

CR10 RUN

Data **18/10/2026**
 Gara **10K COMPETITIVA**
 Luogo **Cremona (CR)**

Generale Femminile

pos	pett.	atleta	sex	cat.	p.cat	team	naz	race time	real time	gap	media
1	F2	PALMERO ELISA	1999	SF	1	C.S. ESERCITO	ITA	0:32:37	0:32:36		
2	F3	LONEDO REBECCA	1996	SF	2	G.S. FIAMME ORO PADOVA	ITA	0:32:54	0:32:53	+17	
3	F4	JEPTOO CAROLINE	1995	SF	3		KEN	0:34:08	0:34:07	+1:31	
4	F15	ZERBINI SARAH	1985	SF40	1	CAMISANO RUNNING A.S.D.	ITA	0:35:01	0:34:59	+2:24	
5	F14	GHIZLANE HIBA	2005	PF	1	ROMANO RUNNING	ITA	0:35:05	0:35:04	+2:28	
6	F10	FRIGERIO FEDERICA	1998	SF	4	ATLETICA MDS	ITA	0:35:38	0:35:37	+3:01	
7	F26	GUSMINI DIANA	1995	SF	5	BRACCO ATLETICA	ITA	0:37:00	0:36:58	+4:23	
8	F7	MANENTI ELISABETTA	1985	SF40	2	ATL. PIANURA BERGAMASCA	ITA	0:37:04	0:37:03	+4:27	
9	F141	PAGLIALONGA ALICE	2008	JF	1	EUROATLETICA 2002	ITA	0:37:16	0:37:13	+4:39	
10	F21	COTELLI CRISTINA	1987	SF35	1	U.S. ROGNO	ITA	0:37:24	0:37:22	+4:47	
11	F28	GIANNINONI MARTA	2007	JF	2	ACQUADELA ASD	ITA	0:37:25	0:37:21	+4:48	
12	F57	OTTONELLO MATILDE	2000	SF	6	A.S.D. STRONG RUNNER TEAM	ITA	0:38:30	0:38:28	+5:53	
13	F152	VIOLA SIMONA	1971	SF55	1	G.P. AVIS PAVIA	ITA	0:38:41	0:38:39	+6:04	
14	F19	LOCATELLI SARA	1990	SF35	2	SPORT PROJECT VCO	ITA	0:39:09	0:39:06	+6:32	
15	F20	MALINVERNI NADIA	1984	SF40	3	ATLETICA VIGEVANO	ITA	0:39:22	0:39:19	+6:45	
16	F23	SPADONI GIULIA VIVIEN	1995	SF	7	MEETFIT	ITA	0:39:24	0:39:20	+6:47	
17	F16	GARCIA CONDE CRISTINA	1989	SF35	3	ASD TEAM ATLETICA PALERMO	ITA	0:39:28	0:39:25	+6:51	
18	F22	LAZZARINI MARINA	1981	SF45	1	ATL. CARPENEDOLO	ITA	0:40:01	0:39:58	+7:24	
19	F128	MANCASTROPPA VERENA	1995	SF	8	CREMONA SPORTIVA ATL.	ITA	0:40:21	0:40:15	+7:44	
20	F154	BIANCO VALENTINA	1991	SF35	4	OSTUNI RUNNER'S	ITA	0:40:54	0:40:51	+8:17	
21	F17	BREGU BLERINA	1976	SF50	1	ATLETICA CASONE NOCETO	ITA	0:41:18	0:41:12	+8:41	
22	F119	MARTIGNAGO ORIANA	1959	SF65	1	AZZURRA GARBAGNATE M.SE	ITA	0:41:22	0:41:19	+8:45	
23	F118	MAJER DANIELA	1975	SF50	2	ATL. TREVIGLIO	ITA	0:42:04	0:41:52	+9:27	
24	F24	DE SALVO SIMONA	1993	SF	9	G.P. AVIS PAVIA	ITA	0:42:05	0:42:00	+9:28	
25	F18	CAPODIFERRO BARBARA	1989	SF35	5	ASD DK RUNNERS	ITA	0:42:24	0:42:16	+9:47	
26	F35	PELIZZARI ALESSANDRA	1974	SF50	3	FREE-ZONE	ITA	0:42:35	0:42:30	+9:58	
27	F173	VINCI DONATELLA	1965	SF60	1	ROAD RUNNERS CLUB MILANO	ITA	0:42:36	0:42:30	+9:59	
