

| Atleta | KM. TOTALI | Tempo base | Distanza | N° colpi realizzato | D.E. previsto | D.E. realizzato | Tempo riferimento | Media | n° prove | 1° tempo | 2° tempo | 3° tempo |
|---------------------------------------------------|------------|------------|----------|---------------------|---------------|-----------------|-------------------|----------|----------|----------|----------|----------|
| Rossi Anna (pl under 23) (Caprera) | 12000 | 06:58,00 | 6000 | 23 | 75% | 63,85% | 23:02,45 | 24:19,95 | 2 | 24:36,10 | 24:03,80 | |
| Saffirio Bianca (pl Under 23) (Esperia) | 12000 | 06:58,00 | 6000 | 23 | 75% | 63,02% | 23:02,45 | 24:26,45 | 2 | 24:10,60 | 24:42,30 | |
| Zamariola Alberto (pl Under 23) (Cerea) | 18000 | 06:00,00 | 6000 | 25 | 75% | 62,83% | 19:50,63 | 21:04,30 | 3 | 20:56,80 | 21:06,40 | 21:09,70 |
| Bosio Giulia (junior) (Esperia) | 12000 | 06:34,00 | 6000 | 23 | 75% | 62,59% | 21:43,08 | 23:05,45 | 2 | 22:51,10 | 23:19,80 | |
| Falossi Paola (ragazza) (Esperia) | 12000 | 06:45,00 | 6000 | 23 | 75% | 62,31% | 22:19,46 | 23:46,35 | 2 | 23:34,60 | 23:58,10 | |
| Olivieri Pietro (junior 1°) (Pontedera) | 12000 | 05:47,00 | 6000 | 24 | 75% | 60,04% | 19:07,63 | 20:37,55 | 2 | 20:47,60 | 20:27,50 | |
| Bernard Lorenzo (PR3) (Armida) | 12000 | 06:11,00 | 6000 | 25 | 75% | 59,92% | 20:27,01 | 22:04,00 | 2 | 21:43,00 | 22:25,00 | |
| Rotta Arturo (pl Under 23) (Cerea) | 12000 | 06:00,00 | 6000 | 23 | 75% | 59,87% | 19:50,63 | 21:25,15 | 2 | 21:28,00 | 21:22,30 | |
| Quagliato Alberto (PR2) (Caprera) | 12000 | 06:53,00 | 6000 | 24 | 75% | 59,25% | 22:45,91 | 24:39,50 | 2 | 24:21,00 | 24:58,00 | |
| Ciavarro Alberto (Junior 1) (Caprera) | 12000 | 05:47,00 | 6000 | 24 | 75% | 58,70% | 19:07,63 | 20:47,00 | 2 | 20:50,00 | 20:44,00 | |
| Gallo Giacomo (pl Under 23) (Cerea) | 12000 | 06:00,00 | 6000 | 24 | 75% | 57,76% | 19:50,63 | 21:40,85 | 2 | 21:43,60 | 21:38,10 | |
| Nicolini Dario (pl Under 23) (C.S. Urania) | 12000 | 06:00,00 | 6000 | 25 | 75% | 57,48% | 19:50,63 | 21:43,00 | 2 | 21:44,00 | 21:42,00 | |
| Torta Francesco (pl Under 23) (Cerea) | 12000 | 06:00,00 | 6000 | 24 | 75% | 56,30% | 19:50,63 | 21:52,20 | 2 | 21:52,00 | 21:52,40 | |
| Pantarotto Alberto (pl Under 23) (Esperia) | 12000 | 06:00,00 | 6000 | 23 | 75% | 53,94% | 19:50,63 | 22:11,40 | 2 | 21:58,30 | 22:24,50 | |
| Bonamoneta Alessandro (Under 23) (Murcarolo) | 12000 | 05:40,00 | 6000 | 25 | 75% | 53,72% | 18:44,48 | 20:59,15 | 2 | 21:03,60 | 20:54,70 | |
| Santi Lapo (junior) (Esperia) | 12000 | 05:47,00 | 6000 | 23 | 75% | 53,65% | 19:07,63 | 21:25,65 | 2 | 21:18,00 | 21:33,30 | |
| Enrico Gabriele (ragazzo 2°) (Caprera) | 12000 | 05:57,00 | 6000 | 24 | 75% | 53,39% | 19:40,71 | 22:04,90 | 2 | 22:04,80 | 22:05,00 | |
| Cerruti Tommaso (junior 2°) (Murcarolo) | 12000 | 05:47,00 | 6000 | 25 | 75% | 53,32% | 19:07,63 | 21:28,35 | 2 | 21:35,10 | 21:21,60 | |
