



S.E.M. ATLETICA AMATORI NUORO  
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# F I D A L

## Comitato Regionale Sardo

12° Edizione "CorriNuoro" – 9,520km – **Classifica Assoluta**

C.S.D. Atletica Amatori - Nuoro

Nuoro 15 Maggio 2010

Gruppo Giudici di Gara - Nuoro

Elaborazione dati e Cronometraggio a cura di Island Group S.a.s. <http://www.islandgroup.it>

Pos.	Pett.	Cognome	Nome	Anno	M/F	Team	Cat	Pos. Cat.	Tempo	Ritmo	km/h
1	64	Bahi	Nour Eddine	2010	M	A.S.D. Podistica Sassari	SM	1	0.29.54	3,08	19,10
2	413	Sale	Alessandro	2010	M	Atl Civitas Olbia	SM	2	0.32.05	3,22	17,80
3	131	Leotta	Luigi	2010	M	Atletica Goceano	SM	3	0.32.28	3,25	17,59
4	152	Morittu	Francesco	2010	M	S.S. Atl Ozieri	PM	1	0.32.37	3,26	17,51
5	178	Carta	Antonio	2010	M	G.S. Atl Ogliastro	MM45	1	0.32.40	3,26	17,49
6	119	Orgiana	Salvatore	2010	M	Atletica Goceano	SM	4	0.32.47	3,27	17,42
7	100	Pulina	Ivan	2010	M	Atl Ploaghe	MM40	1	0.32.49	3,27	17,41
8	127	Carta	Pasqualino	2010	M	Atletica Goceano	SM	5	0.33.34	3,32	17,02
9	350	Dessi	Giampietro	2010	M	SS Sporting S.I.E.	MM40	2	0.33.42	3,32	16,95
10	122	Denti	Mattia	2010	M	Atletica Goceano	AM	1	0.33.43	3,33	16,94
11	45	Desotgiu	Giovanni	2010	M	C. S. Dil. Atletica Amatori	MM50	1	0.33.48	3,33	16,90
12	121	Podda	Salvatore	2010	M	Atletica Goceano	SM	6	0.33.51	3,33	16,87
13	126	Saba	Agostino	2010	M	Atletica Goceano	CM	1	0.33.59	3,34	16,81
14	333	Azzena	Vittorio	2010	M	Soc Atl Tempio Pausania	MM50	2	0.33.59	3,34	16,81
15	228	Culeddu	Andrea	2010	M	GS Runners Cagliari	MM35	1	0.34.10	3,35	16,72
16	347	Tolis	Matteo	2010	M	SS Sporting S.I.E.	TM	1	0.34.12	3,36	16,70
17	346	Carta	Gabriele	2010	M	SS Sporting S.I.E.	MM40	3	0.34.23	3,37	16,61
18	21	Cavallaro	Giuseppe	2010	M	C. S. Dil. Atletica Amatori	MM40	4	0.34.23	3,37	16,61
19	345	Pintore	Stefano	2010	M	SS Sporting S.I.E.	SM	7	0.34.23	3,37	16,61
20	81	Chighini	Salvatore	2010	M	Asc Atl San Giovanni	MM45	2	0.34.24	3,37	16,60
21	328	Tilocca	Luca	2010	M	S.S. Atl Ozieri	MM40	5	0.34.28	3,37	16,57

22	202	Pintus	Enrico	2010	M	G.S. Monte Acuto Marathon	MM35	2	0.34.29	3,37	16,56
23	117	Puddu	Maurizio	2010	M	Atl San Sperate	MM45	3	0.34.34	3,38	16,52
24	326	Vargiu	Antonello	2010	M	S G Amsicora	MM50	3	0.34.38	3,38	16,49
25	17	Stefanopoli	Luigi	2010	M	C. S. Dil. Atletica Amatori	MM40	6	0.34.55	3,40	16,36
26	157	Delogu	Pier Mario	2010	M	Ccrs Sorso	MM40	7	0.35.02	3,41	16,30
27	65	Mosca	Gianluca	2010	M	A.S.D. Podistica Sassari	MM35	3	0.35.04	3,41	16,29
28	120	Pirisi	Carlo	2010	M	Atletica Goceano	SM	8	0.35.06	3,41	16,27
29	179	Foddi	Antonio	2010	M	G.S. Atl Ogliastra	MM45	4	0.35.15	3,42	16,20
30	301	Carta	Gianni	2010	M	Pol Atl Serramanna	MM50	4	0.35.16	3,42	16,20
31	363	Berini	Alessandro	2010	M	U.S. Apos Corridonia	MM50	5	0.35.18	3,42	16,18
32	75	Fenude	Abel Geremias	2010	M	Atletica Selargius	MM35	4	0.35.18	3,42	16,18
33	146	Contu	Giulio	2010	M	Atletica Selargius	MM40	8	0.35.24	3,43	16,14
34	298	Sanna	Maurizio	2010	M	Pod Amatori Olbia	MM35	5	0.35.25	3,43	16,13
35	129	Denti	Pasquale	2010	M	Atletica Goceano	MM45	5	0.35.27	3,43	16,11
36	51	Columbu	Salvatore	2010	M	C. S. Dil. Atletica Amatori	TM	2	0.35.32	3,44	16,08
37	83	Guiso	Gavino	2010	M	Asc Atl San Giovanni	MM40	9	0.35.33	3,44	16,07
38	123	Falchi	Giuseppe	2010	M	Atletica Goceano	AM	2	0.35.34	3,44	16,06
39	396	Quarta	Gianluca	2010	M	SS Atl Oristano	MM40	10	0.35.37	3,44	16,04
40	154	Polo	Gavino	2010	M	Ccrs Sorso	MM45	6	0.35.57	3,47	15,89
41	114	Ambus	Francesco	2010	M	Atl San Sperate	MM55	1	0.35.59	3,47	15,87
42	99	Tanca	Vincenzo	2010	M	Atl Ploaghe	TM	3	0.36.01	3,47	15,86
43	135	Pischedda	Gavino	2010	M	Atletica Goceano	MM45	7	0.36.04	3,47	15,84
44	327	Raciti	Antonino	2010	M	S.S. Atl Ozieri	MM45	8	0.36.12	3,48	15,78
45	371	Pinna	Marco	2010	M	Us Atl Guspini	MM40	11	0.36.17	3,49	15,74
46	227	Taccori	Francesco	2010	M	GS Runners Cagliari	MM40	12	0.36.18	3,49	15,74
47	159	Bebbere	Nicola	2010	M	Ccrs Sorso	TM	4	0.36.29	3,50	15,66
48	320	Pira	Massimo	2010	M	Pol Olimpia Bolotana	MM40	13	0.36.30	3,50	15,65
49	292	Bechere	Emiliano	2010	M	Pod Amatori Olbia	MM35	6	0.36.30	3,50	15,65
50	381	Pirino	Mauro	2010	M	S G Amsicora	SM	9	0.36.30	3,50	15,65
51	373	Massa	Marco	2010	M	Us Atl Guspini	MM45	9	0.36.32	3,50	15,64
52	420	Todde	Vladislav	2010	M	Atletica Goceano	CM	2	0.36.43	3,51	15,56
53	355	Usai	Efisio	2010	M	SS Sulcis Atletica Carbonia	MM55	2	0.36.45	3,52	15,54
54	360	Ribichesu	Davide	2010	M	Studium Et Stadium	TM	5	0.36.45	3,52	15,54
55	398	Curreli	Marinella	2010	F	S G Amsicora	SF	1	0.36.46	3,52	15,54

