

Results

Setup: 20x5m **100m** · Men · Senior · Final

Setup: max reps in 30 sec **High Knees** · Men · Senior · Final

Setup: max reps in 30 sec **Sit-ups** · Men · Senior · Final

Setup: any way you want **One Mile** · Men · Senior · Final

Setup: as long as possible in 90 degrees **Wall Sit** · Men · Senior · Final

Standing Long Jump · Men · Senior · Final

Standing Triple Jump · Men · Senior · Final

Jump & Reach · Men · Senior · Final

Setup: use a toilet-roll **Shot Put** · Men · Senior · Final

Setup: use a paper towel **Javelin Throw** · Men · Senior · Final

Setup: max reps in 30 sec **Push-ups** · Men · Senior · Final

Setup: 20x5m **100m** · Women · Senior · Final

Setup: max reps in 30 sec **High Knees** · Women · Senior · Final

Setup: max reps in 30 sec **Sit-ups** · Women · Senior · Final

Setup: any way you want **One Mile** · Women · Senior · Final

Setup: as long as possible in 90 degrees **Wall Sit** · Women · Senior · Final

Standing Long Jump · Women · Senior · Final

Standing Triple Jump · Women · Senior · Final

Results

Jump & Reach · Women · Senior · Final

Setup: use a toilet-roll **Shot Put** · Women · Senior · Final

Setup: use a paper towel **Javelin Throw** · Women · Senior · Final

Setup: max reps in 30 sec **Push-ups** · Women · Senior · Final

Setup: 20x5m 100m · Men · Senior · Final

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Place	Athlete	Club/School	Bib no.	Lane	React.	Result
1	Damian Czykier 1992 · POL	PGE		2		27.92
2	Andreas Trajkovski 1993 · DEN	Hvidovre AM		6		32.00
3	Giovanni Marchetti 1998 · ITA	SEF Virtus Emilsider		9		33.18
4	Juan Eduardo Mackenna CHI			5		33.20
5	Samuele Pais ITA	Atletica Prato		37		33.88
6	Remigiusz Olszewski 1992 · POL	Zawisza Bydgoszcz		4		34.22
7	Przemysław Słowikowski 1993 · POL	AZS-AWF Katowice		38		34.91
8	Jarret Eaton 1989 · USA	Phoenix TC		1		36.17
9	Simon Hansen 1998 · DEN	Aarhus 1900		3		36.67
10	Andrea Carioti 1996 · ITA	Mister William		13		37.39
11	Andrea Firma ITA	US Foggia Atletica Leggera		14		39.40
12	Andrea Benatti 1972 · ITA	Queenatletica		27		46.80
13	Samuele Diana ITA			35		49.25
14	Piotr Długosielski 1977 · POL	Roster Athletics		10		52.87
15	Jamal Jacobsson 1964 · DEN	Roster Athletics		12		1:22.00
	Almicar Demetrio Bonell Mora 1977 · CUB	Olimpia Amadori		7		DNS
	Filip Hordyński POL	SF Wilanów		8		DNS

Setup: 20x5m 100m · Men · Senior · Final

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Place	Athlete	Club/School	Bib no.	Lane	React.	Result
	Davide Colina ITA	SEF Virtus Emilsider		11		DNS
	Gianvito Cerrone ITA	CUS Urbino		15		DNS
	Stefano Gerbaldo 1976 · ITA			16		DNS
	Federico Giotti ITA	Atletica Run Finale		17		DNS
	Luciano Boidi 1996 · ITA	Seniores Shot put		18		DNS
	Manuel Scipione ITA			19		DNS
	Gaetano Lamparelli ITA			20		DNS
	Rudy Gandola ITA	Libertas Orvieto		21		DNS
	Luigi Cavaliere ITA	Atletica Agropoli		22		DNS
	Nicola Bruno ITA	Aversa		23		DNS
	Andrea Verardo ITA			24		DNS
	Michele Dianin 1994 · ITA	Assindustria Sport Padova		25		DNS
	Leo Chiricone ITA	Atletica Meneghina		26		DNS
	Simone Palmas ITA	Atletica Serramanna		28		DNS
	Stefano Alonzi ITA	Asd Cinque Cerchi		29		DNS
	Davide Alonzi ITA			30		DNS
	Piero Rolfi ITA	Vittorio Alfieri		31		DNS

Setup: 20x5m 100m · Men · Senior · Final

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Place	Athlete	Club/School	Bib no.	Lane	React.	Result
	Davide Rolfi ITA	Atletica Mondovì		32		DNS
	Giacomo Casarin ITA			34		DNS
	Franciszek Chudak 2001 · POL	Ursynów Warszawa		36		DNS
	Bartosz Długosielski 2012 · POL					DNS
	Luca De Raho ITA	CorpoLibero Athletics Team		33		DQ

Setup: max reps in 30 sec High Knees · Men · Senior · Final

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Place	Athlete	Club/School	Bib no.	React.	Result
1	Simon Hansen 1998 · DEN	Aarhus 1900			149
2	Mattia Colina ITA	SEF Virtus Emilsider			146
2	Marco Poletti ITA	Atletica Santamonica Misano			146
4	Enrico Di Tella ITA	Edera Atl. Forlì			131
5	Juan Eduardo Mackenna CHI				129
6	Thomas Tuti ITA	Atletica Insieme			126
7	Andreas Bube 1987 · DEN	Bagsværd AC			124
8	Giovanni Marchetti 1998 · ITA	SEF Virtus Emilsider			121
9	Nick Rostgaard Jensen 1991 · DEN	Sparta AM			90
10	Ole Hesselbjerg 1990 · DEN	Sparta AM			88
	Michael Granville 1978 · USA	G:FIT			DNS
	Remigiusz Olszewski 1992 · POL	Zawisza Bydgoszcz			DNS
	Damian Czykier 1992 · POL	PGE			DNS
	Clair Manoël MRI	Gymkhana Athletic Club			DNS
	Dawid Ersetic POL	TUWIMA Team			DNS
	Jamal Jacobsson 1964 · DEN	Roster Athletics			DNS
	Almicar Demetrio Bonell Mora 1977 · CUB	Olimpia Amadori			DNS

