SOUTHERN WARRIORS

TIMELINE

2nd category

001 BILOTTA
002 CAPIZZANO
003 LENOCI
004 MINGIANO
005 MONACO
006 BESOZZI
007 BRUNO
008 CARAMIA
009 CONFORTI ZANOLLI
010 CORELLI
011 COSSU
012 D'AMICO
013 DE SANTO
014 DIANA
015 ESPOSITO
016 FIORINI
017 FRANCESCA
018 FRANZE'
019 GHINI
020 GIORDANO
021 ISAIA
022 KIČMEROVÁ
023 LA RICCIA
024 LOGIUDICE
025 MADDALUNO
026 MELONI
027 PACCAGNELLA
028 PALLADI
029 PANZARINI
030 PASCULLI
031 PATURZO
032 ROMANELLI
033 SAMMARCO
034 SEMERARO
035 SZTUPÁK
036 VIANI
037 YOUN
038 ALBERTO
039 ALOE
040 ANDREASSI
041 ANTONACCI
042 GRECO
043 MARETTI
044 PASANISI
045 RAIMONDI
046 SCIARRETTA
047 BINI
048 CALABRESE
049 CHIAROLANZA
050 CICOGNANI
051 COSSU
052 CRISAFULLI
053 DANNA
054 DE METRIO
055 EPORTENTOSI
056 FARINOLA
057 FERRANTE
058 GIORDANO
059 LORÈ
060 PALUMBO
061 PIZZUTI
062 PRIOLA
063 QUARANTA
064 SCEBBA
065 SENATORE
066 APRILE
067 BEHAREVIC
068 BELMONTE
069 BORRONE
070 BOVA
071 BRUNI
072 BRUNI
073 CELLAMARE
074 COMPARINI
075 COSTAGLIOLA
076 CRISTOFARO
077 DE COSTANZO
078 DE LORENZO
079 DI FRONZO
080 DORIA
081 FABBRI
082 FILARDO
083 GRINGERI
084 GUARDAVAGLIA
085 LOMBARDI
086 LUPIS
087 MARRA
088 MASTROVITI
089 MINGOLLA
090 NOTA
091 PACIULLI
092 RAINÒ
093 SIMONE
094 TOMA
095 TOMASSINI
096 DE TOMMASO
097 DUSE
098 NOVASCONI
099 PIANTA
100 PINTORI
101 TAVELLA
102 PALLADINO
103 PALMA
104 LIQUORI
105 DEÏANA
106 LEPORE
107 RUSSO
108 LIUZZI
109 PIA
110 DE MICHELE
111 MEDICI
112 IPPOLITO
113 MONGELLI
114 GIROLIMETTO
115 RENNA
116 CALANDRINI
117 COLACICCO
118 MARCHETTI
119 D'ANGELO
120 CIUFFREDA
121 FERRETTI
122 CARADONNA
123 BENEGIAMO
124 PANTALONE
125 MAGNONI
126 GAGLIARDE
127 DE MARCO
128 MARINONI
129 RODRIGUEZ
130 CELLAMARE

Athletes number

131 DE LORENZIS
132 RAIMONDI
133 TEDESCHI
134 PANTALEO
135 SANTARELLI
136 CAPPELLI
137 DEPLANO
138 SPIONE
139 MALLAMACI
140 MILIONE
141 LUCIGNANO
142 MEOTTI
143 SORBO
144 BENEFICO
145 FOGGETTI
146 APRILE
147 COLUCCIA
148 SCIANNELLI
149 CARFAGNINI
150 BELLOMO
151 FIESOLI
152 DI MEO
153 TUFARELLI
154 DESERIO
155 UNAL
156 MANCINI
157 CALDARULO
158 CAPPA
159 PULLI
160 LUPI
161 GIANLUCA
162 ANGELILLI
163 MANCINI
164 MONTUORO
165 PASCULLO
166 MILERSKY
167 ROSSINO
168 RAIOLA
169 GUGLIELMI
170 CASSATELLA
171 MARINELLI
172 CRISTANINI
173 MORETTI
174 LUDOVICO
175 WODNICKI
176 MANSUETO
177 PESOLO
178 VELLA
179 PALUMBO
180 PASQUALE
181 GIARRUSSO
182 LAMONTANARA
183 SCIARRONE
184 CAPUZZOLO
185 DI TURRO
186 MUZZACHI
187 D'ANGELO
188 QUARANTA
189 ROMANO
190 GIGANTE
191 RAGONE
192 BRANDONOSIO
193 DI BENEDETTO
194 MATTEAZZI
195 SIRCANA

196 CANTACESSI
197 CEPA
198 ROMANELLI
199 MONGELLI
200 CAPUANO
201 GIGLIOTTI
202 ZENNARO
203 GALIANI
204 NOTARO
205 SERAVALLE
206 CARROZZINI
207 BENEK
208 VINCENZO
209 MANNETTA
210 ROMANO
211 FALONE
212 BOMPIERI
213 VACCARO
214 FIORINO
215 BARTOLUCCI

1st category

300 GRIMA
301 PETRONI
302 CAPOGROSSI
303 DOLCE
304 GIACON
305 SERGI
306 MICHELA
307 NERI
308 PETRUCCI
309 PAGLIASSOTTO
310 MACALUSO
311 AGRELLO
312 SANSONETTI
313 MARINO
314 PSAILA
315 SILVESTRINI
316 LONGOBARDI
317 PATI
318 MARSHALL
319 SCICA
320 MERK
321 VITIELLO
322 ASDENTE
323 HANDLOVÁ
324 LENOCI
325 GIAROLA
326 NACCARI
327 KARÁSKOVÁ
328 LONGO
329 SALANDRA
330 AMBROSINI
331 MECCARIELLO
332 PEDONE
333 BACIU
334 VISCONTI
335 MARLETTA
336 MECAVA
337 CALZOLARI
338 COSTANZA
339 LUCIBELLO
340 ARIANESE
341 BAIANO
342 BAVARO
343 TODISCO