56	370	Pusceddu	Massimo	2010	M	Us Atl Guspini	MM40	14	0.36.50	3,52	15,51
			Maria			G.S. Atletica Runners					
57	185	Manchia	Domenica	2010	F	Oschiri	MF35	1	0.36.51	3,52	15,50
58	365	Diozzi	Gianmarco	2010	M	Urpes Borore	MM35	7	0.36.52	3,52	15,49
						G.S. Atletica Runners					
59	180	Carboni	Antonio	2010	M	Oschiri	MM65	1	0.36.55	3,53	15,47
60	101	Pisano	Alessandro	2010	M	Atl Ploaghe	MM40	15	0.36.58	3,53	15,45
61	46	Demurtas	Antonello	2010	M	C. S. Dil. Atletica Amatori	MM50	6	0.37.01	3,53	15,43
62	334	Buttau	Walter	2010	M	Soc Atl Tempio Pausania	MM50	7	0.37.03	3,54	15,42
63	330	Ortu	Gavino	2010	M	S.S. Atl Ozieri	MM45	10	0.37.08	3,54	15,38
64	203	Nieddu	Leonardo	2010	M	G.S. Monte Acuto Marathon	MM50	8	0.37.08	3,54	15,38
65	393	Ottobrino	Antonello	2010	M	C. S. Dil. Atletica Amatori	MM40	16	0.37.13	3,55	15,35
66	69	Cadelano	Angelo	2010	M	A.S.D. Podistica Sassari	MM40	17	0.37.17	3,55	15,32
						Centro Sportivo Fiamma					
67	160	Sannia	Pier Paolo	2010	M	Macomer	SM	10	0.37.19	3,55	15,31
68	392	Dessi	Alessandro	2010	M	Studium Et Stadium	TM	6	0.37.22	3,56	15,29
69	144	Ursino	Carmelo	2010	M	Atletica Selargius	MM35	8	0.37.24	3,56	15,27
70	357	Fulgheri	Sergio	2010	M	SS Sulcis Atletica Carbonia	MM50	9	0.37.25	3,56	15,27
71	407	Fratus	Elena	2010	F	Atl Legg Porto Torres	SF	2	0.37.27	3,56	15,25
72	291	Budroni	Paolo	2010	M	Pod Amatori Olbia	MM45	11	0.37.28	3,56	15,25
73	318	Mascia	Luigi	2010	M	Pol Libertas Campidano	MM40	18	0.37.33	3,57	15,21
74	249	Furesi	Stefano	2010	M	I Guerrieri Del Pavone	MM40	19	0.37.37	3,57	15,18
75	24	Manca	Piero	2010	M	C. S. Dil. Atletica Amatori	MM40	20	0.37.39	3,57	15,17
76	266	Manca	Alessandro	2010	M	Marathon Club Oristano	MM40	21	0.37.41	3,58	15,16
77	265	Satzu	Ottavio	2010	M	Marathon Club Oristano	MM50	10	0.37.42	3,58	15,15
78	290	Porcu	Andrea	2010	M	Pod Amatori Olbia	MM40	22	0.37.43	3,58	15,14
79	229	Mudu	Francesco	2010	M	GS Runners Cagliari	TM	7	0.37.45	3,58	15,13
80	354	Cau	Gianfranco	2010	M	SS Sulcis Atletica Carbonia	MM50	11	0.37.49	3,58	15,10
81	200	Erre	Alessandro	2010	M	G.S. Monte Acuto Marathon	MM40	23	0.37.49	3,58	15,10
82	321	Pitzalis	Pierluigi	2010	M	Pol Olimpia Bolotana	MM40	24	0.37.51	3,59	15,09
83	201	Fiori	Giampiero	2010	M	G.S. Monte Acuto Marathon	MM40	25	0.37.53	3,59	15,08
			Giovanni								
84	242	Lai	Melchiorre	2010	M	I Guerrieri Del Pavone	MM40	26	0.38.00	3,59	15,03
85	303	Oppo	Mauro	2010	M	Pol Guilcer Team La Citta	MM45	12	0.38.02	3,60	15,02
86	189	Salis	Pier Luigi	2010	M	G.S. Monte Acuto Marathon	MM40	27	0.38.02	3,60	15,02
87	329	Ricciardello	Giuseppe	2010	M	S.S. Atl Ozieri	MM35	9	0.38.09	4,00	14,97