28	F98	LOCATELLI ROBERTA	1975	SF50	4	U.S. ROGNO	ITA	0:42:44	0:42:40	+10:07	
29	F92	FEDELE SARA	1997	SF	10	G.S. ATL. REZZATO	ITA	0:42:46	0:42:39	+10:09	
30	F25	NOZZA BIELLI KATIUSCIA	1975	SF50	5	RUNNERS BERGAMO	ITA	0:42:48	0:42:44	+10:11	
31	F70	SCALIA GIULIA	1998	SF	11	CIRCOLO AMATORI PODISTI	ITA	0:43:03	0:42:51	+10:26	
32	F158	BERTELLINI FEDERICA	1992	SF	12	A.S.D. ATLETICA CINQUE	ITA	0:43:04	0:42:31	+10:27	
33	F114	DRAGONI SARA	2001	SF	13	CREMONA SPORTIVA ATL.	ITA	0:43:19	0:43:12	+10:42	
34	F27	ZARDONI FEDERICA	1975	SF50	6	POL. LIB. CERNUSCHESE	ITA	0:44:19	0:44:17	+11:42	
35	F179	WU DONGXUE	1975	SF50	7	EUROATLETICA 2002	ITA	0:44:29	0:44:22	+11:52	
36	F117	MICHELI GIULIA	2001	SF	14	FREE-ZONE	ITA	0:44:42	0:44:38	+12:05	
37	F106	MILESI FRANCESCA	1993	SF	15	WE RUN BERGAMO ASD	ITA	0:45:00	0:44:55	+12:23	
38	F67	MARTELLI GIORGIA	1988	SF35	6	ATL. GAVARDO '90 LIB.	ITA	0:45:07	0:44:57	+12:30	
39	F105	MANDELLI SILVIA	1988	SF35	7	S.S.D.A.SCHIANTARELLI	ITA	0:45:26	0:45:11	+12:49	
40	F123	LODI GIULIA	2006	PF	2	CREMONA SPORTIVA ATL.	ITA	0:45:32	0:45:13	+12:55	
41	F74	FAUSTINI SIMONA	1999	SF	16	VENUS TRIATHLON ACADEMY	ITA	0:45:32	0:45:24	+12:55	
42	F183	GIANNETTO TIZIANA	1984	SF40	4	G.S. ZELOFORAMAGNO	ITA	0:45:35	0:45:32	+12:58	
43	F126	PAGANI CHIARA	1981	SF45	2	FREE-ZONE	ITA	0:45:45	0:45:34	+13:08	
44	F60	MUTTI MIRIAM	1989	SF35	8	POLISPORTIVA G.B. VIGHENZI	ITA	0:45:49	0:45:40	+13:12	
45	F161	CUCCHI RAFFAELLA	1972	SF50	8	CAMISANO RUNNING A.S.D.	ITA	0:46:03	0:45:48	+13:26	
46	F78	ZAKA IRMA	1984	SF40	5	F.O.RUNNING TEAM	ITA	0:46:10	0:46:01	+13:33	
47	F59	VERONESE GIADA	1996	SF	17	POLISPORTIVA MOVING S.S.D.	ITA	0:46:12	0:45:50	+13:35	
48	F56	FILIPPI BARBARA	1984	SF40	6		ITA	0:46:14	0:45:55	+13:37	
49	F134	GHIDINI PATRIZIA	1971	SF55	2	ATLETICA CASONE NOCETO	ITA	0:46:25	0:46:13	+13:48	
50	F163	TARENGHI ANNALISA	1985	SF40	7	CAMISANO RUNNING A.S.D.	ITA	0:46:51	0:46:39	+14:14	
51	F51	CONSONNI MELISSA	1983	SF40	8	TRI RACE ROCK TEAM	ITA	0:46:52	0:46:43	+14:15	
52	F180	ESPOSITO TIZIANA	1986	SF40	9		ITA	0:47:07	0:46:49	+14:30	
53	F164	TORNELLI ILARIA	2002	SF	18	CAMISANO RUNNING A.S.D.	ITA	0:47:18	0:47:11	+14:41	
54	F107	MASSENZI MARTINA	1994	SF	19	VENUS TRIATHLON ACADEMY	ITA	0:47:23	0:46:56	+14:46	
55	F170	GAGNI ERICA	1998	SF	20	VENUS TRIATHLON ACADEMY	ITA	0:47:23	0:47:02	+14:46	
