 KM A 6'00"		3 KM A 6'30" 7 KM A 6'10"	
4s		11 KM A 6'30" 1 KM A 6'20"		2 KM A 6'30" 1 KM A 5'50" 2 KM A 6'30" 1 KM A 5'50" 2 KM A 6'30" 1 KM A 5'50"		15 KM A 6'30"	
5s		8 KM A 6'30" 2 KM A 6'20" 2 KM A 6'00"		2 KM A 6'30" 1 KM A 6'00" 1 KM A 5'50" 2 KM A 6'30" 1 KM A 6'00" 1 KM A 5'50" 2 KM A 6'30" 1 KM A 6'00"		4 KM A 6'30" 10 KM A 6'10"	
6s		6 KM A 6'30"		5 KM A 6'30" 1 KM A 6'10"		2 KM A 6'30" 4 KM A 6'00" 1 KM A 6'30" 3 KM A 6'00"	
7s		10 KM A 6'30"		11 KM A 6'30" 1 KM A 6'10"		2 KM A 6'30" 4 KM A 6'00" 1 KM A 6'30" 4 KM A 6'00" 1 KM A 5'50"	
8s		9 KM A 6'30" 1 KM A 6'10"		2 KM A 6'30" 1 KM A 6'00" 1 KM A 5'45" 2 KM A 6'30" 1 KM A 6'00" 1 KM A 5'45" 2 KM A 6'30" 1 KM A 5'50"		2 KM A 6'30" 4 KM A 6'00" 1 KM A 6'30" 5 KM A 6'00" 1 KM A 5'50"	
9s		8 KM A 6'30" 1 KM A 6'20" 1 KM A 6'10"		2 KM A 6'30" 2 KM A 6'00" 1 KM A 5'50" 2 KM A 6'30" 2 KM A 6'00" 1 KM A 5'50"		10 KM A 6'30"	
10s		5 KM A 6'30" 2 KM A 6'00"		5 KM A 6'30" 1 KM A 6'00"			GARA