Athletes number

344 LUCANIA
345 GROSSI
346 TAIT
347 PSAILA
348 BERNOCCHI
349 SCHLEGEL
350 RUGGERI
351 CORONA
352 CIPRIANI
353 GIANGIULIO
354 TROJOVSKY
355 DI MEO
356 BRIZZI
357 MONTESI
358 BRUNO
359 TRENTALANGE
360 CESALI
361 FONTANELLI
362 BARLETTA
363 GIRELLI
364 CONSTANTIN
365 NATI
366 BENCIVENNI
367 BOTTICELLI
368 IMPELLIZZERI
369 IEZZI
370 PIERI
371 CATAPANO
372 TROPIANO
373 ZACCARO
374 LORENTI
375 GALANTE
376 BUGLIONE
377 CANALI
378 LOVERO
379 PETRUZZELLI
380 CHELO
381 SCARPIELLO
382 ESPOSITO
383 PISTILLI
384 DI LEGGE
385 CAREDDU
386 SQUILLACIOTI
387 LACCETTA
388 BIVIANO
389 MASTRACCI
390 RONCHI
391 CALOISI
392 ROCCIA
393 SCUDERI
394 DELGROSSO
395 FEZIA
396 POMPEO
397 MORSANI
398 SANFILIPPO
399 PROIETTI
400 MICKA
401 ROMAGNOLI
402 GIOVANNINI
403 AMATO
404 VERO
405 ALLIEVI
406 STROUPEK
407 CROCAMO
408 PUCCI
409 CARABOTTA
410 CARABOTTA
411 PINTORI
412 ROD
413 INGENNI
414 IPPOLITO
415 CARANZETTI
416 GROSSI
417 BATTELLI
418 PASSANTE
419 VELUTTI
420 DELEDDA
421 LO TENNERO
422 SERIO
423 FALANGONE
424 GIAROLA
425 SCHIATTI
426 SUPINO
427 FIORE
428 TELEGRAFO
429 LORENZO
430 PICCIOLI
431 PINTORI
432 MARZOLA
433 DE PAOLIS FOGLIETTA
434 BARNABA
435 ROLLO
436 ANTONIOKAMAJI
437 BOCCUNI
438 RAIMONDO
439 PAOLINI
440 FIRMANI
441 MEGGIOLARO
442 SIRBO
443 ANGELINI
444 CASTELLUCCIO
445 DI CICCO
446 SATINSKY
447 DE BENEDITTIS
448 MOGGIA
449 RUGGERI
450 RAINERI
451 GABOR
452 OKUNNIWA

TEAM

500 #FLAMINGOS
501 ALPHA TEAM
502 BLACK MAMBA
503 CROSSFIT FIRESTORM
504 DESTINY LADIES
505 MINUS
506 NEVER A JOY!
507 SUPERGIRLS
508 TEAM CHIAPPETTO
509 THE QUEEN
510 #
511 AM TEAM
512 ANTIUMMAMBAS
513 CF NOVANTANOVE
514 CFATEAM
515 CROSSFIT CANTIERE WAVE
516 CROSSFIT CIVITANOVA
517 EFFORT&PITBULL HC
518 ESPRIT DE CORPS CROSSFIT
519 HEART OF STEEL

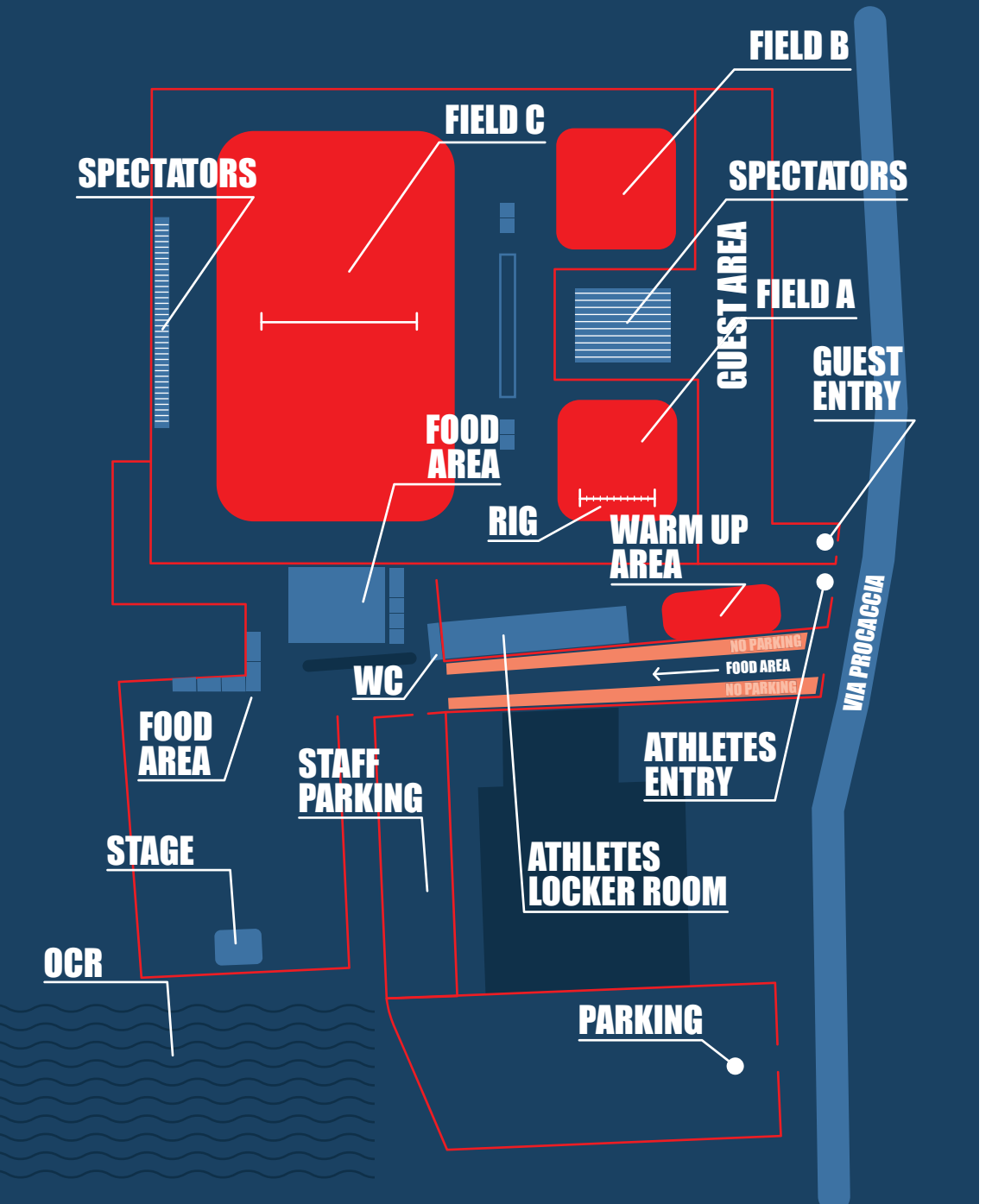
Athletes number

520 HUSBAND & WIFE
521 IL BELLO E LA BESTIA
522 IO&PSYCHO BMH
523 LILO & STITCH
524 MADSWINES
525 NANALUC CFCP
526 APPIO CROSSFIT
527 BHTLAB
528 BOX 195
529 BRACCIO&POLPACCIO
530 CARPENTERIA MERIDIONALE
531 CROSSFIT BULLAMS
532 CROSSFIT DEED
533 CROSSFIT JST
534 CROSSFIT TORINO
535 LIONS BMH
536 LOS PELATOS
537 MONKEY & COW
538 ONAIR 4215
539 OVER THE TOP
540 PESCHE E CAMMELLI 4112
541 TEAM CCT
542 THOR & CAPTAINAMERICA
543 WEST UNION