88	149	Pisu	Raffaele	2010	M	Atletica Selargius	MM55	3	0.38.10	4,01	14,97
89	195	Spano	Nicolò	2010	M	G.S. Monte Acuto Marathon	MM50	12	0.38.12	4,01	14,95
90	115	Ambus	Mauro	2010	M	Atl San Sperate	MM50	13	0.38.17	4,01	14,92
91	348	Gherrino	Marco	2010	M	SS Sporting S.I.E.	TM	8	0.38.20	4,02	14,90
92	304	Deriu	Alessandro	2010	M	Pol Guilcer Team La Citta	MM35	10	0.38.23	4,02	14,88
93	305	Arixì	Giancarlo	2010	M	Pol Guilcer Team La Citta	MM35	11	0.38.24	4,02	14,88
94	39	Porru	Armando	2010	M	C. S. Dil. Atletica Amatori	MM50	14	0.38.28	4,02	14,85
95	294	Abis	Marco	2010	M	Pod Amatori Olbia	MM50	15	0.38.28	4,02	14,85
96	225	Usai	Giuseppe	2010	M	GS Runners Cagliari	MM40	28	0.38.32	4,03	14,82
97	246	Solari	Giampietro	2010	M	I Guerrieri Del Pavone	MM40	29	0.38.33	4,03	14,82
98	278	Miscali	Rosalba	2010	F	Marathon Club Oristano	MF45	1	0.38.38	4,03	14,79
99	34	Todde	Orlando	2010	M	C. S. Dil. Atletica Amatori	MM45	13	0.38.39	4,04	14,78
100	248	Porqueddu	Pier Paolo	2010	M	I Guerrieri Del Pavone	MM40	30	0.38.40	4,04	14,77
101	196	Lella	Antonio Marcello	2010	M	G.S. Monte Acuto Marathon	MM35	12	0.38.48	4,05	14,72
102	221	Carlini	Marcello	2010	M	GS Runners Cagliari	MM45	14	0.38.48	4,05	14,72
103	188	Burreddu	Andrea	2010	M	G.S. Monte Acuto Marathon	MM45	15	0.38.52	4,05	14,70
104	390	Ladu	Vladimir	2010	M	Iscrizione Individuale3	MM35	13	0.38.55	4,05	14,68
105	253	Ciccarese	Stefano	2010	M	I Guerrieri Del Pavone	MM40	31	0.38.59	4,06	14,65
106	395	Tratzi	Alessandro	2010	M	SS Atl Oristano	MM40	32	0.39.00	4,06	14,65
107	403	Rizzon	Renato	2010	M	Atl Legg Porto Torres	MM35	14	0.39.05	4,06	14,61
108	138	Sanna	Lorenzo	2010	M	Atletica Marina Orosei	MM40	33	0.39.10	4,07	14,58
109	104	Gallese	Nando	2010	M	Atl Pod San Gavino	MM55	4	0.39.13	4,07	14,57
110	385	Saba	Gianpaolo	2010	M	G.S. Atl Olbia	SM	11	0.39.16	4,07	14,55
111	169	Deroma	Antonio Annibale	2010	M	Dept Dop Enichem Porto Torres	MM60	1	0.39.16	4,07	14,55
112	82	Puggioni	Giovanni	2010	M	Asc Atl San Giovanni	MM55	5	0.39.36	4,10	14,42
113	105	Carola	Stefania	2010	F	Atl Pod San Gavino	MF35	2	0.39.39	4,10	14,41
114	168	Conconi	Mario	2010	M	Dept Dop Enichem Porto Torres	MM60	2	0.39.40	4,10	14,40
115	287	Gucciardi	Giuseppe	2010	M	Marathon Club Palermo	TM	9	0.39.49	4,11	14,35
116	137	Scialdone	Luca	2010	M	Atletica Leggera Luras	TM	10	0.39.56	4,12	14,30
117	136	Perra	Antonio	2010	M	Atletica Leggera Luras	MM45	16	0.39.58	4,12	14,29
118	250	Manca	Antonio	2010	M	I Guerrieri Del Pavone	MM35	15	0.39.59	4,12	14,29