Setup: max reps in 30 sec High Knees · Men · Senior · Final

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Place	Athlete	Club/School	Bib no.	React.	Result
	Andrea Picconi ITA				DNS
	Gabriele Ruscelli 1980 · ITA	Atletica 85 Faenza			DNS
	Samir Benaddi 2005 · ITA	Atletica Arcobaleno			DNS
	Stefano Gerbaldo 1976 · ITA				DNS
	Giulio Gerbaldo ITA				DNS
	Federico Giotti ITA	Atletica Run Finale			DNS
	Gabriele Tramutola ITA	Lprz22			DNS
	Luciano Boidi 1996 · ITA	Seniores Shot put			DNS
	Simone Broccolo ITA	Trevisatletica			DNS
	Riccardo Saltutti ITA	Atletica Jesi			DNS
	Rudy Gandola ITA	Libertas Orvieto			DNS
	Luigi Cavaliere ITA	Atletica Agropoli			DNS
	Nicola Bruno ITA	Aversa			DNS
	Marco Michieli 1967 · ITA	VE.TRI			DNS
	Michele Dianin 1994 · ITA	Assindustria Sport Padova			DNS
	Giuseppe Lovallo ITA	Club Atletico Potenza			DNS
	Emanuele Rizzo ITA	TASC NPFI			DNS

Setup: max reps in 30 sec High Knees · Men · Senior · Final

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Place	Athlete	Club/School	Bib no.	React.	Result
	Roberto Laneve ITA				DNS
	Leo Chiricone ITA	Atletica Meneghina			DNS
	Matteo Boi ITA	Polisportiva Garegnano			DNS
	Davide Alonzi ITA				DNS
	Giacomo Casarin ITA				DNS
	Marcus Maxey 1990 · USA				DNS

Setup: max reps in 30 sec Sit-ups · Men · Senior · Final

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Place	Athlete	Club/School	Bib no.	React.	Result
1	Jarret Eaton 1989 · USA	Phoenix TC			28
2	Marco Poletti ITA	Atletica Santamonica Misano			27
3	Mattia Colina ITA	SEF Virtus Emilsider			25
4	Giovanni Marchetti 1998 · ITA	SEF Virtus Emilsider			20
4	Enrico Di Tella ITA	Edera Atl. Forlì			20
6	Juan Eduardo Mackenna CHI				16
7	David Cannmo SWE				15
	Almicar Demetrio Bonell Mora 1977 · CUB	Olimpia Amadori			DNS
	Clair Manoël MRI	Gymkhana Athletic Club			DNS
	Riccardo Falomo ITA	CrossFit Pordenone			DNS
	Andrea Picconi ITA				DNS
	Samir Benaddi 2005 · ITA	Atletica Arcobaleno			DNS
	Nicola Bruno ITA	Aversa			DNS
	Mohammed Fadli ITA	Derthona Atletica			DNS
	Raffaele Supino ITA	Atletica Formia			DNS
	Stefano Gerbaldo 1976 · ITA				DNS
	Giulio Gerbaldo ITA				DNS

Setup: max reps in 30 sec Sit-ups · Men · Senior · Final

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Place	Athlete	Club/School	Bib no.	React.	Result
	Federico Giotti ITA	Atletica Run Finale			DNS
	Rudy Gandola ITA	Libertas Orvieto			DNS
	Jamal Jacobsson 1964 · DEN	Roster Athletics			DNS
	Davide Costa 2004 · ITA	CUS Genova			DNS
	Giuseppe Lovallo ITA	Club Atletico Potenza			DNS
	Roberto Laneve ITA				DNS
	Leo Chiricone ITA	Atletica Meneghina			DNS
	Massimo Gorasso ITA	Ortica			DNS
	Davide Alonzi ITA				DNS
	Giacomo Casarin ITA				DNS
	Marcus Maxey 1990 · USA				DNS

Setup: any way you want One Mile · Men · Senior · Final

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Place	Athlete	Club/School	Bib no.	Result
1	David Cannmo SWE			5:08.00
2	Alessandro Casoli ITA	US Foggia Atletica Leggera		5:53.94
3	Nick Rostgaard Jensen 1991 · DEN	Sparta AM		8:05.44
4	Ole Hesselbjerg 1990 · DEN	Sparta AM		8:08.00
5	Davide Rolfi ITA	Atletica Mondovì		8:53.62
6	Piero Rolfi ITA	Vittorio Alfieri		9:48.26
7	Piotr Dlugosielski 1977 · POL	Roster Athletics		10:04.29
8	Leandro Diana ITA			11:32.97
9	Samuele Diana ITA			11:38.76
10	Mikkel Dahl-Jessen 1994 · DEN	AGF Atletik		12:58.03
	Davide Iannelli ITA	US Foggia Atletica Leggera		DNS
	Vincenzo Casamassa ITA			DNS
	Giulio Gerbaldo ITA			DNS
	Federico Giotti ITA	Atletica Run Finale		DNS
	Alberto Talu ITA	Ortica Team		DNS
	Mario Mieres ITA			DNS

Setup: as long as possible in 90 degrees Wall Sit · Men · Senior · Final

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Place	Athlete	Club/School	Bib no.	Result
1	Michael Granville 1978 · USA	G:FIT		7:01.69
2	Jamal Jacobsson 1964 · DEN	Roster Athletics		3:30.00
3	Mohammed Fadli ITA	Derthona Atletica		3:19.00
4	Giovanni Marchetti 1998 · ITA	SEF Virtus Emilsider		3:15.31
5	Ettore Brolo ITA			3:06.40
6	Andrea Verardo ITA			2:44.50
7	Andreas Trajkovski 1993 · DEN	Hvidovre AM		2:35.96
8	Andreas Bube 1987 · DEN	Bagsværd AC		2:20.54
9	Marco Poletti ITA	Atletica Santamonica Misano		2:13.00
10	Mikkel Dahl-Jessen 1994 · DEN	AGF Atletik		2:05.56
11	Ole Hesselbjerg 1990 · DEN	Sparta AM		2:05.00
12	Nick Rostgaard Jensen 1991 · DEN	Sparta AM		2:03.00
13	Mattia Colina ITA	SEF Virtus Emilsider		1:17.58
	Christian von Eitzen 1997 · GER	Athletics Team Karben / The Run Yard		DNS
	Filip Hordyński POL	SF Wilanów		DNS
	Clair Manoël MRI	Gymkhana Athletic Club		DNS
	Dawid Ersetic POL	TUWIMA Team		DNS