56	F167	DISSIMILE BARBARA	1974	SF50	9	MONZA MARATHON TEAM - A.	ITA	0:47:28	0:47:24	+14:51	
57	F146	NANARDI MICHELA	1977	SF45	3		ITA	0:47:32	0:47:16	+14:55	
58	F139	HINOSTROZA ROMERO ALICIA	1975	SF50	10	EUROATLETICA 2002	ITA	0:47:50	0:47:44	+15:13	

Generale Femminile

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59	F147	VACCHELLI MARTA	1990	SF35	9	CREMONACORRE ASD	ITA	0:48:10	0:47:52	+15:33	
60	F87	GIANNINI FRANCESCA	1978	SF45	4	GRUPPO PODISTICO MELZO A.	ITA	0:48:12	0:48:06	+15:35	
61	F168	GEYMONAT ALICE	1979	SF45	5		ITA	0:48:27	0:47:54	+15:50	
62	F66	BRIGNOLI CHIARA	1997	SF	21		ITA	0:48:29	0:48:07	+15:52	
63	F101	MASSERA ENRICA	1970	SF55	3	CREMONACORRE ASD	ITA	0:48:42	0:48:24	+16:05	
64	F131	FAVALLI SABRINA	1970	SF55	4		ITA	0:48:42	0:48:30	+16:05	
65	F63	PILATI VERUSKA	1978	SF45	6		ITA	0:48:45	0:48:22	+16:08	
66	F116	ZATTI MATILDE	2009	AF	1	CREMONA SPORTIVA ATL.	ITA	0:48:52	0:48:49	+16:15	
67	F113	GANDINI PAOLA	1978	SF45	7		ITA	0:49:23	0:49:06	+16:46	
68	F82	MAINARDI CHIARA	1991	SF35	10		ITA	0:49:27	0:48:55	+16:50	
69	F49	MARENGONI LORENA	1963	SF60	2	SORESINA RUNNING CLUB	ITA	0:49:31	0:49:10	+16:54	
70	F150	PASQUALATO MARTA	2010	AF	2	CREMONA SPORTIVA ATL.	ITA	0:49:39	0:49:34	+17:02	
71	F89	RONCHI IOLE	1955	SF70	1	U.S. ROGNO	ITA	0:49:43	0:49:39	+17:06	
72	F177	CARLONI MARIA LUISA	1994	SF	22		ITA	0:49:58	0:49:33	+17:21	
73	F132	MORETTI VALENTINA	1983	SF40	10	ATL. LA TORRE	ITA	0:50:05	0:49:45	+17:28	
74	F80	SCANDELLI ANNA ELIDE	1967	SF55	5	CAMISANO RUNNING A.S.D.	ITA	0:50:16	0:50:09	+17:39	
75	F148	TILESI SUSANNA	1988	SF35	11	ADDA RUNNING TEAM	ITA	0:50:35	0:50:18	+17:58	
76	F79	GRADISI MARTA	1989	SF35	12	G.S. DILETTANTISTICO	ITA	0:50:40	0:50:29	+18:03	
77	F110	BALESTRERI CINZIA	2002	SF	23		ITA	0:50:50	0:50:32	+18:13	
78	F86	TOMASSONI SIMONA	1983	SF40	11	ASD PLACENTIA	ITA	0:50:54	0:50:21	+18:17	
79	F120	ALTIERI MARIA CARMELA	1976	SF50	11	FREE-ZONE	ITA	0:51:00	0:50:48	+18:23	
80	F91	MARAZZONE GIULIANA	1964	SF60	3	U.S. ROGNO	ITA	0:51:01	0:50:57	+18:24	
81	F165	RETROSI MARTINA	1998	SF	24		ITA	0:51:16	0:51:03	+18:39	
82	F41	BERNERI FRANCESCA	1990	SF35	13		ITA	0:51:18	0:51:07	+18:41	
83	F48	BONINO FRANCESCA	1978	SF45	8	ASD MARATONA ALZHEIMER	ITA	0:51:29	0:51:19	+18:52	
84	F88	MILANESI CHIARA	1999	SF	25	UP & DOWN PIACENZA	ITA	0:51:52	0:51:43	+19:15	
85	F61	TRIGLIA SIMONA	1976	SF50	12	G.P. OVER PONTEVICO	ITA	0:51:57	0:51:45	+19:20	
