







Top5 M/F







Pos.	Pett.	Name	Atl	Anno	Cat.	Gruppo	Tempo	Ritmo
------	-------	------	-----	------	------	--------	-------	-------

5.1 Km Passo Libero

Femminile







1.	215	POZZI, LIA	 	1986	NC	GAP SARONNO	00:21:11	4:14 min/km
2.	251	RENDA,	 	2000	NC	USSVO	00:21:20	4:16 min/km
3.	656	GIANNETTO, TIZIANA	 	1984	NC		00:24:12	4:50 min/km

Maschile







1.	6	STELLA, SILVIO	 	1993	NC	US SANGIORGIESE	00:17:18	3:27 min/km
2.	668	PAVESI, SIMONE	 	1994	NC	RUNNERS LEGNANO	00:17:20	3:28 min/km
3.	375	SEMININ, STEVEN	 	1983	NC	ATL. U.S. NERVIANESE 1919	00:17:27	3:29 min/km

5.1 Km Nordic Walking

Femminile







1.	308	PAGANI, LUCIANA	 	1976	NW	NORDIC WALKING ALTOMILANESE	00:38:06	7:37 min/km
2.	61	MANGANINI,	 	1975	NW	NORDICWALKER SVO	00:40:29	8:05 min/km
3.	305	NASTASIA, ROSETTA	 	1957	NW	NORDIC WALKING ALTOMILANESE	00:41:08	8:13 min/km

Maschile







1.	333	DELL'AVANZO,	 	1966	NW	NORDIC WALKING VALTELLINA	00:33:14	6:38 min/km
2.	316	SOCCINI, EMANUELE	 	1959	NW	NORDIC WALKING ALTOMILANESE	00:33:45	6:45 min/km
3.	311	POZZI, GIORGIO	 	1961	NW	NORDIC WALKING ALTOMILANESE	00:36:44	7:20 min/km

2.5 Km Camminata Felice

Femminile







1.	631	DONADONI, ELENA	 	2003	NC		00:17:22	6:57 min/km
2.	610	GADDA, CARLA	 	1968	NC		00:19:21	7:44 min/km
3.	609	PISONI, ELISABETTA	 	2003	NC		00:24:07	9:39 min/km

Maschile






1.	569	SLAVAZZA, SAMUELE	 	2008	NC		00:14:25	5:46 min/km
2.	611	SLAVAZZA, SERGIO	 	1969	NC		00:17:20	6:56 min/km
3.	354	RICCI, PAOLO	 	2010	NC	GRUPPO REZZONICO AUTO	00:23:23	9:21 min/km

2.5 Km Camminata Metabolica

Femminile

1.	775	SMALDONE,	 	1973	CM	CAMMINATA METABOLICA	00:30:04	12:01 min/km
2.	759	DESPERATI, VIVIANA	 	1973	CM	CAMMINATA METABOLICA	00:30:04	12:01 min/km
3.	361	ZAVATTA, ANDREA	 	1998	CM	GRUPPO REZZONICO AUTO	00:31:21	12:32 min/km

Maschile

1.	351	MENJIVAR MENA,		2000	CM	GRUPPO REZZONICO AUTO	00:28:34	11:25 min/km
2.	776	COLOMBO, CLAUDIO	 	1969	CM	CAMMINATA METABOLICA	00:30:04	12:01 min/km
3.	771	RIVETTI, DAVIDE	 	1982	CM	CAMMINATA METABOLICA	00:31:25	12:34 min/km