119	181	Nicastro	Rinaldo	2010	M	G.S. Atletica Runners Oschiri	MM65	2	0.39.59	4,12	14,29
120	251	Biosa	Emiliano Michelangelo	2010	M	I Guerrieri Del Pavone	MM35	16	0.39.59	4,12	14,29
121	411	Lotta	o	2010	M	Marathon Club Oristano	MM50	16	0.40.06	4,13	14,24
122	142	Bussu	Giampaolo	2010	M	Atletica Orani	MM50	17	0.40.10	4,13	14,22
123	274	Pinna	Roberto	2010	M	Marathon Club Oristano	MM40	34	0.40.13	4,13	14,20
124	226	Carta	Andrea	2010	M	GS Runners Cagliari	MM40	35	0.40.14	4,14	14,20
125	77	Paddeu	Francesco	2010	M	AS Delogu Nuoro	MM55	6	0.40.14	4,14	14,20
126	147	Savona	Vittorio	2010	M	Atletica Selargius	MM55	7	0.40.16	4,14	14,19
127	177	Usai	Pietro	2010	M	G.S. Atl Ogliastra	MM50	18	0.40.16	4,14	14,19
128	311	Deriu	Adalgisa	2010	F	Pol Guilcer Team La Citta	MF35	3	0.40.16	4,14	14,19
129	18	Porcu	Giuseppe	2010	M	C. S. Dil. Atletica Amatori	MM40	36	0.40.17	4,14	14,18
130	44	Demontis	Mario	2010	M	C. S. Dil. Atletica Amatori	MM50	19	0.40.18	4,14	14,17
131	275	Piras	Giorgio	2010	M	Marathon Club Oristano	MM50	20	0.40.20	4,14	14,16
132	9	Ceccarelli	Alessandra	2010	F	C. S. Dil. Atletica Amatori	MF45	2	0.40.22	4,14	14,15
133	78	Melis	Mario	2010	M	AS Survival Triathlon	MM50	21	0.40.30	4,15	14,10
134	217	Sollai	Ugo Giovanni	2010	M	GS Runners Cagliari	MM45	17	0.40.37	4,16	14,06
135	55	Mura	Antonio	2010	M	A.S.D. Alghero Marathon	MM40	37	0.40.43	4,17	14,03
136	264	Serra	Fabio	2010	M	Marathon Club Oristano	SM	12	0.40.48	4,17	14,00
137	410	Marras	Giuseppe	2010	M	Marathon Club Oristano	MM50	22	0.40.52	4,18	13,98
138	384	Sole	Andrea	2010	M	GS Runners Cagliari	MM35	17	0.40.55	4,18	13,96
139	52	Casu	Giovanni	2010	M	Pol Lib Atl Sassari	MM45	18	0.40.56	4,18	13,95
140	220	Sanna	Giorgio	2010	M	GS Runners Cagliari	MM50	23	0.40.57	4,18	13,95
141	132	Meloni	Antonio Maria	2010	M	Atletica Goceano	MM45	19	0.40.58	4,18	13,94
142	60	Canu	Pasquale	2010	F	A.S.D. Alghero Marathon	MF50	1	0.41.01	4,19	13,93
143	309	Miscali	Caterina Maria	2010	F	Pol Guilcer Team La Citta	MF45	3	0.41.07	4,19	13,89
144	230	Piras	Grazia	2010	F	GS Runners Cagliari Dept Dop Enichem Porto Torres	SF	3	0.41.10	4,19	13,88
145	172	Secchi	Salvatore	2010	M	Atletica Goceano	MM65	3	0.41.13	4,20	13,86
146	128	Delogu	Domenico	2010	M	Atletica Goceano	MM40	38	0.41.16	4,20	13,84
147	317	Corrias	Ivana	2010	F	Pol Libertas Campidano G.S. Atletica Runners Oschiri	MF35	4	0.41.19	4,20	13,82
148	182	Sasu	Paolino	2010	M	Oschiri	MM60	3	0.41.19	4,20	13,82

149	94	Putzolu	Paolo	2010	M	Atl Iglesias	MM65	4	0.41.23	4,21	13,80
150	374	Pani	Leonardo	2010	M	Us Atl Guspini	MM45	20	0.41.23	4,21	13,80
151	378	Sedda	Italo	2010	M	Us Atl Guspini	MM60	4	0.41.25	4,21	13,79
152	389	Corrias	Fabio	2010	M	Futura Cagliari Soloatletica	MM55	8	0.41.27	4,21	13,78
153	89	Simula	Adele	2010	F	Asc Atl San Giovanni	MF40	1	0.41.33	4,22	13,75
154	191	Denti	Bachisio	2010	M	G.S. Monte Acuto Marathon	MM60	5	0.41.38	4,22	13,72
155	190	Pisanu	Lucio	2010	M	G.S. Monte Acuto Marathon	MM45	21	0.41.42	4,23	13,70
156	27	Ledda	Pietro	2010	M	C. S. Dil. Atletica Amatori	MM45	22	0.41.45	4,23	13,68
157	415	Coi	Gonario	2010	M	Iscrizione Individuale5	MM35	18	0.41.49	4,24	13,66
158	394	Contu	Bruno	2010	M	Atletica Goceano	MM55	9	0.41.54	4,24	13,63
159	295	Dettori	Mario	2010	M	Pod Amatori Olbia	MM55	10	0.41.57	4,24	13,62
160	300	Selis	Carlo	2010	M	Pod Amatori Olbia	MM35	19	0.41.58	4,24	13,61
161	95	Sibiriu	Alessandro	2010	M	Atl Iglesias	MM65	5	0.42.00	4,25	13,60
162	401	Salici	Giacomo	2010	M	SS Atl Oristano	MM40	39	0.42.03	4,25	13,58
163	314	Muller	Fernando	2010	M	Pol Jolao Iglesias	MM60	6	0.42.04	4,25	13,58
164	133	Pinna	Maria	2010	M	Atletica Goceano	MM50	24	0.42.09	4,26	13,55
165	2	Cau	Antonella	2010	F	C. S. Dil. Atletica Amatori	MF35	5	0.42.12	4,26	13,54
166	25	Mura	Salvatore	2010	M	C. S. Dil. Atletica Amatori	MM40	40	0.42.16	4,26	13,51
167	93	Salis	Marco	2010	M	Atl Iglesias	MM60	7	0.42.19	4,27	13,50
168	276	Putzolu	Flavio	2010	M	Marathon Club Oristano	MM50	25	0.42.31	4,28	13,43
169	422	Obinu	Sandro	2010	M	Marathon Club Oristano	MM45	23	0.42.32	4,28	13,43
170	273	Moreggio	Claudio	2010	M	Marathon Club Oristano	MM45	24	0.42.35	4,28	13,41
171	90	Tidore	Vittorio	2010	M	Asc Atl San Giovanni	MM45	25	0.42.35	4,28	13,41
172	215	Baire	Roberto	2010	M	GS Atletica Capoterra	MM40	41	0.42.37	4,29	13,40
173	204	Deriu	Daniela	2010	F	G.S. Monte Acuto Marathon	MF35	6	0.42.38	4,29	13,40
174	207	Deliperi	Mario	2010	M	G.S. Monte Acuto Marathon	MM45	26	0.42.38	4,29	13,40
175	299	Cossu	Mario	2010	M	Pod Amatori Olbia	MM40	42	0.42.39	4,29	13,39
176	282	Piras	Gianni	2010	M	Marathon Club Oristano	MM40	43	0.42.40	4,29	13,39
177	92	Pireddu	Gianluca	2010	M	Athletic Team SS	MM35	20	0.42.42	4,29	13,38
178	405	Peddio	Fausto	2010	M	Atl Legg Porto Torres	MM45	27	0.42.42	4,29	13,38
179	38	Petretto	Gavino	2010	M	C. S. Dil. Atletica Amatori	MM55	11	0.42.47	4,30	13,35
180	145	Pischedda	Renzo	2010	M	Atletica Selargius	MM60	8	0.42.48	4,30	13,35
181	56	Marano	Sebastiano	2010	M	A.S.D. Alghero Marathon	MM45	28	0.42.50	4,30	13,34
182	289	Mura	Mauro	2010	M	Nuova Atl Sestu	MM50	26	0.42.52	4,30	13,33