| Bergamin Emanuele (junior 1°) (Esperia) | 12000 | 05:47,00 | 6000 | 24 | 75% | 53,17% | 19:07,63 | 21:29,60 | 2 | 21:06,40 | 21:52,80 | |
| Rossi Patriarca Erik (junior 2°) (Cerea) | 12000 | 05:47,00 | 6000 | 23 | 75% | 52,86% | 19:07,63 | 21:32,15 | 2 | 21:33,90 | 21:30,40 | |
| Licalatosi Andrea (junior 1°) (Murcarolo) | 12000 | 05:47,00 | 6000 | 23 | 75% | 52,71% | 19:07,63 | 21:33,35 | 2 | 21:56,90 | 21:09,80 | |
| Giannarelli Diego (ragazzo 1°) (Cerea) | 12000 | 05:57,00 | 6000 | 24 | 75% | 52,49% | 19:40,71 | 22:12,50 | 2 | 22:20,00 | 22:05,00 | |
| Ramella Alice (junior 2°) (Santo Stefano al Mare) | 6000 | 06:34,00 | 6000 | 24 | 75% | 52,24% | 21:43,08 | 24:33,00 | 1 | 24:33,00 | STOP | |
| Tedoldi Leonardo (junior 2°) (Retica) | 12000 | 05:47,00 | 6000 | 24 | 75% | 52,12% | 19:07,63 | 21:38,30 | 2 | 20:45,10 | 22:31,50 | |
| Benazzo Anna (junior 1°) (Cerea) | 12000 | 06:34,00 | 6000 | 24 | 75% | 51,83% | 21:43,08 | 24:36,95 | 2 | 24:34,20 | 24:39,70 | |
| Cravero Irene (junior) (Esperia) | 12000 | 06:34,00 | 6000 | 23 | 75% | 51,33% | 21:43,08 | 24:41,85 | 2 | 24:25,40 | 24:58,30 | |
| Nichifor Eleonaora (junior 1°) (Cerea) | 12000 | 06:34,00 | 6000 | 24 | 75% | 51,28% | 21:43,08 | 24:42,30 | 2 | 24:49,40 | 24:35,20 | |
| Sitia Pietro (junior 2°) (Murcarolo) | 12000 | 05:47,00 | 6000 | 24 | 75% | 51,07% | 19:07,63 | 21:47,30 | 2 | 22:05,00 | 21:29,60 | |
| Melegari Giovanni (junior 1°) (Murcarolo) | 12000 | 05:47,00 | 6000 | 24 | 75% | 50,69% | 19:07,63 | 21:50,60 | 2 | 22:02,00 | 21:39,20 | |
| Bardelli Francesco (junior 1°) (Cerea) | 12000 | 05:47,00 | 6000 | 24 | 75% | 49,94% | 19:07,63 | 21:57,30 | 2 | 22:08,70 | 21:45,90 | |
| Rolle Simone (pl Under 23) (Caprera) | 12000 | 06:00,00 | 6000 | 23 | 75% | 49,58% | 19:50,63 | 22:50,00 | 2 | 23:05,00 | 22:35,00 | |
| Pinsone Stefano (junior 1°) (Cerea) | 12000 | 05:47,00 | 6000 | 22 | 75% | 49,31% | 19:07,63 | 22:02,90 | 2 | 22:11,10 | 21:54,70 | |
| Rigazzi isotta (junior) (Esperia) | 12000 | 06:34,00 | 6000 | 23 | 75% | 48,92% | 21:43,08 | 25:06,20 | 2 | 24:50,40 | 25:22,00 | |
| Leonardo Radice Karoschitz (Under 23) (Cerea) | 12000 | 05:40,00 | 6000 | 23 | 75% | 48,67% | 18:44,48 | 21:42,00 | 2 | 21:15,40 | 22:08,60 | |

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|---------------------------------------------------------|-------|----------|------|----|-----|---------------|----------|----------|---|----------|----------|
| Sanso Bravetta Antonio Rocco (ragazzo 2°) (Caprera) | 12000 | 05:57,00 | 6000 | 23 | 75% | 48,64% | 19:40,71 | 22:47,40 | 2 | 22:47,40 | STOP |
| Garbo Matteo (ragazzo 2°) (Cerea) | 12000 | 05:57,00 | 6000 | 24 | 75% | 48,37% | 19:40,71 | 22:49,95 | 2 | 22:46,90 | 22:53,00 |
| Bozzano Luigi (ragazzo 2°) (Speranza Prà) | 12000 | 05:57,00 | 6000 | 26 | 75% | 46,06% | 19:40,71 | 23:12,90 | 2 | 23:16,00 | 23:09,80 |