Setup: as long as possible in 90 degrees Wall Sit · Men · Senior · Final

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Place	Athlete	Club/School	Bib no.	Result
	Riccardo Falomo ITA	CrossFit Pordenone		DNS
	Jorge Vasquez ITA	La Fratellanza		DNS
	Andrea Picconi ITA			DNS
	Gabriele Ruscelli 1980 · ITA	Atletica 85 Faenza		DNS
	Samir Benaddi 2005 · ITA	Atletica Arcobaleno		DNS
	Stefano Gerbaldo 1976 · ITA			DNS
	Giulio Gerbaldo ITA			DNS
	Almicar Demetrio Bonell Mora 1977 · CUB	Olimpia Amadori		DNS
	Simone Broccolo ITA	Trevisatletica		DNS
	Marco Michieli 1967 · ITA	VE.TRI		DNS
	Giuseppe Lovallo ITA	Club Atletico Potenza		DNS
	Emanuele Rizzo ITA	TASC NPFI		DNS
	Roberto Laneve ITA			DNS
	Leo Chiricone ITA	Atletica Meneghina		DNS
	Lalce Che Corre SUI	USCC		DNS
	Alessandro Boi ITA	Road Runners Club Milano		DNS
	Stefano Alonzi ITA	Asd Cinque Cerchi		DNS

Setup: as long as possible in 90 degrees Wall Sit · Men · Senior · Final

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Place	Athlete	Club/School	Bib no.	Result
	Giacomo Casarin ITA			DNS
	Roccomaria Di Crescenzo ITA			DNS

Standing Long Jump · Men · Senior · Final

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Place	Athlete	Club/School	Bib no.	Result
1	Dominik Przyżeczki 2001 · POL			3.08
2	Paweł Wojciechowski 1989 · POL	Zawisza Bydgoszcz		2.97
3	Alessandro Sacchi 1998 · ITA	Derthona Atletica		2.85
4	Juan Eduardo Mackenna CHI			2.82
5	Samuele Pais ITA	Atletica Prato		2.80
6	Lorenzo Boco ITA			2.79
7	Franciszek Chudak 2001 · POL	Ursynów Warszawa		2.78
8	Giovanni Marchetti 1998 · ITA	SEF Virtus Emilsider		2.70
8	Andrea Carioti 1996 · ITA	Mister William		2.70
10	Andrea Verardo ITA			2.65
11	Michele Ticò ITA	U.S. Quercia Rovereto		2.55
12	Enrico Di Tella ITA	Edera Atl. Forlì		2.49
13	Mattia Colina ITA	SEF Virtus Emilsider		2.48
14	Thomas Tuti ITA	Atletica Insieme		2.30
15	Marco Poletti ITA	Atletica Santamonica Misano		2.29
16	Samuele Diana ITA			2.25
17	Piotr Długosielski 1977 · POL	Roster Athletics		2.21

Standing Long Jump · Men · Senior · Final

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Place	Athlete	Club/School	Bib no.	Result
18	Kristian Midtgaard DEN	Roster Athletics		2.05
	Markus Lundborg 1999 · SWE	Tiger Balm		DNS
	Almicar Demetrio Bonell Mora 1977 · CUB	Olimpia Amadori		DNS
	Francesco Frediani ITA	Centro Atletica Piombino		DNS
	Dawid Ersetic POL	TUWIMA Team		DNS
	Mario Cutaia ITA	Centro Atletica Piombino		DNS
	Riccardo Tricarico 1997 · ITA	Athletic Elite		DNS
	Antonino Trio 1993 · ITA	Athletic Club 96 Bolzano		DNS
	Davide Colina ITA	SEF Virtus Emilsider		DNS
	Salvatore Tomaiuolo ITA	Enterprise Sport & Service		DNS
	Gabriele Ruscelli 1980 · ITA	Atletica 85 Faenza		DNS
	Raffaele Supino ITA	Atletica Formia		DNS
	Stefano Gerbaldo 1976 · ITA			DNS
	Giulio Gerbaldo ITA			DNS
	Federico Giotti ITA	Atletica Run Finale		DNS
	Gabriele Tramutola ITA	Lprz22		DNS
	Riccardo Saltutti ITA	Atletica		DNS

Standing Long Jump · Men · Senior · Final

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Place	Athlete	Club/School	Bib no.	Result
	Luigi Cavaliere ITA	Atletica Agropoli		DNS
	Marco Beghini ITA	Assindustria Sport Padova		DNS
	Roberto Laneve ITA			DNS
	Leo Chiricone ITA	Atletica Meneghina		DNS
	Matteo Boi ITA	Polisportiva Garegnano		DNS
	Alberto Masera 2000 · ITA	S.V. Lana		DNS
	Stefano Alonzi ITA	Asd Cinque Cerchi		DNS
	Piero Rolfi ITA	Vittorio Alfieri		DNS
	Davide Rolfi ITA	Atletica Mondovì		DNS
	Giacomo Casarin ITA			DNS
	Fabrizio Pertile ITA			DNS
	Simone Carneri ITA			DNS

Attempts · Standing Long Jump · Men · Senior · Final

Place	Athlete	Attempts			
1	Dominik Przyżeczki 2001 · POL	3.08			
2	Paweł Wojciechowski 1989 · POL	2.85	2.96	2.97	
3	Alessandro Sacchi 1998 · ITA	2.85			
4	Juan Eduardo Mackenna CHI	2.76	2.82		
5	Samuele Pais ITA	2.73	2.68	2.78	2.80
6	Lorenzo Boco ITA	2.79	2.79		
7	Franciszek Chudak 2001 · POL	2.78			
8	Giovanni Marchetti 1998 · ITA	2.70			
8	Andrea Carioti 1996 · ITA	2.70			
10	Andrea Verardo ITA	2.65			
11	Michele Ticò ITA	2.55			
12	Enrico Di Tella ITA	2.49			
13	Mattia Colina ITA	2.48			
14	Thomas Tuti ITA	2.30			
15	Marco Poletti ITA	2.29			
16	Samuele Diana ITA	2.25			
17	Piotr Długosielski 1977 · POL	2.21			