Athletes number

SOUTHERN WARRIORS

MAP



1st category RX

FIELD C

CONCEPT 3

Athletes ID	Age group	Warm up	Prestaging	WOD start
from 364 to 369	SENIOR M	2:35:00 PM	2:55:00 PM	3:00:00 PM
from 370 to 379	SENIOR M	2:49:00 PM	3:09:00 PM	3:14:00 PM
from 380 to 389	SENIOR M	3:03:00 PM	3:23:00 PM	3:28:00 PM
from 390 to 399	SENIOR M	3:17:00 PM	3:37:00 PM	3:42:00 PM
from 400 to 409	SENIOR M	3:31:00 PM	3:51:00 PM	3:56:00 PM
from 410 to 419	TEEN M + M50 M	3:45:00 PM	4:05:00 PM	4:10:00 PM
from 420 to 425	M50 M	3:59:00 PM	4:19:00 PM	4:24:00 PM
from 426 to 434	M45 M	4:13:00 PM	4:33:00 PM	4:38:00 PM
from 435 to 443	M40 M	4:27:00 PM	4:47:00 PM	4:52:00 PM
from 444 to 452	M40 M	4:41:00 PM	5:01:00 PM	5:06:00 PM
from 300 to 308	M50 W + M45 W	4:55:00 PM	5:15:00 PM	5:20:00 PM
from 309 to 318	M40 W + M35 W	5:09:00 PM	5:29:00 PM	5:34:00 PM
from 319 to 325	M35 W + JUN W + SEN W	5:23:00 PM	5:43:00 PM	5:48:00 PM
from 326 to 335	SENIOR W	5:37:00 PM	5:57:00 PM	6:02:00 PM
from 336 to 344	JUNIOR M	5:51:00 PM	6:11:00 PM	6:16:00 PM
from 345 to 354	M35 M	6:05:00 PM	6:25:00 PM	6:30:00 PM
from 355 to 363	M35 M	6:19:00 PM	6:39:00 PM	6:44:00 PM

FIELD B

FAST & KILOS

from 300 to 308	M50 W + M45 W	3:45:00 PM	4:05:00 PM	4:10:00 PM
from 309 to 318	M40 W + M35 W	3:56:00 PM	4:16:00 PM	4:21:00 PM
from 319 to 325	M35 W + JUN W + SEN W	4:07:00 PM	4:27:00 PM	4:32:00 PM
from 326 to 335	SENIOR W	4:18:00 PM	4:38:00 PM	4:43:00 PM
from 336 to 344	JUNIOR M	4:39:00 PM	4:59:00 PM	5:04:00 PM
from 345 to 354	M35 M	4:50:00 PM	5:10:00 PM	5:15:00 PM
from 355 to 363	M35 M	5:01:00 PM	5:21:00 PM	5:26:00 PM
from 364 to 369	SENIOR M	5:12:00 PM	5:32:00 PM	5:37:00 PM
from 370 to 379	SENIOR M	5:23:00 PM	5:43:00 PM	5:48:00 PM
from 380 to 389	SENIOR M	5:34:00 PM	5:54:00 PM	5:59:00 PM
from 390 to 399	SENIOR M	5:45:00 PM	6:05:00 PM	6:10:00 PM
from 400 to 409	SENIOR M	5:56:00 PM	6:16:00 PM	6:21:00 PM
from 410 to 419	TEEN M + M50 M	6:07:00 PM	6:27:00 PM	6:32:00 PM
from 420 to 425	M50 M	6:18:00 PM	6:38:00 PM	6:43:00 PM
from 426 to 434	M45 M	6:29:00 PM	6:49:00 PM	6:54:00 PM
from 435 to 443	M40 M	6:40:00 PM	7:00:00 PM	7:05:00 PM
from 444 to 452	M40 M	6:51:00 PM	7:11:00 PM	7:16:00 PM

12th july FRIDAY

1st category RX

FIELD A

SAVAGE

Athletes ID	Age group	Warm up	Prestaging	WOD start
from 300 to 308	M50 W + M45 W	2:35:00 PM	2:55:00 PM	3:00:00 PM
from 309 to 318	M40 W + M35 W	2:53:00 PM	3:13:00 PM	3:18:00 PM
from 319 to 325	M35 W + JUN W + SEN W	3:11:00 PM	3:31:00 PM	3:36:00 PM
from 326 to 335	SENIOR W	3:29:00 PM	3:49:00 PM	3:54:00 PM
from 410 to 419	TEEN M + M50 M	3:54:00 PM	4:14:00 PM	4:19:00 PM
from 420 to 425	M50 M	4:12:00 PM	4:32:00 PM	4:37:00 PM
from 426 to 434	M45 M	4:30:00 PM	4:50:00 PM	4:55:00 PM
from 435 to 443	M40 M	4:48:00 PM	5:08:00 PM	5:13:00 PM
from 444 to 452	M40 M	5:06:00 PM	5:26:00 PM	5:31:00 PM
from 336 to 344	JUNIOR M	5:24:00 PM	5:44:00 PM	5:49:00 PM
from 345 to 354	M35 M	5:42:00 PM	6:02:00 PM	6:07:00 PM
from 355 to 363	M35 M	6:00:00 PM	6:20:00 PM	6:25:00 PM
from 364 to 369	SENIOR M	6:18:00 PM	6:38:00 PM	6:43:00 PM
from 370 to 379	SENIOR M	6:36:00 PM	6:56:00 PM	7:01:00 PM
from 380 to 389	SENIOR M	6:54:00 PM	7:14:00 PM	7:19:00 PM
from 390 to 399	SENIOR M	7:12:00 PM	7:32:00 PM	7:37:00 PM
from 400 to 409	SENIOR M	7:30:00 PM	7:50:00 PM	7:55:00 PM