86	F145	VIZZINI BISACCIA VALENTINA	1980	SF45	9	VENUS TRIATHLON ACADEMY	ITA	0:52:02	0:51:41	+19:25	
87	F176	CAPRIOLI FRANCESCA	1975	SF50	13		ITA	0:52:06	0:51:39	+19:29	
88	F75	ORIOLO ROBERTA	1987	SF35	14		ITA	0:52:08	0:51:38	+19:31	
89	F69	ZANOLA SARA	2000	SF	26		ITA	0:52:08	0:51:37	+19:31	
90	F71	ANTONINI LAURA	1983	SF40	12	POLISPORTIVA PERTICA BASSA	ITA	0:52:15	0:51:56	+19:38	
91	F93	FAVARO GAIA	2006	PF	3	BRESCIA 25CENTO ATHLETICS	ITA	0:52:17	0:51:50	+19:40	
92	F94	PIANTONI ELENA	1999	SF	27		ITA	0:52:53	0:52:22	+20:16	
93	F58	COMPOSTA ELENA	1968	SF55	6	VRM TEAM ASD	ITA	0:52:57	0:52:32	+20:20	
94	F175	IAZZI ILARIA	1971	SF55	7	TRIATHLON DUATHLON	ITA	0:53:10	0:52:50	+20:33	
95	F95	MOLCHANOVA LIUDMILA	1987	SF35	15		ITA	0:53:11	0:52:55	+20:34	
96	F174	ABATI CLARA	1976	SF50	14	A.S.D. VEGAN POWER TEAM	ITA	0:53:12	0:52:59	+20:35	
97	F144	PASTORE LOREDANA	1986	SF40	13	ROAD RUNNERS CLUB MILANO	ITA	0:53:24	0:53:09	+20:47	
98	F44	VILLELLA GRETA GIUSEPPINA	1970	SF55	8		ITA	0:53:27	0:53:06	+20:50	
99	F109	ORSI SABRINA	1991	SF35	16		ITA	0:53:30	0:53:05	+20:53	
100	F102	CARULLI ANNALISA	1981	SF45	10	MARCIATORI SAN GIORGIO	ITA	0:53:41	0:53:28	+21:04	
101	F68	ZANGRANDI ALESSIA	1977	SF45	11		ITA	0:53:42	0:53:23	+21:05	
102	F111	SILVOTTI VANESSA	1994	SF	28		ITA	0:53:54	0:53:45	+21:17	
103	F133	MARENGONI SOFIA	2005	PF	4	SORESINA RUNNING CLUB	ITA	0:53:58	0:53:36	+21:21	
104	F153	MANTELLI SARA	1983	SF40	14		ITA	0:54:06	0:53:55	+21:29	
105	F140	LUISON ORNELLA	1958	SF65	2	EUROATLETICA 2002	ITA	0:54:13	0:54:04	+21:36	
106	F159	BRAGHINI GIULIA	2007	JF	3	ATL. CHIARI 1964 LIB.	ITA	0:54:31	0:54:02	+21:54	
107	F72	LILLIU LORENA	1986	SF40	15	3C (COMP. CREMONESE	ITA	0:54:50	0:54:20	+22:13	
108	F62	VISENTINI LIDIA	1967	SF55	9	POL. AMICIZIA CAORSO	ITA	0:55:03	0:53:29	+22:26	
109	F99	RAPELLI FEDERICA	1989	SF35	17	ATL. PIACENZA	ITA	0:55:29	0:55:15	+22:52	
110	F108	NEVADO MASIAS MARIA JOBA	1970	SF55	10	3C (COMP. CREMONESE	ITA	0:55:39	0:55:09	+23:02	
111	F83	ARDEMAGNI RITA	1962	SF60	4	MARATHON CREMONA	ITA	0:55:56	0:55:42	+23:19	
112	F103	SOLDATI BEATRICE	2000	SF	29	ATLETICA INTESA	ITA	0:56:14	0:55:50	+23:37	
113	F125	GRAPPA ELENA	1959	SF65	3	CREMONA RUNNERS CLUB	ITA	0:56:27	0:56:00	+23:50	
114	F90	RECENTI LUCIA	1961	SF65	4	U.S. ROGNO	ITA	0:57:29	0:57:24	+24:52	