Attempts · Standing Long Jump · Men · Senior · Final

Place	Athlete	Attempts
18	Kristian Midtgaard DEN	2.05
	Markus Lundborg 1999 · SWE	
	Almicar Demetrio Bonell Mora 1977 · CUB	
	Francesco Frediani ITA	
	Dawid Ersetic POL	
	Mario Cutaia ITA	
	Riccardo Tricarico 1997 · ITA	
	Antonino Trio 1993 · ITA	
	Davide Colina ITA	
	Salvatore Tomaiuolo ITA	
	Gabriele Ruscelli 1980 · ITA	
	Raffaele Supino ITA	
	Stefano Gerbaldo 1976 · ITA	
	Giulio Gerbaldo ITA	
	Federico Giotti ITA	
	Gabriele Tramutola ITA	
	Riccardo Saltutti ITA	

Attempts · Standing Long Jump · Men · Senior · Final

Place	Athlete	Attempts
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Luigi Cavaliere
ITA

Marco Beghini
ITA

Roberto Laneve
ITA

Leo Chiricone
ITA

Matteo Boi
ITA

Alberto Masera
2000 · ITA

Stefano Alonzi
ITA

Piero Rolfi
ITA

Davide Rolfi
ITA

Giacomo Casarin
ITA

Fabrizio Pertile
ITA

Simone Carneri
ITA

Standing Triple Jump · Men · Senior · Final

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Place	Athlete	Club/School	Bib no.	Result
1	Samuele Pais ITA	Atletica Prato		8.72
2	Alessandro Sacchi 1998 · ITA	Derthona Atletica		8.50
3	Franciszek Chudak 2001 · POL	Ursynów Warszawa		8.13
4	Juan Eduardo Mackenna CHI			7.95
5	Giovanni Marchetti 1998 · ITA	SEF Virtus Emilsider		7.80
6	Michele Ticò ITA	U.S. Quercia Rovereto		7.40
7	Enrico Di Tella ITA	Edera Atl. Forlì		7.20
8	Andrea Carioti 1996 · ITA	Mister William		7.10
9	Thomas Tuti ITA	Atletica Insieme		6.95
	Markus Lundborg 1999 · SWE	Tiger Balm		DNS
	Francesco Frediani ITA	Centro Atletica Piombino		DNS
	Almicar Demetrio Bonell Mora 1977 · CUB	Olimpia Amadori		DNS
	Mario Cutaia ITA	Centro Atletica Piombino		DNS
	Riccardo Tricarico 1997 · ITA	Athletic Elite		DNS
	Davide Colina ITA	SEF Virtus Emilsider		DNS
	Federico Giotti ITA	Atletica Run Finale		DNS
	Luigi Cavaliere ITA	Atletica Agropoli		DNS

Standing Triple Jump · Men · Senior · Final

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Place	Athlete	Club/School	Bib no.	Result
	Alberto Masera 2000 · ITA	S.V. Lana		DNS
	Davide Rolfi ITA	Atletica Mondovì		DNS
	Giacomo Casarin ITA			DNS
	Fabrizio Pertile ITA			DNS

Attempts · Standing Triple Jump · Men · Senior · Final

Place	Athlete	Attempts			
1	Samuele Pais ITA	8.46	8.32	8.72	8.23
2	Alessandro Sacchi 1998 · ITA	8.50			
3	Franciszek Chudak 2001 · POL	8.13			
4	Juan Eduardo Mackenna CHI	7.74	7.74	7.85	7.95
5	Giovanni Marchetti 1998 · ITA	7.80			
6	Michele Ticò ITA	7.40			
7	Enrico Di Tella ITA	7.20			
8	Andrea Carioti 1996 · ITA	7.10			
9	Thomas Tuti ITA	6.95			
	Markus Lundborg 1999 · SWE				
	Francesco Frediani ITA				
	Almicar Demetrio Bonell Mora 1977 · CUB				
	Mario Cutaia ITA				
	Riccardo Tricarico 1997 · ITA				
	Davide Colina ITA				
	Federico Giotti ITA				
	Luigi Cavaliere ITA				

Attempts · Standing Triple Jump · Men · Senior · Final

Place	Athlete	Attempts
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	Alberto Masera 2000 · ITA	
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	Davide Rolfi ITA	
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	Giacomo Casarin ITA	
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	Fabrizio Pertile ITA	
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Jump & Reach · Men · Senior · Final

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Place	Athlete	Club/School	Bib no.	Result
1	Simon Hansen 1998 · DEN	Aarhus 1900		0.92
2	Dominik Przyżeczki 2001 · POL			0.76
3	Andrea Carioti 1996 · ITA	Mister William		0.73
4	Samuele Pais ITA	Atletica Prato		0.67
5	Alessandro Sacchi 1998 · ITA	Derthona Atletica		0.65
6	Juan Eduardo Mackenna CHI			0.64
7	Giovanni Marchetti 1998 · ITA	SEF Virtus Emilsider		0.60
8	Enrico Di Tella ITA	Edera Atl. Forlì		0.55
9	Kristian Midtgaard DEN	Roster Athletics		0.49
10	Jamal Jacobsson 1964 · DEN	Roster Athletics		0.44
	Filip Hordyński POL	SF Wilanów		DNS
	Almicar Demetrio Bonell Mora 1977 · CUB	Olimpia Amadori		DNS
	Michele Ticò ITA	U.S. Quercia Rovereto		DNS
	Salvatore Tomaiuolo ITA	Enterprise Sport & Service		DNS
	Raffaele Supino ITA	Atletica Formia		DNS
	Marco Poletti ITA	Atletica Santamonica Misano		DNS
	Stefano Gerbaldo 1976 · ITA			DNS

Jump & Reach · Men · Senior · Final

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Place	Athlete	Club/School	Bib no.	Result
	Giulio Gerbaldo ITA			DNS
	Federico Giotti ITA	Aletica Run Finale		DNS
	Stefano Fornasari 2002 · ITA	SEF Virtus Emilsider		DNS
	Emanuele Rizzo ITA	TASC NPFI		DNS
	Riccardo Tricarico 1997 · ITA	Athletic Elite		DNS
	Alberto Masera 2000 · ITA	S.V. Lana		DNS
	Piero Rolfi ITA	Vittorio Alfieri		DNS
	Davide Rolfi ITA	Aletica Mondovi		DNS
	Giacomo Casarin ITA			DNS
	Leandro Diana ITA			DNS
	Fabrizio Pertile ITA			DNS
	Andrea Verardo ITA			DNF