13th july SATURDAY

1st category RX

FIELD C

MISSION IMPOSSIBLE

Athletes ID	Age group	Warm up	Prestaging	WOD start
from 300 to 308	M50 W + M45 W	8:35:00 AM	8:55:00 AM	9:00:00 AM
from 309 to 318	M40 W + M35 W	8:48:00 AM	9:08:00 AM	9:13:00 AM
from 319 to 325	M35 W + JUN W + SEN W	9:01:00 AM	9:21:00 AM	9:26:00 AM
from 326 to 335	SENIOR W	9:14:00 AM	9:34:00 AM	9:39:00 AM
from 410 to 419	TEEN M + M50 M	9:34:00 AM	9:54:00 AM	9:59:00 AM
from 420 to 425	M50 M	9:47:00 AM	10:07:00 AM	10:12:00 AM
from 426 to 434	M45 M	10:00:00 AM	10:20:00 AM	10:25:00 AM
from 435 to 443	M40 M	10:13:00 AM	10:33:00 AM	10:38:00 AM
from 444 to 452	M40 M	10:26:00 AM	10:46:00 AM	10:51:00 AM
from 336 to 344	JUNIOR M	10:39:00 AM	10:59:00 AM	11:04:00 AM
from 345 to 354	M35 M	10:52:00 AM	11:12:00 AM	11:17:00 AM
from 355 to 363	M35 M	11:05:00 AM	11:25:00 AM	11:30:00 AM
from 364 to 369	SENIOR M	11:18:00 AM	11:38:00 AM	11:43:00 AM
from 370 to 379	SENIOR M	11:31:00 AM	11:51:00 AM	11:56:00 AM
from 380 to 389	SENIOR M	11:44:00 AM	12:04:00 PM	12:09:00 PM
from 390 to 399	SENIOR M	11:57:00 AM	12:17:00 PM	12:22:00 PM
from 400 to 409	SENIOR M	12:10:00 PM	12:30:00 PM	12:35:00 PM

FIELD A

BULLET

	M50 W + M45 W	4:47:00 PM	5:07:00 PM	5:12:00 PM
	M40 W + M35 W	4:56:00 PM	5:16:00 PM	5:21:00 PM
	Junior W + Senior W	5:05:00 PM	5:25:00 PM	5:30:00 PM
	Senior W	5:14:00 PM	5:34:00 PM	5:39:00 PM
	TEEN M + M50 M	5:30:00 PM	5:50:00 PM	5:55:00 PM
	M45 M + M 40 M	5:39:00 PM	5:59:00 PM	6:04:00 PM
	M35 M + Junior M	5:48:00 PM	6:08:00 PM	6:13:00 PM
	Senior M	5:57:00 PM	6:17:00 PM	6:22:00 PM

14th july SUNDAY

2nd category scaled

FIELD A

Athletes ID	Age group	Warm up	Prestaging	WOD start
from 001 to 009	M35 W + Senior W	2:35:00 PM	2:55:00 PM	3:00:00 PM
from 010 to 019	Senior W	2:48:00 PM	3:08:00 PM	3:13:00 PM
from 020 to 029	Senior W	3:01:00 PM	3:21:00 PM	3:26:00 PM
from 030 to 037	Senior W	3:14:00 PM	3:34:00 PM	3:39:00 PM
from 038 to 046	M45 M	3:34:00 PM	3:54:00 PM	3:59:00 PM
from 047 to 056	M40 M	3:47:00 PM	4:07:00 PM	4:12:00 PM
from 057 to 065	M40 M	4:00:00 PM	4:20:00 PM	4:25:00 PM
from 066 to 075	M35 M	4:13:00 PM	4:33:00 PM	4:38:00 PM
from 076 to 085	M35 M	4:26:00 PM	4:46:00 PM	4:51:00 PM
from 086 to 095	M35 M	4:39:00 PM	4:59:00 PM	5:04:00 PM
from 096 to 105	Junior M + Senior M	4:52:00 PM	5:12:00 PM	5:17:00 PM
from 106 to 115	Senior M	5:05:00 PM	5:25:00 PM	5:30:00 PM
from 116 to 125	Senior M	5:18:00 PM	5:38:00 PM	5:43:00 PM
from 126 to 135	Senior M	5:31:00 PM	5:51:00 PM	5:56:00 PM
from 136 to 145	Senior M	5:44:00 PM	6:04:00 PM	6:09:00 PM
from 146 to 155	Senior M	5:57:00 PM	6:17:00 PM	6:22:00 PM
from 156 to 165	Senior M	6:10:00 PM	6:30:00 PM	6:35:00 PM
from 166 to 175	Senior M	6:23:00 PM	6:43:00 PM	6:48:00 PM
from 176 to 185	Senior M	6:36:00 PM	6:56:00 PM	7:01:00 PM
from 186 to 195	Senior M	6:49:00 PM	7:09:00 PM	7:14:00 PM
from 196 to 205	Senior M	7:02:00 PM	7:22:00 PM	7:27:00 PM
from 206 to 215	Senior M	7:15:00 PM	7:35:00 PM	7:40:00 PM

IRON SHOULDER

12th july FRIDAY

2nd category scaled

FIELD B

GIMME FIVE

Athletes ID	Age group	Warm up	Prestaging	WOD start
from 001 to 009	M35 W + Senior W	2:05:00 PM	2:25:00 PM	2:30:00 PM
from 010 to 019	Senior W	2:15:00 PM	2:35:00 PM	2:40:00 PM
from 020 to 029	Senior W	2:25:00 PM	2:45:00 PM	2:50:00 PM
from 030 to 037	Senior W	2:35:00 PM	2:55:00 PM	3:00:00 PM
from 038 to 046	M45 M	2:52:00 PM	3:12:00 PM	3:17:00 PM
from 047 to 056	M40 M	3:02:00 PM	3:22:00 PM	3:27:00 PM
from 057 to 065	M40 M	3:12:00 PM	3:32:00 PM	3:37:00 PM
from 066 to 075	M35 M	3:22:00 PM	3:42:00 PM	3:47:00 PM
from 076 to 085	M35 M	3:32:00 PM	3:52:00 PM	3:57:00 PM
from 086 to 095	M35 M	3:42:00 PM	4:02:00 PM	4:07:00 PM
from 096 to 105	Junior M + Senior M	3:52:00 PM	4:12:00 PM	4:17:00 PM
from 106 to 115	Senior M	4:02:00 PM	4:22:00 PM	4:27:00 PM
from 116 to 125	Senior M	4:12:00 PM	4:32:00 PM	4:37:00 PM
from 126 to 135	Senior M	4:22:00 PM	4:42:00 PM	4:47:00 PM
from 136 to 145	Senior M	4:32:00 PM	4:52:00 PM	4:57:00 PM
from 146 to 155	Senior M	4:42:00 PM	5:02:00 PM	5:07:00 PM
from 156 to 165	Senior M	4:52:00 PM	5:12:00 PM	5:17:00 PM
from 166 to 175	Senior M	5:02:00 PM	5:22:00 PM	5:27:00 PM
from 176 to 185	Senior M	5:12:00 PM	5:32:00 PM	5:37:00 PM
from 186 to 195	Senior M	5:22:00 PM	5:42:00 PM	5:47:00 PM
from 196 to 205	Senior M	5:32:00 PM	5:52:00 PM	5:57:00 PM
from 206 to 215	Senior M	5:42:00 PM	6:02:00 PM	6:07:00 PM