183	194	Morittu	Gavino Paolo	2010	M	G.S. Monte Acuto Marathon	MM50	27	0.42.54	4,30	13,31
184	224	Marrocu	Antonio	2010	M	GS Runners Cagliari	MM40	44	0.42.56	4,31	13,30
185	359	Ribichesu	Amedeo	2010	M	Studium Et Stadium	MM60	9	0.42.57	4,31	13,30
186	277	Serra	Giuseppino	2010	M	Marathon Club Oristano	MM50	28	0.42.58	4,31	13,29
187	150	Ragazzu	Francesco	2010	M	Atletica Selargius G.S. Atletica Runners	MM55	12	0.42.59	4,31	13,29
188	184	Muzzu	Michele	2010	M	Oschiri	MM40	45	0.43.01	4,31	13,28
189	315	Loi	Giampaolo	2010	M	Pol Jolao Iglesias	MM50	29	0.43.04	4,31	13,26
190	96	Melis	Ignazio	2010	M	Atl Iglesias	MM40	46	0.43.06	4,32	13,25
191	316	Fenu	Carlo	2010	M	Pol Jolao Iglesias	MM50	30	0.43.08	4,32	13,24
192	283	Pisu	Rita	2010	F	Marathon Club Oristano	MF35	7	0.43.10	4,32	13,23
193	344	Sireus	Claudio	2010	M	SS Sporting S.I.E.	MM45	29	0.43.18	4,33	13,19
194	223	Loi	Alessandro	2010	M	GS Runners Cagliari	MM45	30	0.43.19	4,33	13,19
195	70	Lai	Paolo	2010	M	A.S.D. Podistica Sassari Centro Sportivo Fiamma	MM40	47	0.43.22	4,33	13,17
196	164	Busio	Pietro Paolo	2010	M	Macomer	MM55	13	0.43.26	4,34	13,15
197	257	Mura	Salvatore	2010	M	I Guerrieri Del Pavone	MM40	48	0.43.27	4,34	13,15
198	341	Minnai	Emilia	2010	F	SS Sporting S.I.E. G.S. Atletica Runners	MF40	2	0.43.27	4,34	13,15
199	183	Piga	Pietro	2010	M	Oschiri	MM55	14	0.43.28	4,34	13,14
200	86	Azzena	Aldo	2010	M	Asc Atl San Giovanni	MM65	6	0.43.29	4,34	13,14
201	231	Loche	Carmelo Luigi	2010	M	GS Runners Cagliari	MM45	31	0.43.29	4,34	13,14
202	134	Pusceddu	Franca Rita	2010	F	Atletica Goceano	MF45	4	0.43.30	4,34	13,13
203	130	Falchi	Bachisio	2010	M	Atletica Goceano	SM	13	0.43.31	4,34	13,13
204	271	Cau	Giampaolo	2010	M	Marathon Club Oristano	MM45	32	0.43.34	4,35	13,11
205	263	Deriu	Antonio Bachisio	2010	M	Iscrizione Individuale1	MM45	33	0.43.36	4,35	13,10
206	58	Sannio	Giuseppe	2010	M	A.S.D. Alghero Marathon	MM65	7	0.43.36	4,35	13,10
207	404	Delogu	Sandro	2010	M	Atl Legg Porto Torres	MM45	34	0.43.36	4,35	13,10
208	79	Piselli	Ottavio Maria	2010	M	AS Tespiense Quartu	MM50	31	0.43.37	4,35	13,10
209	48	Farina	Franco	2010	M	C. S. Dil. Atletica Amatori	MM55	15	0.43.38	4,35	13,09
210	338	Pischedda	Bernardo	2010	M	Soc Atl Tempio Pausania	MM60	10	0.43.42	4,35	13,07
211	50	Nocerino	Giuseppe	2010	M	C. S. Dil. Atletica Amatori	MM60	11	0.43.47	4,36	13,05
212	40	Satgia	Biagio	2010	M	C. S. Dil. Atletica Amatori	MM50	32	0.43.50	4,36	13,03