Setup: use a toilet-roll Shot Put · Men · Senior · Final

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Place	Athlete	Club/School	Bib no.	Result
1	Leandro Diana ITA			19.75
2	Andrea Galli ITA	A.S.D. Kronos Roma		19.47
3	Juan Eduardo Mackenna CHI			16.58
4	Piero Rolfi ITA	Vittorio Alfieri		16.20
5	Paweł Wojciechowski 1989 · POL	Zawisza Bydgoszcz		13.85
6	Thomas Tuti ITA	Atletica Insieme		11.26
7	Piotr Długosielski 1977 · POL	Roster Athletics		11.17
8	Giovanni Marchetti 1998 · ITA	SEF Virtus Emilsider		10.50
9	Andrea Carioti 1996 · ITA	Mister William		10.40
	Markus Lundborg 1999 · SWE	Tiger Balm		DNS
	Dawid Ersetic POL	TUWIMA Team		DNS
	Michael Granville 1978 · USA	G:FIT		DNS
	Gabriele Natali 1996 · ITA	SEF Virtus Emilsider		DNS
	Gabriele Ruscelli 1980 · ITA	Atletica 85 Faenza		DNS
	Stefano Gerbaldo 1976 · ITA			DNS
	Giulio Gerbaldo ITA			DNS
	Federico Giotti ITA	Atletica Run Finale		DNS

Setup: use a toilet-roll Shot Put · Men · Senior · Final

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Place	Athlete	Club/School	Bib no.	Result
	Luciano Boidi 1996 · ITA	Seniores Shot put		DNS
	Michele Dianin 1994 · ITA	Assindustria Sport Padova		DNS
	Roberto Laneve ITA			DNS
	Simone Palmas ITA	Atletica Serramanna		DNS
	Davide Rolfi ITA	Atletica Mondovì		DNS
	Matteo Bucci ITA	RCF Roma Sud		NM

Attempts · Setup: use a toilet-roll Shot Put · Men · Senior · Final

Place	Athlete	Attempts		
1	Leandro Diana ITA	19.75		
2	Andrea Galli ITA	19.47		
3	Juan Eduardo Mackenna CHI	11.71	15.69	16.58
4	Piero Rolfi ITA	16.20		
5	Paweł Wojciechowski 1989 · POL	13.85	x	
6	Thomas Tuti ITA	11.26		
7	Piotr Długosielski 1977 · POL	11.17		
8	Giovanni Marchetti 1998 · ITA	10.50		
9	Andrea Carioti 1996 · ITA	10.40		
	Markus Lundborg 1999 · SWE			
	Dawid Ersetic POL			
	Michael Granville 1978 · USA			
	Gabriele Natali 1996 · ITA			
	Gabriele Ruscelli 1980 · ITA			
	Stefano Gerbaldo 1976 · ITA			
	Giulio Gerbaldo ITA			
	Federico Giotti ITA			

Attempts · Setup: use a toilet-roll Shot Put · Men · Senior · Final

Place	Athlete	Attempts		
	Luciano Boidi 1996 · ITA			
	Michele Dianin 1994 · ITA			
	Roberto Laneve ITA			
	Simone Palmas ITA			
	Davide Rolfi ITA			
	Matteo Bucci ITA	x	x	x

Setup: use a paper towel Javelin Throw · Men · Senior · Final

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Place	Athlete	Club/School	Bib no.	Result
1	Juan Eduardo Mackenna CHI			9.41
2	Paweł Wojciechowski 1989 · POL	Zawisza Bydgoszcz		8.10
3	Andrea Carioti 1996 · ITA	Mister William		7.85
4	Simon Hansen 1998 · DEN	Aarhus 1900		7.67
5	Leandro Diana ITA			6.08
6	Piotr Łudzik 1986 · POL	Roster Athletics		4.23
	Markus Lundborg 1999 · SWE	Tiger Balm		DNS
	Dawid Ersetic POL	TUWIMA Team		DNS
	Jamal Jacobsson 1964 · DEN	Roster Athletics		DNS
	Stefano Gerbaldo 1976 · ITA			DNS
	Giulio Gerbaldo ITA			DNS
	Federico Giotti ITA	Atletica Run Finale		DNS
	Luciano Boidi 1996 · ITA	Seniores Shot put		DNS
	Simone Palmas ITA	Atletica Serramanna		DNS
	Leonardo Spoletini ITA	Scuola "F. Pennacchi" Petrignano		DNS
	Piero Rolfi ITA	Vittorio Alfieri		DNS
	Davide Rolfi ITA	Atletica Mondovì		DNS

Attempts · Setup: use a paper towel Javelin Throw · Men · Senior · Final

Place	Athlete	Attempts
1	Juan Eduardo Mackenna CHI	8.20 9.41
2	Paweł Wojciechowski 1989 · POL	8.10
3	Andrea Carioti 1996 · ITA	7.85
4	Simon Hansen 1998 · DEN	7.67
5	Leandro Diana ITA	6.08
6	Piotr Ludzik 1986 · POL	4.23
	Markus Lundborg 1999 · SWE	
	Dawid Ersetic POL	
	Jamal Jacobsson 1964 · DEN	
	Stefano Gerbaldo 1976 · ITA	
	Giulio Gerbaldo ITA	
	Federico Giotti ITA	
	Luciano Boidi 1996 · ITA	
	Simone Palmas ITA	
	Leonardo Spoletini ITA	
	Piero Rolfi ITA	
	Davide Rolfi ITA	