FIELD C

CLIFFHANGER

from 001 to 009	M35 W + Senior W	3:26:00 PM	3:46:00 PM	3:51:00 PM
from 010 to 019	Senior W	3:37:00 PM	3:57:00 PM	4:02:00 PM
from 020 to 029	Senior W	3:48:00 PM	4:08:00 PM	4:13:00 PM
from 030 to 037	Senior W	3:59:00 PM	4:19:00 PM	4:24:00 PM
from 038 to 046	M45 M	4:17:00 PM	4:37:00 PM	4:42:00 PM
from 047 to 056	M40 M	4:28:00 PM	4:48:00 PM	4:53:00 PM
from 057 to 065	M40 M	4:39:00 PM	4:59:00 PM	5:04:00 PM
from 066 to 075	M35 M	4:50:00 PM	5:10:00 PM	5:15:00 PM
from 076 to 085	M35 M	5:01:00 PM	5:21:00 PM	5:26:00 PM
from 086 to 095	M35 M	5:12:00 PM	5:32:00 PM	5:37:00 PM
from 096 to 105	Junior M + Senior M	5:23:00 PM	5:43:00 PM	5:48:00 PM
from 106 to 115	Senior M	5:34:00 PM	5:54:00 PM	5:59:00 PM
from 116 to 125	Senior M	5:45:00 PM	6:05:00 PM	6:10:00 PM
from 126 to 135	Senior M	5:56:00 PM	6:16:00 PM	6:21:00 PM
from 136 to 145	Senior M	6:07:00 PM	6:27:00 PM	6:32:00 PM
from 146 to 155	Senior M	6:18:00 PM	6:38:00 PM	6:43:00 PM
from 156 to 165	Senior M	6:29:00 PM	6:49:00 PM	6:54:00 PM
from 166 to 175	Senior M	6:40:00 PM	7:00:00 PM	7:05:00 PM
from 176 to 185	Senior M	6:51:00 PM	7:11:00 PM	7:16:00 PM
from 186 to 195	Senior M	7:02:00 PM	7:22:00 PM	7:27:00 PM
from 196 to 205	Senior M	7:13:00 PM	7:33:00 PM	7:38:00 PM
from 206 to 215	Senior M	7:24:00 PM	7:44:00 PM	7:49:00 PM

13th july SATURDAY

2nd category scaled

FIELD A

Athletes ID	Age group	Warm up	Prestaging	WOD start
from 001 to 009	M35 W + Senior W	8:35:00 AM	8:55:00 AM	9:00:00 AM
from 010 to 019	Senior W	8:44:00 AM	9:04:00 AM	9:09:00 AM
from 020 to 029	Senior W	8:53:00 AM	9:13:00 AM	9:18:00 AM
from 030 to 037	Senior W	9:02:00 AM	9:22:00 AM	9:27:00 AM
from 038 to 046	M45 M	9:18:00 AM	9:38:00 AM	9:43:00 AM
from 047 to 056	M40 M	9:27:00 AM	9:47:00 AM	9:52:00 AM
from 057 to 065	M40 M	9:36:00 AM	9:56:00 AM	10:01:00 AM
from 066 to 075	M35 M	9:45:00 AM	10:05:00 AM	10:10:00 AM
from 076 to 085	M35 M	9:54:00 AM	10:14:00 AM	10:19:00 AM
from 086 to 095	M35 M	10:03:00 AM	10:23:00 AM	10:28:00 AM
from 096 to 105	Junior M + Senior M	10:12:00 AM	10:32:00 AM	10:37:00 AM
from 106 to 115	Senior M	10:21:00 AM	10:41:00 AM	10:46:00 AM
from 116 to 125	Senior M	10:30:00 AM	10:50:00 AM	10:55:00 AM
from 126 to 135	Senior M	10:39:00 AM	10:59:00 AM	11:04:00 AM
from 136 to 145	Senior M	10:48:00 AM	11:08:00 AM	11:13:00 AM
from 146 to 155	Senior M	10:57:00 AM	11:17:00 AM	11:22:00 AM
from 156 to 165	Senior M	11:06:00 AM	11:26:00 AM	11:31:00 AM
from 166 to 175	Senior M	11:15:00 AM	11:35:00 AM	11:40:00 AM
from 176 to 185	Senior M	11:24:00 AM	11:44:00 AM	11:49:00 AM
from 186 to 195	Senior M	11:33:00 AM	11:53:00 AM	11:58:00 AM
from 196 to 205	Senior M	11:42:00 AM	12:02:00 PM	12:07:00 PM
from 206 to 215	Senior M	11:51:00 AM	12:11:00 PM	12:16:00 PM

BOOST

14th july SUNDAY

TEAM

FIELD B

K3

Athletes ID	Age group	Warm up	Prestaging	WOD start
from 500 to 509	TEAM W/W	2:35:00 PM	2:55:00 PM	3:00:00 PM
from 510 to 515	TEAM M/W	2:46:00 PM	3:06:00 PM	3:11:00 PM
from 516 to 525	TEAM M/W	2:57:00 PM	3:17:00 PM	3:22:00 PM
from 526 to 535	TEAM M/M	3:08:00 PM	3:28:00 PM	3:33:00 PM
from 536 to 543	TEAM M/M	3:19:00 PM	3:39:00 PM	3:44:00 PM

FIELD C

CONCEPT 3

from 500 to 509	TEAM W/W	6:33:00 PM	6:53:00 PM	6:58:00 PM
from 510 to 515	TEAM M/W	6:47:00 PM	7:07:00 PM	7:12:00 PM
from 516 to 525	TEAM M/W	7:01:00 PM	7:21:00 PM	7:26:00 PM
from 526 to 535	TEAM M/M	7:15:00 PM	7:35:00 PM	7:40:00 PM
from 536 to 543	TEAM M/M	7:29:00 PM	7:49:00 PM	7:54:00 PM

TEAM

FIELD C

Athletes ID	Age group	Warm up	Prestaging	WOD start
from 500 to 509	TEAM W/W	2:05:00 PM	2:25:00 PM	2:30:00 PM
from 510 to 515	TEAM M/W	2:19:00 PM	2:39:00 PM	2:44:00 PM
from 516 to 525	TEAM M/W	2:33:00 PM	2:53:00 PM	2:58:00 PM
from 526 to 535	TEAM M/M	2:47:00 PM	3:07:00 PM	3:12:00 PM
from 536 to 543	TEAM M/M	3:01:00 PM	3:21:00 PM	3:26:00 PM

UNBROKEN

FIELD B

from 500 to 509	TEAM W/W	6:19:00 PM	6:39:00 PM	6:44:00 PM
from 510 to 515	TEAM M/W	6:38:00 PM	6:58:00 PM	7:03:00 PM
from 516 to 525	TEAM M/W	6:57:00 PM	7:17:00 PM	7:22:00 PM
from 526 to 535	TEAM M/M	7:16:00 PM	7:36:00 PM	7:41:00 PM
from 536 to 543	TEAM M/M	7:35:00 PM	7:55:00 PM	8:00:00 PM