213	155	Farru	Salvatore	2010	M	Ccrs Sorso	MM50	33	0.43.54	4,37	13,01
214	259	Morelli	Angelo	2010	M	I Guerrieri Del Pavone	MM35	21	0.43.55	4,37	13,01
215	102	Pilloni	Roberto	2010	M	Atl Pod San Gavino	MM50	34	0.43.56	4,37	13,00
216	254	Raiano	Pasquale	2010	M	I Guerrieri Del Pavone	MM45	35	0.43.57	4,37	13,00
217	171	Lutzu	Oreste	2010	M	Dept Dop Enichem Porto Torres	MM60	12	0.44.05	4,38	12,96
218	57	Soriga	Rossella	2010	F	A.S.D. Alghero Marathon	MF45	5	0.44.13	4,39	12,92
219	323	Cuccu	Antonio	2010	M	Runner Oristano	MM35	22	0.44.16	4,39	12,90
220	166	Miscali	Antonio	2010	M	Dept Dop Enichem Porto Torres	MM45	36	0.44.18	4,39	12,89
221	107	Collu	Barbara	2010	F	Atl Pod San Gavino	MF40	3	0.44.19	4,39	12,89
222	406	Annunziata	Aniello	2010	M	Atl Legg Porto Torres	MM45	37	0.44.19	4,39	12,89
223	23	Musone	Vincenzo	2010	M	C. S. Dil. Atletica Amatori	MM40	49	0.44.19	4,39	12,89
224	80	Corongiu	Giuseppe	2010	M	Asc Atl San Giovanni	MM60	13	0.44.19	4,39	12,89
225	61	Ahmad	Omar Hama	2010	M	A.S.D. Alghero Marathon	MM50	35	0.44.20	4,39	12,88
226	399	Vargiu	MarioLuigi	2010	M	I Guerrieri Del Pavone	MM50	36	0.44.21	4,40	12,88
227	236	Tedde	Maria Pasquale	2010	F	I Guerrieri Del Pavone	MF45	6	0.44.21	4,40	12,88
228	140	Meles	Vittoria	2010	F	Atletica Marina Orosei	MF35	8	0.44.22	4,40	12,87
229	388	Gallus	Stefano	2010	M	AS Delogu Nuoro	MM45	38	0.44.24	4,40	12,86
230	284	Schintu	Antonio	2010	M	Marathon Club Oristano	MM50	37	0.44.28	4,40	12,85
231	269	Erdas	Emanuela	2010	F	Marathon Club Oristano	TF	1	0.44.28	4,40	12,85
232	198	Lella	Riccardo	2010	M	G.S. Monte Acuto Marathon	MM65	8	0.44.29	4,40	12,84
233	141	Loddo	Alessandra	2010	F	Atletica Orani	MF45	7	0.44.35	4,41	12,81
234	208	Canopoli	Mario	2010	M	G.S. Monte Acuto Marathon	MM50	38	0.44.36	4,41	12,81
235	325	Fonnesu	Fabio	2010	M	Runner Oristano	MM40	50	0.44.37	4,41	12,80
236	375	Atzori	Salvatore	2010	M	Us Atl Guspini	MM50	39	0.44.44	4,42	12,77
237	336	Fara	Mario	2010	M	Soc Atl Tempio Pausania	MM60	14	0.44.46	4,42	12,76
238	391	Carta	Antonello	2010	M	Iscrizione Individuale4	MM35	23	0.44.48	4,42	12,75
239	98	Ledda	Guido	2010	M	Atl Ploaghe	TM	11	0.45.00	4,44	12,69
240	419	Dulcetta	Lorenzo	2010	M	Atletica Goceano	CM	3	0.45.14	4,45	12,63
241	267	Mancosu	Salvatore	2010	M	Marathon Club Oristano	MM45	39	0.45.20	4,46	12,60
242	192	Azzola	Marco	2010	M	G.S. Monte Acuto Marathon	MM50	40	0.45.23	4,46	12,59
243	111	Loriga	Francesca	2010	F	Atl Pod San Gavino	MF50	2	0.45.31	4,47	12,55
244	364	Demelas	Basilio	2010	M	Urpes Borore	MM45	40	0.45.31	4,47	12,55