Setup: max reps in 30 sec Push-ups · Men · Senior · Final

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Place	Athlete	Club/School	Bib no.	Result
1	Andreas Trajkovski 1993 · DEN	Hvidovre AM		48
1	Simon Hansen 1998 · DEN	Aarhus 1900		48
3	Elia Minneci ITA			47
4	Mohammed Fadli ITA	Derthona Atletica		46
5	Przemysław Słowikowski 1993 · POL	AZS-AWF Katowice		45
6	Kristian Midtgaard DEN	Roster Athletics		43
7	Giovanni Marchetti 1998 · ITA	SEF Virtus Emilsider		42
8	Andrea Galli ITA	A.S.D. Kronos Roma		37
9	Juan Eduardo Mackenna CHI			36
10	Jarret Eaton 1989 · USA	Phoenix TC		32
10	Michele Ticò ITA	U.S. Quercia Rovereto		32
12	Mattia Colina ITA	SEF Virtus Emilsider		30
13	David Cannmo SWE			27
14	Ole Hesselbjerg 1990 · DEN	Sparta AM		26
15	Jamal Jacobsson 1964 · DEN	Roster Athletics		25
16	Nick Rostgaard Jensen 1991 · DEN	Sparta AM		24
17	Marco Poletti ITA	Atletica Santamonica Misano		23

Setup: max reps in 30 sec Push-ups · Men · Senior · Final

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Place	Athlete	Club/School	Bib no.	Result
	Christian von Eitzen 1997 · GER	Athletics Team Karben / The Run Yard		DNS
	Dawid Ersetic POL	TUWIMA Team		DNS
	Almicar Demetrio Bonell Mora 1977 · CUB	Olimpia Amadori		DNS
	Clair Manoël MRI	Gymkhana Athletic Club		DNS
	Riccardo Falomo ITA	CrossFit Pordenone		DNS
	Michael Granville 1978 · USA	G:FIT		DNS
	Andrea Picconi ITA			DNS
	Gabriele Ruscelli 1980 · ITA	Atletica 85 Faenza		DNS
	Stefano Gerbaldo 1976 · ITA			DNS
	Giulio Gerbaldo ITA			DNS
	Federico Giotti ITA	Atletica Run Finale		DNS
	Luciano Boidi 1996 · ITA	Seniores Shot put		DNS
	Manuel Scipione ITA			DNS
	Simone Broccolo ITA	Trevisatletica		DNS
	Luigi Cavaliere ITA	Atletica Agropoli		DNS
	Nicola Bruno ITA	Aversa		DNS
	Paolo Concilio ITA	Atletica Leggera Portici		DNS

Setup: max reps in 30 sec Push-ups · Men · Senior · Final

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Place	Athlete	Club/School	Bib no.	Result
	Marco Michieli 1967 · ITA	VE.TRI		DNS
	Marco Beghini ITA	Assindustria Sport Padova		DNS
	Giuseppe Lovallo ITA	Club Atletico Potenza		DNS
	Emanuele Rizzo ITA	TASC NPFI		DNS
	Roberto Laneve ITA			DNS
	Leo Chiricone ITA	Atletica Meneghina		DNS
	Massimo Gorasso ITA	Ortica		DNS
	Davide Alonzi ITA			DNS
	Giacomo Casarin ITA			DNS
	Marcus Maxey 1990 · USA			DNS

Setup: 20x5m 100m · Women · Senior · Final

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Place	Athlete	Club/School	Bib no.	Lane	React.	Result
1	Paola Carlappi ITA	Atletica Piacenza		9		43.32
2	Gaia Tomassini ITA			12		53.00
3	Simona Diana ITA			15		1:01.47
4	Eliana Marcela Zuniga ITA	Athlon Associazione Sportiva		7		2:00.00
5	Vincenza Martinelli ITA			19		2:54.65
	Elisa Silvestris ITA	US Foggia Atletica Leggera		1		DNS
	Alessandra Pedrazzini ITA	U.S. Bormiese Atletica		2		DNS
	Cassandra Sprenger 1973 · ITA			4		DNS
	Martina Giordano ITA	Atletica Run Finale		5		DNS
	Lisa Galluccio ITA	Atl. Lecco Colombo Costruzioni		6		DNS
	Elisa Vincenti Gatti ITA	Athlon Associazione Sportiva		8		DNS
	Silvia Cammarota ITA	Athlon Bastia		10		DNS
	Martina Lukaszek ITA	US Foggia Atletica Leggera		11		DNS
	Alessia Brambilla 1985 · ITA			13		DNS
	Elisa Raspino ITA	Vittorio Alfieri		14		DNS
	Alessandra Graziuso ITA			16		DNS
	Mattina Vianello ITA			18		DNS

Setup: 20x5m 100m · Women · Senior · Final

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Place	Athlete	Club/School	Bib no.	Lane	React.	Result
	Francesca Vacondio ITA	Modena Atletica		3		DQ
	Michela Marangoni ITA			17		DQ

Setup: max reps in 30 sec High Knees · Women · Senior · Final

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Place	Athlete	Club/School	Bib no.	React.	Result
1	Maria Clara Cortese ITA	Libertas Atletica Forli			122
2	Claudia Fanaletti ITA				95
3	Paola Carlappi ITA	Atletica Piacenza			89
4	Jihane Al Armaly ITA	Athlon Associazione Sportiva			73
5	Anna Minuzzo ITA	SAF Bolzano			72
	Angelika Cichocka 1988 · POL	SKLA Sopot			DNS
	Alessia Brambilla 1985 · ITA				DNS
	Justyna Święty-Ersetic 1992 · POL	TUWIMA Team			DNS
	Cassandra Sprenger 1973 · ITA				DNS
	Joanna Jóźwik 1991 · POL	NIKE			DNS
	Chiara Gerbaldo ITA				DNS
	Lisa Galluccio ITA	Atl. Lecco Colombo Costruzioni			DNS
	Elisa Vincenti Gatti ITA	Athlon Associazione Sportiva			DNS
	Silvia Cammarota ITA	Athlon Bastia			DNS
	Elisa Silvestris ITA	US Foggia Atletica Leggera			DNS
	Roberta Isidori ITA	Ciampino			DNS
	Francesca Cipelli 1997 · ITA				DNS

Setup: max reps in 30 sec High Knees · Women · Senior · Final

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Place	Athlete	Club/School	Bib no.	React.	Result
	Michela Marangoni ITA				DNS
	Mattina Vianello ITA				DNS

