

Trail Inclusivo dell'Oasi del Cervo e della Luna

Data **22/03/2026**
Gara **TRAIL**
Luogo **Monte arcosu (CA)**

Generale

pos	pett.	atleta	anno	sex	cat.	p.cat	team	naz	race time	real time	gap	media
1	32	PORUBCAN PAVOL	1971	M	M55	1	SUT TEAM / JOGGING KLUB	SVK	2:29:10	2:29:10		
2	30	PISU MARCO	1987	M	M35	1	RUNCARD	ITA	2:33:03	2:33:03	+3:53	
3	44	PAU SAMUELE	2026	M	M40	1		ITA	2:33:48	2:33:48	+4:38	
4	1	FRONGIA FEDERICA	1977	F	F45	1	ASD CAGLIARI ATLETICA	ITA	2:42:47	2:42:47	+13:37	
5	14	CARTA ALBERTO	1981	M	M45	1	UISP CAGLIARI APS	ITA	2:45:06	2:45:06	+15:56	
6	25	MASCIA ALESSIO	1977	M	M45	2	TRAIL & ROAD RUNNERS ASD	ITA	2:45:59	2:45:59	+16:49	
7	22	LAVENA ADRIANO	2001	M	UM35	1	ALVESCHIDA EXP PATTADA	ITA	2:46:03	2:46:03	+16:53	
8	39	SULIKOVA KATARINA	1980	F	F45	2	RUNCARD	SVK	2:47:20	2:47:20	+18:10	
9	6	MURA TEODORO	1967	M	M55	2	A.S.D. ATLETICA MONTEPONI	ITA	2:47:47	2:47:47	+18:37	
10	28	PINNA DAVIDE	1997	M	UM35	2	G.S. ATLETICA CAPOTERRA	ITA	2:49:31	2:49:31	+20:21	
11	10	ATZORI LUCA	1981	M	M45	3	ATL EDOARDO SANNA ELMAS	ITA	2:49:37	2:49:37	+20:27	
12	31	PORCU MATTEO	1988	M	M35	2	POL ATL SERRAMANNA	ITA	2:56:56	2:56:56	+27:46	
13	12	BUA MARIO	1960	M	M65	1	TRAIL & ROAD RUNNERS ASD	ITA	3:04:48	3:04:48	+35:38	
14	37	SPANU SILVIA	1990	F	F35	1	UISP CAGLIARI APS	ITA	3:06:34	3:06:34	+37:24	
15	8	AIANA SALVATORE	1971	M	M55	3	POL LIBERTAS CAMPIDANO	ITA	3:06:57	3:06:57	+37:47	
16	34	SALA GIACOMO	1982	M	M40	2	RUNCARD	ITA	3:07:24	3:07:24	+38:14	
17	11	BOI BARBARA	1976	F	F50	1	UISP CAGLIARI APS	ITA	3:09:41	3:09:41	+40:31	
18	15	CARTA PIETRO	1977	M	M45	4	RUNCARD	ITA	3:14:38	3:14:38	+45:28	
19	17	FADDA ALBERTO	1967	M	M55	4	ASD ATLETICA AMATORI	ITA	3:15:46	3:15:46	+46:36	
20	16	COGOTTI TIZIANO	1978	M	M45	5	ASD CAGLIARI ATLETICA	ITA	3:17:44	3:17:44	+48:34	
21	27	MORELLO MICHELE	1981	M	M45	6	ASD PODISMO SARROCH	ITA	3:18:30	3:18:30	+49:20	
22	38	SUCCA SONIA	1976	F	F50	2	ATL SAN SPERATE	ITA	3:23:32	3:23:32	+54:22	
23	7	SCHIRRU SALVATORE	1970	M	M55	5	ASD CAGLIARI ATLETICA	ITA	3:25:37	3:25:37	+56:27	
24	41	DEIDDA MELANIA	1979	F	F45	3	ASD CAGLIARI ATLETICA	ITA	3:32:25	3:32:25	+1:03:15	
25	20	GIACCHI FRANCESCO	1977	M	M45	7	RUNCARD	ITA	3:33:01	3:33:01	+1:03:51	
26	29	PISANO DANIELA	1972	F	F50	3	POL LIBERTAS CAMPIDANO	ITA	3:33:02	3:33:02	+1:03:52	
27	5	BACCHIDDU ALESSIA	1969	F	F55	1	ASD CAGLIARI ATLETICA	ITA	3:37:45	3:37:45	+1:08:35	
28	18	FANARI VANESSA	1990	F	F35	2	RUNCARD	ITA	3:49:22	3:49:22	+1:20:12	
29	40	TORNATORE ESTER	1982	F	F40	1	ATLETICA PULA	ITA	3:51:45	3:51:45	+1:22:35	
30	26	MELONI FRANCESCA	1979	F	F45	4	ASD ATLETICA UTA	ITA	3:52:40	3:52:40	+1:23:30	
31	23	MAINI LUCA	1980	M	M45	8	ASDRUNWITHFRIENDS	ITA	3:56:46	3:56:46	+1:27:36	
32	35	SAU FRANCESCO	1951	M	M75	1	MARATHON CLUB ORISTANO	ITA	3:58:26	3:58:26	+1:29:16	
33	42	ERBY VANIA	1972	F	F50	4	ASD CAGLIARI ATLETICA	ITA	4:03:15	4:03:15	+1:34:05	
34	43	ORRU' SARA	1982	F	F40	2	ASD CAGLIARI ATLETICA	ITA	4:12:41	4:12:41	+1:43:31	
35	36	SCINTU MATTEO	1992	M	UM35	3	RUNCARD	ITA	4:14:41	4:14:41	+1:45:31	
36	9	ARDAU ALESSANDRA	1962	F	F60	1	CAGLIARI MARATHON CLUB	ITA	4:15:27	4:15:27	+1:46:17	
37	4	KOSMALA AGNIESZKA	1980	F	F45	5		POL	4:28:42	4:28:42	+1:59:32	
38	21	IBBA EFISIO	1962	M	M60	1	UISP CAGLIARI APS	ITA	5:03:36	5:03:36	+2:34:26	
39	33	PUDDU SILVANA	1961	F	F65	1	UISP CAGLIARI APS	ITA	5:22:45	5:22:45	+2:53:35	
40	19	FIORINI EFISIO	1960	M	M65	2	ASD ATLETICA SINNAI	ITA	5:22:45	5:22:45	+2:53:35	