245	379	Scrugli	Maria Grazia	2010	F	Iscrizione Individuale2	TF	2	0.45.33	4,47	12,54
246	22	Goseli	Giovanni	2010	M	C. S. Dil. Atletica Amatori	MM40	51	0.45.35	4,47	12,53
247	218	Pili	Franco	2010	M	GS Runners Cagliari	MM70	1	0.45.36	4,47	12,53
248	402	Faedda	Ilaria	2010	F	Atl Legg Porto Torres	SF	4	0.45.43	4,48	12,49
249	412	Sanna	GiovanniGiu seppino	2010	M	Athletic Team ss	MM55	16	0.45.49	4,49	12,47
250	272	Massidda	Giovanni	2010	M	Marathon Club Oristano	MM45	41	0.45.51	4,49	12,46
251	308	Vidali	Enrica	2010	F	Pol Guilcer Team La Citta	MF50	3	0.45.56	4,49	12,44
252	307	Lemmes	Rita	2010	F	Pol Guilcer Team La Citta	MF55	1	0.45.58	4,50	12,43
253	103	Musiu	Giorgio	2010	M	Atl Pod San Gavino	MM50	41	0.46.14	4,51	12,35
254	262	Canalicchio	Maurizio	2010	M	I Guerrieri Del Pavone	MM35	24	0.46.17	4,52	12,34
255	88	Pintus	Giusy	2010	F	Asc Atl San Giovanni	MF40	4	0.46.19	4,52	12,33
256	235	Cipullo	Lara	2010	F	I Guerrieri Del Pavone	MF40	5	0.46.32	4,53	12,28
257	116	Orrù	Salvatore	2010	M	Atl San Sperate	MM50	42	0.46.41	4,54	12,24
258	380	Capasso	Gaetano	2010	M	Atl Ploaghe	MM35	25	0.46.43	4,54	12,23
259	260	Dosia	Gabriella Sabina	2010	F	I Guerrieri Del Pavone	MF35	9	0.46.46	4,55	12,21
260	87	Scano	Daniele	2010	M	Asc Atl San Giovanni	MM45	42	0.46.50	4,55	12,20
261	368	Piollet	Brigitte	2010	F	Us Atl Guspini	MF50	4	0.46.51	4,55	12,19
262	97	Uccheddu	Sandro	2010	M	Atl Iglesias	MM45	43	0.47.03	4,57	12,14
263	386	Cannas	Paolo	2010	M	GS Runners Cagliari	MM45	44	0.47.05	4,57	12,13
264	387	Serrenti	Giuseppe Katia	2010	M	GS Runners Cagliari	MM40	52	0.47.05	4,57	12,13
265	5	Bellu	Susanna	2010	F	C. S. Dil. Atletica Amatori Dept Dop Enichem Porto Torres	MF40	6	0.47.09	4,57	12,11
266	167	Palmieri	Raniero	2010	M		MM45	45	0.47.11	4,57	12,11
267	414	Ardus	Pierangelo Lucio	2010	M	Pol Guilcer Team La Citta	MM45	46	0.47.12	4,57	12,10
268	54	Niolu	Giuseppe	2010	M	A.S.D. Alghero Marathon	MM45	47	0.47.15	4,58	12,09
269	286	Sedda	Chiara	2010	F	Marathon Club Oristano	MF50	5	0.47.20	4,58	12,07
270	148	Columbu	Clemente	2010	M	Atletica Selargius	MM45	48	0.47.27	4,59	12,04
271	400	Scano	Clemente	2010	M	I Guerrieri Del Pavone	MM50	43	0.47.29	4,59	12,03
272	32	Proia	Walter	2010	M	C. S. Dil. Atletica Amatori	MM45	49	0.47.49	5,01	11,95
273	11	Demuro	Adriana	2010	F	C. S. Dil. Atletica Amatori	MF45	8	0.47.49	5,01	11,95
274	63	Rossi	Alessandro	2010	M	A.S.D. Alghero Marathon	MM35	26	0.47.58	5,02	11,91
275	288	Piga	Marta	2010	F	Nuova Atl Sestu	MF45	9	0.48.01	5,03	11,90

276	3	Piga	Antonella	2010	F	C. S. Dil. Atletica Amatori	MF40	7	0.48.03	5,03	11,89
277	71	Chessa	Astrid	2010	F	A.S.D. Podistica Sassari	MF40	8	0.48.06	5,03	11,88
278	312	Mura	Serafina Anna	2010	F	Pol Guilcer Team La Citta	TF	3	0.48.09	5,03	11,86
279	281	Pisanu	Debora	2010	F	Marathon Club Oristano	MF40	9	0.48.12	5,04	11,85
280	297	Muzzetto	Antonio	2010	M	Pod Amatori Olbia	MM60	15	0.48.15	5,04	11,84
281	110	Garau	Rosanna	2010	F	Atl Pod San Gavino	MF50	6	0.48.16	5,04	11,83
282	241	Zonza	Paola	2010	F	I Guerrieri Del Pavone	TF	4	0.48.16	5,04	11,83
283	255	Arru	Antonio	2010	M	I Guerrieri Del Pavone	MM45	50	0.48.16	5,04	11,83
284	206	Pia	Roberta	2010	F	G.S. Monte Acuto Marathon	MF35	10	0.48.17	5,04	11,83
285	197	Lella	Guido	2010	M	G.S. Monte Acuto Marathon	MM50	44	0.48.18	5,04	11,83
286	342	Borsa	Giovanni	2010	M	SS Sporting S.I.E.	MM70	2	0.48.33	5,06	11,77
287	285	Sedda	Giuseppina	2010	F	Marathon Club Oristano	MF50	7	0.48.43	5,07	11,72
288	20	Stefanopoli	Pier Paolo	2010	M	C. S. Dil. Atletica Amatori	MM40	53	0.48.47	5,07	11,71
289	193	Mundula	Luigi	2010	M	G.S. Monte Acuto Marathon	MM50	45	0.48.48	5,08	11,70
290	339	Granitzia	Salvatore	2010	M	Soc Atl Tempio Pausania	MM55	17	0.49.07	5,10	11,63
291	73	Scano	Donatella	2010	F	A.S.D. Podistica Sassari	MF45	10	0.49.08	5,10	11,63
292	209	Mureddu	Patrizia	2010	F	G.S. Monte Acuto Marathon	MF35	11	0.49.08	5,10	11,63
293	239	Ligios	Antonella	2010	F	I Guerrieri Del Pavone	MF50	8	0.49.11	5,10	11,61
294	252	Carta	Maria	2010	M	I Guerrieri Del Pavone	MM55	18	0.49.11	5,10	11,61
295	112	Ottaviani	Michelina	2010	F	Atl Pod San Gavino	MF60	1	0.49.32	5,12	11,53
296	383	Leonforte	Carmelo	2010	M	Gruppo Pol Dil Assemini	TM	12	0.49.46	5,14	11,48
297	233	Serra	Paola	2010	F	I Guerrieri Del Pavone	MF40	10	0.50.01	5,15	11,42
298	397	Lai	Luisa	2010	F	Marathon Club Oristano	MF50	9	0.50.14	5,17	11,37
299	214	Mocci	Giampaolo	2010	M	GS Atletica Capoterra	MM65	9	0.50.36	5,19	11,29
300	310	Miscali	Roberta	2010	F	Pol Guilcer Team La Citta	MF40	11	0.50.43	5,20	11,26
301	163	Nicelli	Antonio Domenico	2010	M	Centro Sportivo Fiamma Macomer	MM45	51	0.50.49	5,20	11,24
302	170	Rassu	Giuseppe	2010	M	Dept Dop Enichem Porto Torres	MM60	16	0.50.52	5,21	11,23
303	6	Giloni	Giuseppina	2010	F	C. S. Dil. Atletica Amatori	MF45	11	0.50.59	5,21	11,20
304	151	Porcu	Carlo	2010	M	Atletica Selargius	MM70	3	0.51.11	5,23	11,16
305	106	Piras	Alexandra Irene	2010	F	Atl Pod San Gavino	MF35	12	0.51.16	5,23	11,14
306	234	Cocco	Gerolama	2010	F	I Guerrieri Del Pavone	MF40	12	0.51.26	5,24	11,11
307	113	Porcedda	Modesto	2010	M	Atl Pod San Gavino	MM65	10	0.51.37	5,25	11,07