Setup: max reps in 30 sec Sit-ups · Women · Senior · Final

04 Apr, 2020 / 03:00 AM

Place	Athlete	Club/School	Bib no.	React.	Result
1	Paola Carlappi ITA	Aletica Piacenza			33
2	Anna Minuzzo ITA	SAF Bolzano			32
3	Francesca Menichelli ITA				25
4	Claudia Fanaletti ITA				22
5	Jihane Al Armaly ITA	Athlon Associazione Sportiva			18
6	Francesca Rovaretti ITA	Derthona Atletica			17
	Elisa Silvestris ITA	US Foggia Atletica Leggera			DNS
	Cassandra Sprenger 1973 · ITA				DNS
	Chiara Gerbaldo ITA				DNS
	Elisa Vincenti Gatti ITA	Athlon Associazione Sportiva			DNS
	Caviglia Gloria ITA	Aletica Cairo			DNS
	Roberta Isidori ITA	Ciampino			DNS
	Francesca Cipelli 1997 · ITA				DNS
	Mattina Vianello ITA				DNS

Setup: any way you want One Mile · Women · Senior · Final

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Place	Athlete	Club/School	Bib no.	Result
1	Maria Larsen 1996 · DEN	Sparta AM		5:57.00
2	Francesca Vacondio ITA	Modena Atletica		7:11.76
3	Elisa Raspino ITA	Vittorio Alfieri		9:03.41
4	Romina Fonti ITA	Athlon Associazione Sportiva		9:24.00
5	Eliana Marcela Zuniga ITA	Athlon Associazione Sportiva		10:43.00
	Laura Mascia ITA	ASD La Galla Pontedera Pisa		DNS
	Ferraro Marcella ITA	Podistica Savonese		DNS
	Cassandra Sprenger 1973 · ITA			DNS
	Linda Palumbo 1999 · ITA	Südtirol Team Club		DNS
	Chiara Gerbaldo ITA			DNS
	Alessandra Pedrazzini ITA	U.S. Bormiese Atletica		DNS

Setup: as long as possible in 90 degrees Wall Sit · Women · Senior · Final

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Place	Athlete	Club/School	Bib no.	Result
1	Maria Larsen 1996 · DEN	Sparta AM		6:01.00
2	Giada Stanissa 1999 · ITA	CUS Trieste		3:55.50
3	Claudia Fanaletti ITA			3:11.00
4	Maria Clara Cortese ITA	Libertas Atletica Forlì		2:50.79
5	Anna Minuzzo ITA	SAF Bolzano		2:34.35
6	Francesca Menichelli ITA			2:03.00
7	Michela Marangoni ITA			2:02.03
8	Noemi Stanissa ITA	CUS Trieste		1:48.50
9	Jihane Al Armaly ITA	Athlon Associazione Sportiva		1:46.12
10	Paola Carlappi ITA	Atletica Piacenza		1:05.51
	Angelika Cichocka 1988 · POL	SKLA Sopot		DNS
	Justyna Święty-Ersetic 1992 · POL	TUWIMA Team		DNS
	Lisa Galluccio ITA	Atl. Lecco Colombo Costruzioni		DNS
	Magdalena Broniewicz 1991 · POL			DNS
	Gaia Chierichetti ITA	Atletica Gallaratese		DNS
	Chiara Gerbaldo ITA			DNS
	Elisa Vincenti Gatti ITA	Athlon Associazione Sportiva		DNS

Setup: as long as possible in 90 degrees Wall Sit · Women · Senior · Final

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Place	Athlete	Club/School	Bib no.	Result
	Alessia Brambilla 1985 · ITA			DNS
	Roberta Isidori ITA	Ciampino		DNS
	Francesca Cipelli 1997 · ITA			DNS
	Mattina Vianello ITA			DNS

Standing Long Jump · Women · Senior · Final

04 Apr, 2020 / 03:00 AM

Place	Athlete	Club/School	Bib no.	Result
1	Mathilde U. Kramer 1993 · DEN	Frederiksberg IF		2.72
2	Thea LaFond 1994 · DMA			2.45
3	Maria Clara Cortese ITA	Libertas Atletica Forli		2.15
4	Francesca Vacondio ITA	Modena Atletica		2.13
5	Eliana Marcela Zuniga ITA	Athlon Associazione Sportiva		2.05
6	Paola Carlappi ITA	Atletica Piacenza		2.03
7	Francesca Rovaretti ITA	Derthona Atletica		1.80
8	Vincenza Martinelli ITA			1.45
9	Gaia Tomassini ITA			1.40
	Justyna Świąty-Ersetic 1992 · POL	TUWIMA Team		DNS
	Cassandra Sprenger 1973 · ITA			DNS
	Chiara Gerbaldo ITA			DNS
	Martina Giordano ITA	Atletica Run Finale		DNS
	Lisa Galluccio ITA	Atl. Lecco Colombo Costruzioni		DNS
	Elisa Vincenti Gatti ITA	Athlon Associazione Sportiva		DNS
	Francesca Marconati 1994 · ITA	Aristide Coin		DNS
	Alessia Brambilla 1985 · ITA			DNS

Standing Long Jump · Women · Senior · Final

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Place	Athlete	Club/School	Bib no.	Result
	Elisa Raspino ITA	Vittorio Alfieri		DNS
	Roberta Isidori ITA	Ciampino		DNS
	Mattina Vianello ITA			DNS

Attempts · Standing Long Jump · Women · Senior · Final

Place	Athlete	Attempts
1	Mathilde U. Kramer 1993 · DEN	2.72
2	Thea LaFond 1994 · DMA	x 2.40 2.45
3	Maria Clara Cortese ITA	2.15
4	Francesca Vacondio ITA	2.13
5	Eliana Marcela Zuniga ITA	2.05
6	Paola Carlappi ITA	2.03
7	Francesca Rovaretti ITA	1.80
8	Vincenza Martinelli ITA	1.45
9	Gaia Tomassini ITA	1.40
	Justyna Święty-Ersetic 1992 · POL	
	Cassandra Sprenger 1973 · ITA	
	Chiara Gerbaldo ITA	
	Martina Giordano ITA	
	Lisa Galluccio ITA	
	Elisa Vincenti Gatti ITA	
	Francesca Marconati 1994 · ITA	
	Alessia Brambilla 1985 · ITA	

Attempts · Standing Long Jump · Women · Senior · Final

Place	Athlete	Attempts
	Elisa Raspino ITA	
	Roberta Isidori ITA	
	Mattina Vianello ITA	