| Caprile Lorenzo (ragazzo 2°) (Murcarolo) | 12000 | 05:57,00 | 6000 | 25 | 75% | 45,80% | 19:40,71 | 23:15,60 | 2 | 23:24,00 | 23:07,20 |
| Tedeschi Vittorio (ragazzo 2°) (Cerea) | 12000 | 05:57,00 | 6000 | 23 | 75% | 45,56% | 19:40,71 | 23:18,10 | 2 | 23:04,60 | 23:31,60 |
| Melegari Guglielmo (ragazzo 1°) (Murcarolo) | 12000 | 05:57,00 | 6000 | 24 | 75% | 45,30% | 19:40,71 | 23:20,80 | 2 | 23:29,40 | 23:12,20 |
| Baratti Federico (ragazzo 2°) (Orta) | 12000 | 05:57,00 | 6000 | 23 | 75% | 45,28% | 19:40,71 | 23:21,00 | 2 | 23:30,00 | 23:12,00 |
| Rocchi Emanuele (junior 1°) (Speranza Prà) | 12000 | 05:47,00 | 6000 | 25 | 75% | 44,38% | 19:07,63 | 22:51,05 | 2 | 22:39,20 | 23:02,90 |
| Menessini Mssimiliano (Under 23) (Elpis) | 12000 | 05:40,00 | 6000 | 25 | 75% | 44,29% | 18:44,48 | 22:24,35 | 2 | 22:40,70 | 22:08,00 |
| Cespi Ilaria (ragazza 2°) (Murcarolo) | 6000 | 06:45,00 | 6000 | 24 | 75% | 44,00% | 22:19,46 | 26:44,90 | 1 | 26:44,90 | STOP |
| Silvestri Camilla (junior) (Esperia) | 12000 | 06:34,00 | 6000 | 23 | 75% | 42,48% | 21:43,08 | 26:20,00 | 2 | 26:20,00 | STOP |
| Gazzini Lorenzo (ragazzi 2°) (C.S. Urania) | 12000 | 05:57,00 | 6000 | 24 | 75% | 42,45% | 19:40,71 | 23:51,95 | 2 | 23:35,30 | 24:08,60 |
| Bipedi Elisabetta (junior 2) (Caprera) | 12000 | 06:34,00 | 6000 | 23 | 75% | 41,81% | 21:43,08 | 26:28,50 | 2 | 26:12,00 | 26:45,00 |
| Cantillon Samuel (ragazzo 1°) (Murcarolo) | 6000 | 05:57,00 | 6000 | 24 | 75% | 41,09% | 19:40,71 | 24:07,90 | 1 | 24:07,90 | STOP |
| Frisoni Nicolò (ragazzi 2°) (C.S. Urania) | 12000 | 05:57,00 | 6000 | 25 | 75% | 41,07% | 19:40,71 | 24:08,05 | 2 | 23:56,70 | 24:19,40 |
| Luppi Alice (ragazza 2°) (Elpis) | 12000 | 06:45,00 | 6000 | 24 | 75% | 40,75% | 22:19,46 | 27:27,10 | 2 | 27:29,90 | 27:24,30 |
| Borgna Paolo (ragazzo 2°) (Cerea) | 12000 | 05:57,00 | 6000 | 23 | 75% | 40,08% | 19:40,71 | 24:20,15 | 2 | 23:32,00 | 25:08,30 |
| Carbone Daniele (ragazzo 2°) (Elpis) | 12000 | 05:57,00 | 6000 | 24 | 75% | 39,22% | 19:40,71 | 24:30,95 | 2 | 24:41,50 | 24:20,40 |
| Benazzo Achille (Under 23) (Cerea) | 12000 | 05:40,00 | 6000 | 22 | 75% | 38,69% | 18:44,48 | 23:27,35 | 2 | 21:48,40 | 25:06,30 |
| Oechsli Emanuele (ragazzo 2°) (Lago d'Orta) | 12000 | 05:57,00 | 6000 | 23 | 75% | 38,54% | 19:40,71 | 24:39,70 | 2 | 24:39,70 | STOP |
| Franconeri Giovanni (ragazzo1°) (L.N.I. Sestri Ponente) | 12000 | 05:57,00 | 6000 | 23 | 75% | 35,88% | 19:40,71 | 25:16,00 | 2 | 25:18,40 | 25:13,60 |
| Ottaviani Matteo (ragazzo 1°) (Elpis) | 12000 | 05:57,00 | 6000 | 24 | 75% | 35,64% | 19:40,71 | 25:19,40 | 2 | 23:54,40 | 26:44,40 |
| Vinci Stefano (ragazzo 2°) (Murcarolo) | 12000 | 05:57,00 | 6000 | 25 | 75% | 34,46% | 19:40,71 | 25:36,90 | 2 | 25:39,10 | 25:34,70 |
| Graffione Francesco (ragazzo1°) (L.N.I. Sestri Ponente) | 12000 | 05:57,00 | 6000 | 24 | 75% | 33,62% | 19:40,71 | 25:49,75 | 2 | 25:47,70 | 25:51,80 |