INFINITY

TEAM

FIELD A

Athletes ID	Age group	Warm up	Prestaging	WOD start
from 500 to 509	TEAM W/W	12:07:00 PM	12:27:00 PM	12:32:00 PM
from 510 to 515	TEAM M/W	12:16:00 PM	12:36:00 PM	12:41:00 PM
from 516 to 525	TEAM M/W	12:25:00 PM	12:45:00 PM	12:50:00 PM
from 526 to 535	TEAM M/M	12:34:00 PM	12:54:00 PM	12:59:00 PM
from 536 to 543	TEAM M/M	12:43:00 PM	01:03:00 PM	01:08:00 PM

TWENTY

FIELD A

	TEAM W/W	3:35:00 PM	3:55:00 PM	4:00:00 PM
	TEAM M/W	3:47:00 PM	4:07:00 PM	4:12:00 PM
	TEAM M/W	3:59:00 PM	4:19:00 PM	4:24:00 PM
	TEAM M/M	4:11:00 PM	4:31:00 PM	4:36:00 PM
	TEAM M/M	4:23:00 PM	4:43:00 PM	4:48:00 PM

THE AVENGERS

IRON CROSS RUN

H 9:00 HEAT 1

364 CONSTANTIN CRAIVAN
365 NATI FRANCESCO
366 BENCIVENNI DARIO
367 BOTTICELLI ANDREA
368 IMPELLIZZERI ROBERTO
369 IEZZI DANIELE
370 PIERI TOMMASO
371 CATAPANO GIUSEPPE
372 TROPIANO RICCARDO
373 ZACCARO MICHELE
374 LORENTI ANDREA
375 GALANTE CARLO
376 BUGLIONE ANTONIO
377 CANALI ALBERTO
378 LOVERO COSIMO LUCA
379 PETRUZZELLI GIUSEPPE
380 CHELO ANDREA
381 SCARPIELLO ALESSIO
382 ESPOSITO MARCO
383 PISTILLI MATTEO
384 DI LEGGE SAVERIO
385 CAREDDU FRANCESCO
386 SQUILLACIOTI DANILO
387 LACCETTA CHRISTIAN
388 BIVIANO EMANUELE
389 MASTRACCI EMILIANO
390 RONCHI MICHELE
391 CALOISI EMANUELE
392 ROCCIA SASÀ
393 SCUDERI DAVIDE
394 DELGROSSO LUCA
395 FEZIA RENATO
396 POMPEO EMMANUELE
397 MORSANI EUGENIO
398 SANFILIPPO ROBERTO
399 PROIETTI VALERIO
400 MIČKA MICHAL
401 ROMAGNOLI MIRKO
402 GIOVANNINI FEDERICO
403 AMATO EMANUELE
404 VERO FEDERICO
405 ALLIEVI ROBERTO
406 STROUPEK DAVID
407 CROCAMO GIUSEPPE
408 PUCCI NICOLÒ
409 CARABOTTA GIANCARLO
410 CARABOTTA GIOVANNI
411 PINTORI LORENZO
412 ROD DENIS
345 GROSSI DANIELE

346 TAIT EMANUELE
347 PSAILA DARYL
348 BERNOCCHI FRANCESCO
349 SCHLEGEL PETR
350 RUGGERI ENRICO
351 CORONA RICCARDO
352 CIPRIANI MARCELLO
353 GIANGIULIO PAOLO
354 TROJOVSKY FILIP
355 DI MEO VINCENZO
356 BRIZZI FEDERICO
357 MONTESI DANIELE
358 BRUNO ANTONIO
359 TRENTALANGE IVAN
360 CESALI MAURIZIO
361 FONTANELLI DUCCIO
362 BARLETTA FABIO
363 GIRELLI GIUSEPPE
336 MEĆAVA MARKO
337 CALZOLARI LORENZO
338 COSTANZA NICOLA
339 LUCIBELLO MARCO
340 ARIANESE MATTEO
341 BAIANO SAMUEL
342 BAVARO MATTIA
343 TODISCO NICOLÒ
344 LUCANIA ALESSANDRO

13th july SATURDAY

IRON CROSS RUN

H 9:15 HEAT 2

096 DE TOMMASO DANILO
097 DUSE ALESSANDRO
098 NOVASCONI JACOPO
099 PIANTA MATTEO
100 PINTORI GIOVANNI
101 TAVELLA PASQUALE
102 PALLADINO ALESSANDRO
103 PALMA PIETRO PAOLO
104 LIQUORI GIORGIO
105 DEIANA ALESSIO
106 LEPORE GIANLUCA
107 RUSSO DARIO
108 LIUZZI CARLO
109 PIA FILIPPO
110 DE MICHELE ANDREA
111 MEDICI ROBERTO
112 IPPOLITO DAVIDE
113 MONGELLI MICHELE
114 GIROLIMETTO FRANCESCO
115 RENNA MICHELE
116 CALANDRINI LUIGI
117 COLACICCO ANTONIO
118 MARCHETTI DAVIDE
119 D'ANGELO GAETANO
120 CIUFFREDA MICHELE
121 FERRETTI FRANCESCO
122 CARADONNA GAETANO
123 BENEGIAMO DOMENICO
124 PANTALONE ANTONELLO
125 MAGNONI FILIPPO
126 GAGLIARDE NICOLA
127 DE MARCO GIUSEPPE
128 MARINONI FRANCESCO
129 RODRIGUEZ PEDRO
130 CELLAMARE CLAUDIO
131 DE LORENZIS ANTONIO
132 RAIMONDI MARINO
133 TEDESCHI ANTONIO
134 PANTALEO DARIO
135 SANTARELLI MARIANO
136 CAPPELLI VALERIO
137 DEPLANO GIANNI
138 SPIONE DANILO
139 MALLAMACI BRUNO
140 MILIONE RICCARDO
141 LUCIGNANO VINCENZO
142 MEOTTI DANIELE
143 SORBO VINCENZO
144 BENEFICO CLAUDIO
145 FOGGETTI FABIO
146 APRILE ALESSANDRO
147 COLUCCIA EMANUELE
148 SCIANNELLI LEONARDO
149 CARFAGNINI TIZIANO
150 BELLOMO LORENZO
151 FIESOLI ALESSANDRO
152 DI MEO LUIGI
153 TUFARELLI VINCENZO
154 DESERIO DOMENICO
155 UNAL ERIM
156 MANCINI LUCA
157 CALDARULO ANDREA
158 CAPPA FABRIZIO
159 PULLI PASQUALE
160 LUPI FEDERICO
161 GIANLUCA LUCCI
162 ANGELILLI VITO ALESSANDRO
163 MANCINI MIRKO
164 MONTUORO DAVIDE
165 PASCULLO DANIEL
166 MILERSKY TOMAS
167 ROSSINO BIAGIO
168 RAIOLA FABRIZIO
169 GUGLIELMI GIOVANNI
170 CASSATELLA NICOLA