308	108	Fais	Cinzia	2010	F	Atl Pod San Gavino	MF45	12	0.51.41	5,26	11,05
309	216	Deriu	Benedetto	2010	M	GS Atletica Capoterra	MM50	46	0.51.45	5,26	11,04
310	109	Canelles	Marcella	2010	F	Atl Pod San Gavino	MF45	13	0.51.50	5,27	11,02
311	205	Mura	Laura	2010	F	G.S. Monte Acuto Marathon	MF50	10	0.52.04	5,28	10,97
312	340	Manconi	Mario Maria	2010	M	SS Sporting S.I.E.	MM65	11	0.52.11	5,29	10,95
313	4	Musio	Francesca	2010	F	C. S. Dil. Atletica Amatori	MF40	13	0.52.13	5,29	10,94
314	409	Tumbarinu	Evangelina	2010	F	Marathon Club Oristano	MF45	14	0.52.16	5,29	10,93
315	76	Brotzu	Eliana	2010	F	AS Delogu Nuoro	MF45	15	0.52.20	5,30	10,91
316	13	Tolu	Paola	2010	F	C. S. Dil. Atletica Amatori	MF50	11	0.52.21	5,30	10,91
317	367	Concas	Bruna	2010	F	Us Atl Guspini	MF45	16	0.52.52	5,33	10,80
318	377	Ardu	Salvatore	2010	M	Us Atl Guspini	MM60	17	0.52.52	5,33	10,80
319	372	Piras	Antonello Franco	2010	M	Us Atl Guspini	MM45	52	0.52.53	5,33	10,80
320	175	Cinellu	Agostinang ela	2010	F	Dept Dop Enichem Porto Torres	MF55	2	0.53.23	5,36	10,70
321	358	Cattaneo	Gian Franco	2010	M	Studium Et Stadium	MM70	4	0.53.31	5,37	10,67
322	118	Serra	Giovanni	2010	M	Atl San Sperate	MM55	19	0.54.14	5,42	10,53
323	351	Scrugli	Paola	2010	F	SS Sporting S.I.E.	MF40	14	0.55.06	5,47	10,37
324	408	Pau	Marina	2010	F	Marathon Club Oristano	MF45	17	0.55.52	5,52	10,22
325	280	Muscas	Adriana	2010	F	Marathon Club Oristano	MF55	3	0.55.52	5,52	10,22
326	213	Deriu	Mario Antonietta	2010	M	GS Atletica Capoterra	MM45	53	0.56.14	5,54	10,16
327	7	Mura	Grazia	2010	F	C. S. Dil. Atletica Amatori	MF50	12	0.56.51	5,58	10,05
328	10	Tolu	Nicoletta	2010	F	C. S. Dil. Atletica Amatori	MF45	18	0.56.51	5,58	10,05
329	72	Foddai	Rita	2010	F	A.S.D. Podistica Sassari Centro Sportivo Fiamma	MF40	15	0.56.57	5,59	10,03
330	165	Castori	Norma	2010	F	Macomer	MF45	19	0.57.42	6,04	9,90
331	296	Pinna	Italo	2010	M	Pod Amatori Olbia	MM60	18	0.57.44	6,04	9,89
332	369	Vaccargiu	Marinella Antonio	2010	F	Us Atl Guspini	MF55	4	0.58.29	6,09	9,77
333	59	Casula	Benito	2010	M	A.S.D. Alghero Marathon	MM80	1	0.58.55	6,11	9,70
334	335	Collu	Carlo	2010	M	Soc Atl Tempio Pausania	MM60	19	0.59.30	6,15	9,60
335	238	Dejana	Cecilia Anna	2010	F	I Guerrieri Del Pavone	MF50	13	1.00.06	6,19	9,50
336	12	Farris	Pietrina	2010	F	C. S. Dil. Atletica Amatori	MF50	14	1.01.08	6,25	9,34
337	211	Usai	Elio	2010	M	G.S. Monte Acuto Marathon	MM75	1	1.01.59	6,31	9,22

338	361	Santambarchi Giuseppe	2010	M	Studium Et Stadium	MM70	5	1.03.20	6,39	9,02
339	306	Fresu Teresa	2010	F	Pol Guilcer Team La Citta	MF60	2	1.04.13	6,45	8,89