Standing Triple Jump · Women · Senior · Final

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Place	Athlete	Club/School	Bib no.	Result
1	Mathilde U. Kramer 1993 · DEN	Frederiksberg IF		7.73
2	Claudia Laera ITA	US Foggia Atletica Leggera		7.48
3	Thea LaFond 1994 · DMA			7.40
4	Giulia Schiavoni ITA	Derthona Atletica		6.30
5	Francesca Vacondio ITA	Modena Atletica		5.50
6	Paola Carlappi ITA	Atletica Piacenza		5.23
	Cassandra Sprenger 1973 · ITA			DNS
	Laura Mascia ITA	ASD La Galla Pontedera Pisa		DNS
	Elisa Vincenti Gatti ITA	Athlon Associazione Sportiva		DNS
	Valentina Morigi 1982 · ITA	Endas Cesena		DNS
	Roberta Isidori ITA	Ciampino		DNS

Attempts · Standing Triple Jump · Women · Senior · Final

Place	Athlete	Attempts
1	Mathilde U. Kramer 1993 · DEN	7.73
2	Claudia Laera ITA	7.30 x 7.48
3	Thea LaFond 1994 · DMA	7.20 7.20 7.40
4	Giulia Schiavoni ITA	6.30
5	Francesca Vacondio ITA	5.50
6	Paola Carlappi ITA	5.23
	Cassandra Sprenger 1973 · ITA	
	Laura Mascia ITA	
	Elisa Vincenti Gatti ITA	
	Valentina Morigi 1982 · ITA	
	Roberta Isidori ITA	

Jump & Reach · Women · Senior · Final

04 Apr, 2020 / 03:00 AM

Place	Athlete	Club/School	Bib no.	Result
1	Francesca Rovaretti ITA	Derthona Atletica		0.35
2	Paola Carlappi ITA	Atletica Piacenza		0.34
	Chiara Gerbaldo ITA			DNS
	Elisa Vincenti Gatti ITA	Athlon Associazione Sportiva		DNS
	Lisa Galluccio ITA	Atl. Lecco Colombo Costruzioni		DNS
	Francesca Capofitto ITA	BBQ Club		DNS
	Elisa Raspino ITA	Vittorio Alfieri		DNS
	Francesca Menichelli ITA			DNF

Setup: use a toilet-roll Shot Put · Women · Senior · Final

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Place	Athlete	Club/School	Bib no.	Result
1	Eliana Marcela Zuniga ITA	Athlon Associazione Sportiva		15.05
2	Anna Minuzzo ITA	SAF Bolzano		14.00
3	Mathilde U. Kramer 1993 · DEN	Frederiksberg IF		13.06
4	Francesca Menichelli ITA			11.50
5	Francesca Ragnetti ITA	Giovanni Scavo 2000		10.36
	Justyna Świąty-Ersetic 1992 · POL	TUWIMA Team		DNS
	Simona Conti ITA	Atletica Cairo		DNS
	Cassandra Sprenger 1973 · ITA			DNS
	Chiara Gerbaldo ITA			DNS
	Martina Giordano ITA	Atletica Run Finale		DNS
	Lisa Galluccio ITA	Atl. Lecco Colombo Costruzioni		DNS
	Elisa Vincenti Gatti ITA	Athlon Associazione Sportiva		DNS
	Silvia Cammarota ITA	Athlon Bastia		DNS
	Caviglia Gloria ITA	Atletica Cairo		DNS
	Alessia Brambilla 1985 · ITA			DNS
	Elisa Raspino ITA	Vittorio Alfieri		DNS
	Roberta Isidori ITA	Ciampino		DNS

Attempts · Setup: use a toilet-roll Shot Put · Women · Senior · Final

Place	Athlete	Attempts
1	Eliana Marcela Zuniga ITA	15.05
2	Anna Minuzzo ITA	14.00
3	Mathilde U. Kramer 1993 · DEN	x x 13.06
4	Francesca Menichelli ITA	11.50
5	Francesca Ragnetti ITA	10.36
	Justyna Świąty-Ersetic 1992 · POL	
	Simona Conti ITA	
	Cassandra Sprenger 1973 · ITA	
	Chiara Gerbaldo ITA	
	Martina Giordano ITA	
	Lisa Galluccio ITA	
	Elisa Vincenti Gatti ITA	
	Silvia Cammarota ITA	
	Caviglia Gloria ITA	
	Alessia Brambilla 1985 · ITA	
	Elisa Raspino ITA	
	Roberta Isidori ITA	

Setup: use a paper towel Javelin Throw · Women · Senior · Final

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Place	Athlete	Club/School	Bib no.	Result
1	Giulia Schiavoni ITA	Derthona Atletica		2.87
2	Paola Carlappi ITA	Atletica Piacenza		2.10
	Justyna Święty-Ersetic 1992 · POL	TUWIMA Team		DNS
	Cassandra Sprenger 1973 · ITA			DNS
	Simona Conti ITA	Atletica Cairo		DNS
	Chiara Gerbaldo ITA			DNS
	Elisa Vincenti Gatti ITA	Athlon Associazione Sportiva		DNS
	Caviglia Gloria ITA	Atletica Cairo		DNS
	Roberta Isidori ITA	Ciampino		DNS
	Pola Długosielska 2008 · POL			DNS

Attempts · Setup: use a paper towel Javelin Throw · Women · Senior · Final

Place	Athlete	Attempts
1	Giulia Schiavoni ITA	2.87
2	Paola Carlappi ITA	2.10
	Justyna Święty-Ersetic 1992 · POL	
	Cassandra Sprenger 1973 · ITA	
	Simona Conti ITA	
	Chiara Gerbaldo ITA	
	Elisa Vincenti Gatti ITA	
	Caviglia Gloria ITA	
	Roberta Isidori ITA	
	Pola Długosielska 2008 · POL	

Setup: max reps in 30 sec Push-ups · Women · Senior · Final

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Place	Athlete	Club/School	Bib no.	Result
1	Paola Carlappi ITA	Atletica Piacenza		24
	Justyna Święty-Ersetic 1992 · POL	TUWIMA Team		DNS
	Chiara Gerbaldo ITA			DNS
	Elisa Vincenti Gatti ITA	Athlon Associazione Sportiva		DNS
	Lisa Galluccio ITA	Atl. Lecco Colombo Costruzioni		DNS