13th july SATURDAY

IRON CROSS RUN

H 9:30 HEAT 3

171 MARINELLI SAMUELE
172 CRISTANINI ARNALDO
173 MORETTI SIMONE
174 LUDOVICO ROBERTO
175 WODNICKI ADAM
176 MANSUETO TOMMASO
177 PESOLO MARCO
178 VELLA CIRO SALVATORE
179 PALUMBO ENRICO
180 PASQUALE LORENZO
181 GIARRUSSO LUCA
182 LAMONTANARA COSIMO
183 SCIARRONE BRUNO
184 CAPUZZOLO NICOLA
185 DI TURRO GIUSEPPE
186 MUZZACHI RICCARDO
187 D'ANGELO STEFANO
188 QUARANTA MASSIMILIANO
189 ROMANO GIANLUCA
190 GIGANTE MARCO
191 RAGONE GIOVANNI ROBERTO
192 BRANDONOSIO MICHELE
193 DI BENEDETTO FABIO
194 MATTEAZZI LUCA
195 SIRCANA RODOLFO
196 CANTACESSI FRANCESCO
197 CEPA NASION
198 ROMANELLI MICHELE
199 MONGELLI GIUSEPPE
200 CAPUANO AZARIA
201 GIGLIOTTI MATTIA
202 ZENNARO GIACOMO
203 GALIANI FABIO
204 NOTARO ANTONIO
205 SERAVALLE RICCARDO
206 CARROZZINI MARCO
207 BENEK MAREK
208 VINCENZO LOMANTO
209 MANNETTA FRANCESCO
210 ROMANO GIANVITO
211 FALONE ANDREA
212 BOMPIERI FABIO
213 VACCARO DOMENICO
214 FIORINO ANTONGIULIO
215 BARTOLUCCI MARCO
066 APRILE MICHELE
067 BEHAREVIC ZELJKO
068 BELMONTE FELICE
069 BORRONE ANDREA
070 BOVA GIOVANNI

071 BRUNI DARIO
072 BRUNI DAVIDE
073 CELLAMARE FRANCESCO
074 COMPARINI FILIPPO
075 COSTAGLIOLA ENRICO
076 CRISTOFARO ANTONIO
077 DE COSTANZO ALESSANDRO
078 DE LORENZO ANTONIO
079 DI FRONZO GIUSEPPE
080 DORIA GABRIELE
081 FABBRI FLAVIO
082 FILARDO DENIS
083 GRINGERI SAMUELE
084 GUARDAVAGLIA ANDREA
085 LOMBARDI NICOLA
086 LUPIS GIOVANNI
087 MARRA DANIELE
088 MASTROVITI ALESSANDRO
089 MINGOLLA LUIGI
090 NOTA ADRIANO
091 PACIULLI TRIFONE
092 RAINÒ WALTER
093 SIMONE DALPOZZO
094 TOMA ALESSANDRO
095 TOMASSINI MARCO

13th july SATURDAY

IRON CROSS RUN

H 9:45 HEAT 4

413 INGENNI UMBERTO
414 IPPOLITO GIUSEPPE
415 CARANZETTI STEFANO
416 GROSSI STEFANO
417 BATTELLI MASSIMO
418 PASSANTE UBALDO
419 VELUTTI SIMONE
420 DELEDDA SERGIO
421 LO TENNERO IVAN
422 SERIO PEPPINO
423 FALANGONE MARCO
424 GIAROLA DANIELE
425 SCHIATTI GERARDO
426 SUPINO GIANLUCA
427 FIORE GIUSEPPE
428 TELEGRAFO TOMMASO
429 LORENZO SARTI
430 PICCIOLI ANDREA
431 PINTORI FABIO
432 MARZOLA ANTONIO
433 DE PAOLIS F. GIOVANNI
434 BARNABA FRANCESCO
435 ROLLO RODOLFO
436 ANTONIOKAMAJI DE SANCTIS
437 BOCCUNI MARCO
438 RAIMONDO PIETRO
439 PAOLINI PAOLO
440 FIRMANI FABRIZIO
441 MEGGIOLARO PARIDE
442 SIRBO MARCO
443 ANGELINI MARTINO
444 CASTELLUCCIO ANTONIO
445 DI CICCO MATTEO
446 SATINSKY ZBYNEK
447 DE BENEDITTIS FELICIANO
448 MOGGIA GIANCARMINE
449 RUGGERI ANDREA
450 RAINERI GIOVANNI
451 GABOR DOBOS
452 OKUNNIWA TUNDE
038 ALBERTO MASCARELLO
039 ALOE MARIO
040 ANDREASSI CRISTIANO
041 ANTONACCI ERNESTO
042 GRECO DAVIDE
043 MARETTI STEFANO
044 PASANISI GIANLUCA
045 RAIMONDI MATTEO
046 SCIARRETTA NICOLA
047 BINI EMANUELE
048 CALABRESE DOMENICO
049 CHIAROLANZA MINO
050 CICOGNANI MARCO
051 COSSU MAURIZIO
052 CRISAFULLI ANTONINO
053 DANNA PAOLO
054 DE METRIO FRANCESCO
055 EPORTENTOSI RENATO
056 FARINOLA IVANO
057 FERRANTE LUCA GIUSEPPE
058 GIORDANO ANGELO
059 LORÈ DONATO
060 PALUMBO SERGIO
061 PIZZUTI MARCO
062 PRIOLA MIRKO
063 QUARANTA GIANLUCA
064 SCEBBA GIANLUCA
065 SENATORE ENZO