115	F43	GIOVITA JESSICA	1991	SF35	18		ITA	0:57:44	0:57:25	+25:07	
116	F138	FIUMICELLI MONICA	1971	SF55	11	EUROATLETICA 2002	ITA	0:57:51	0:57:39	+25:14	
117	F81	LEANI CRISTINA	1988	SF35	19	CREMONACORRE ASD	ITA	0:58:07	0:57:45	+25:30	
118	F166	SIGNORINI CRISTINA	1982	SF40	16	STRALENO	ITA	0:58:49	0:58:34	+26:12	
119	F96	DALLAVALLE ALESSIA	1991	SF35	20		ITA	0:59:06	0:58:37	+26:29	
120	F171	BOHORQUEZ ALEJANDRA	1975	SF50	15	3C (COMP. CREMONESE	ITA	0:59:14	0:58:44	+26:37	

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121	F130	MOTTA ESTER GIULIA	1993	SF	30	ASD NUOVA VIRTUS CREMA	ITA	0:59:23	0:58:59	+26:46	
122	F47	ALQUATI LAILA	1955	SF70	2	U.S. BORMIESE ATL.	ITA	0:59:56	0:59:40	+27:19	
123	F142	PAMBAKIAN MAIDA	1960	SF65	5	EUROATLETICA 2002	ITA	1:00:02	0:59:50	+27:25	
124	F52	PECCHINI PAOLA	1964	SF60	5	MARATHON CREMONA	ITA	1:00:16	0:59:42	+27:39	
125	F178	CERIONI IRENE	1996	SF	31		ITA	1:00:56	1:00:00	+28:19	
126	F169	BRANDAZZI ALESSIA	2002	SF	32	G.P. CASALESE	ITA	1:01:23	1:01:05	+28:46	
127	F76	RIEFOLO MARIASANTINA	1965	SF60	6	ASD MARCIATORI LANDRIANO	ITA	1:01:31	1:01:01	+28:54	
128	F84	PIETROPINTO AURELIA	1973	SF50	16		ITA	1:01:51	1:01:22	+29:14	
129	F54	CIOLI ALICE	1995	SF	33	PADILE RUNNING TEAM	ITA	1:01:54	1:01:31	+29:17	
130	F151	MONTINI ALICE	1988	SF35	21	ATLETICA BRESCIA	ITA	1:01:58	1:01:48	+29:21	
131	F157	MONDINI GIOVANNA	1947	SF75	1	MARATHON CREMONA	ITA	1:02:19	1:01:55	+29:42	
132	F124	LUCINI ERIKA	1984	SF40	17		ITA	1:02:58	1:02:45	+30:21	
133	F149	MAINARDI ATTILIA	1968	SF55	12	3C (COMP. CREMONESE	ITA	1:04:46	1:04:16	+32:09	
134	F155	STELLA MARTINA	2005	PF	5		ITA	1:07:13	1:04:38	+34:36	
135	F143	RONDINA FLORIANA	1967	SF55	13	EUROATLETICA 2002	ITA	1:09:23	1:09:00	+36:46	
136	F160	LANZI GAETANA	1975	SF50	17		ITA	1:09:54	1:09:23	+37:17	
137	F127	REALE ELISABETTA	1967	SF55	14	ASD GRUPPO CITTA DI	ITA	1:10:18	1:09:54	+37:41	
138	F64	DE BIASI MARA	1965	SF60	7	ATL. GAVARDO '90 LIB.	ITA	1:14:07	1:13:43	+41:30	
139	F137	BENEDETTI EVELINA	1942	SF80	1	EUROATLETICA 2002	ITA	1:14:51	1:14:32	+42:14	
140	F121	CUSMANO GIUSEPPINA	1992	SF	34		ITA	1:19:31	1:19:01	+46:54	
141	F182	SANTARSIERO VALENTINA	1997	SF	35		ITA	1:22:54	1:22:19	+50:17	
142	F136	BELLONI GIANCARLA	1961	SF65	6	EUROATLETICA 2002	ITA	1:30:10	1:29:47	+57:33	
143	F172	VANELLI ROSANNA MARGHERITA	1951	SF75	2	3C (COMP. CREMONESE	ITA	1:41:27	1:40:54	+1:08:50	