13th july SATURDAY

IRON CROSS RUN

H 10:00 HEAT 5

322 ASDENTE BEATRICE
323 HÁNDLOVÁ VERONIKA
324 LENOCI DEBORAH
325 GIAROLA ELENA
326 NACCARI VALERIA
327 KARÁSKOVÁ SOŇA
328 LONGO ANTEA
329 SALANDRA CHIARA
330 AMBROSINI FRANCESCA
331 MECCARIELLO VIOLA
332 PEDONE MARTINA
333 BACIU ANCA
334 VISCONTI ALICE
335 MARLETTA VALERIA BARBARA
006 BESOZZI VITTORIA VIOLA
007 BRUNO ELVIRA
008 CARAMIA TERESA
009 CONFORTI Z. CATERINA
010 CORELLI STEFANIA
011 COSSU MONICA
012 D'AMICO APOLLONIA
013 DE SANTO MARTINA
014 DIANA ILARIA
015 ESPOSITO SABRINA
016 FIORINI ROBERTA
017 FRANCESCA ARENA
018 FRANZE' MARTA
019 GHINI VERONICA
020 GIORDANO PAOLA
021 ISAIA MATILDE
022 KIČMEROVÁ NIKOLA
023 LA RICCIA MARTA
024 LOGIUDICE ANGELA SELENYA
025 MADDALUNO DANIELA
026 MELONI ALESSIA
027 PACCAGNELLA DARIA
028 PALLADI FRANCESCA
029 PANZARINI GIULIANA
030 PASCULLI MIRIAM
031 PATURZO SIMONA
032 ROMANELLI MARIA
033 SAMMARCO ROBERTA
034 SEMERARO ERIKA
035 SZTUPÁK REGINA
036 VIANI JENNIFER
037 YOUN VALERIA
314 PSAILA PAMELA
315 SILVESTRINI CRISTINA
316 LONGOBARDI CRISTINA
317 PATI FRANCESCA
318 MARSHALL KELLY
319 SCICA SANDRA
320 MERK EWA
321 VITIELLO MARIA
001 BILOTTA RAFFAELLA
002 CAPIZZANO MONICA
003 LENOCI DIANA
004 MINGIANO MANUELA
005 MONACO STEFANIA
300 GRIMA SUZANNE
301 PETRONI SUSANNA
302 CAPOGROSSI ALESSIA
303 DOLCE STEFANIA
304 GIACON BARBARA
305 SERGI KATIA MARIA
306 MICHELA AMODEI
307 NERI PAMELA
308 PETRUCCI MARCELLA
309 PAGLIASSOTTO VALENTINA
310 MACALUSO BARBARA
311 AGRELLO IMMACOLATA
312 SANSONETTI FLAVIA
313 MARINO CLAUDIA

IRON CROSS RUN

H 10:15 HEAT 6

526	APPIO CROSSFIT	DE SANTIS M. (M) - MACRÌ F. (M)
527	BHTLAB	AGRESTA D. (M) - PAPARELLA R. (M)
528	BOX 195	PUTIGNANO T. (M) - SBISÁ M. (M)
529	BRACCIO&POLPACCIO	DE PAOLA M. (M) - FIUME D. (M)
530	CARPENTERIA MERIDIONALE	FACCHINI M. (M)
531	CROSSFIT BULLAMS	ESPOSITO M. (M) - GAETINI A. (M)
532	CROSSFIT DEED	ROSA S. (M) - SORDELLI S. (M)
533	CROSSFIT JST	BULLOUGH J. (M) - JONES C. (M)
534	CROSSFIT TORINO	BERGAGNA D. (M) - DAGNESE M. (M)
535	LIONS BMH	DI MAURO F. (M) - RUGGIANO R. (M)
536	LOS PELATOS	MARRONE E. (M) - PIAZZA E. (M)
537	MONKEY & COW	DE LUCA F. (M) - PIANI V. (M)
538	ONAIR 4215	GIROLOMONI I. (M)
539	OVER THE TOP	PETRONE G. (M) - SOFIA A. (M)
540	PESCHE E CAMMELLI 4112	CRISTALDINI G. (M) - MASSARI G. (M)
541	TEAM CCT	MANCHISI G. (M) - TRIMIGLIOZZI T. (M)
542	THOR & CAPTAINAMERICA	CARDONE S. (M) - LA MURA M. (M)
543	WEST UNION	ARIANTI F. (M) - BANDERA G. (M)
510	#	GOLDING JOSH ()
511	AM TEAM	FUSCO A. (M) - MONTANARO M. (F)
512	ANTIUMMAMBAS	CORSI F. (F) - RUBBINO C. (M)
513	CF NOVANTANOVE	CITTADINI L. (F)
514	CFATEAM	MATTIOLI A. (M) - RENZULLI S. (F)
515	CROSSFIT CANTIERE WAVE	FIGUCCIA M. (M) - RAMONI G. (F)
516	CROSSFIT CIVITANOVA	ORRÙ M. (F) - TAIANI E. (M)
517	EFFORT&PITBULL HC	ALESSANDRO D. (M) - LEGGIERO M. (F)
518	ESPRIT DE CORPS CROSSFIT	WYLES K. (F)
519	HEART OF STEEL	ARDILLO F. (M) - MEZZULLO M. (F)
520	HUSBAND & WIFE	PROIETTI C. (F) - RUOCCO R. (M)
521	IL BELLO E LA BESTIA	SICILIANO I. (M) - SICILIANO R. (F)
522	IO&PSYCHO BMH	DI MARE A. (M) - PAOLILLO D. (F)
523	LILO & STITCH	ARVIZZIGNO V. (M) - RUGGIERO I. (F)
524	MADSWINES	LYSOŇ J. (M) - PROVAZNÍKOVÁ D. (F)
525	NANALUC CFCP	DE RITA G. (F) - FALSAPERLA L. (M)
500	#FLAMINGOS	DI GIACOMO F. (F) - SILVESTRI M. (F)
501	ALPHA TEAM	CERVELLI A. (F) - PANZARINI V. (F)
502	BLACK MAMBA	TOTARO N. (F) - VOLPE V. (F)
503	CROSSFIT FIRESTORM	OLIVITO C. (F) - PUCCI C. (F)
504	DESTINY LADIES	KONEČNÁ E. (F) - SEKANINOVÁ M. (F)
505	MINUS	FRANCIOSI S. (F) - MAGALOTTI V. (F)
506	NEVER A JOY!	DESERIO M. (F) - FRANCO D. (F)
507	SUPERGIRLS	CIOCE L. (F) - MESSERE E. (F)
508	TEAM CHIAPPETTO	BOLETTI L. (F) - CARERA A. (F)
509	THE QUEEN	CORDONE G. (F) - DI IORIO D. (F)

Sponsor

net

acp
ENVIRONMENT
SOLID STATE TECHNOLOGY

GLADIVS

ICOS
Sporting Club

Ginnastica Adriatica
1974
Monopoli

marraffa
HEAVY TRANSPORT & LIFTING

concept 2
ITALIA

HEALTH
PERFORMANCE
PROGRAM

MISS FRESCHEZZA
puglia made in Italy

il Guazzetto
ristorantino

LICCI
COSTRUZIONI EDILI

water games

UnipolSai
ASSICURAZIONI
Agenzia generale di Zuccaro

SINAPSI
solution

Farmacia
Barnaba
FASANO

HEALTH CENTER
improves your lifestyle

SOUTHERN WARRIORS

Box partner

CrossFitHC
improves your lifestyle

CROSSFIT
MARTINA FRANCA

BARBELL
ADDICTION
A.S.D.

IRON CROSS RUN
OCR SERIES

SOUTHERN WARRIORS

www.southernwarriors.eu