



1° Grand Prix 2023-2024

Collalbo (Ritten Arena) - Collalbo

18 and 19 novembre 2023



RITTEN SPORT

13. Race Result 5000m Masch.

	Name	Cat	Club	PB	Time Info
1	wt rd	141	Paul Lenglin	SM	7:43.63
	Paul Lenglin				
	200m	20.83	(20.83)		m
	600m	56.31	(35.48)		
	1000m	1:32.88	(36.57)		
	1400m	2:09.63	(36.75)		
	1800m	2:46.23	(36.60)		
	2200m	3:22.99	(36.76)		
	2600m	3:59.89	(36.90)		
	3000m	4:37.15	(37.26)		
	3400m	5:14.38	(37.23)		
	3800m	5:51.15	(36.77)		
	4200m	6:28.59	(37.44)		
	4600m	7:06.38	(37.79)		
	5000m	7:43.63	(37.25)		

	Name	Cat	Club	PB	Time Info
2	yw bl				
					m
					m



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	Name	Cat	Club	PB	Time Info
3	wt 80 Daniel Niero	SM	AER	6:25.21	6:56.40
	rd 138 Martin Hänggi	SM			7:14.83
	Daniel Niero		Martin Hänggi		
	200m 19.93 (19.93)		200m 20.71 (20.71)		
	600m 51.56 (31.63)		600m 54.01 (33.30)		
	1000m 1:23.55 (31.99)		1000m 1:27.70 (33.69)		
	1400m 1:55.74 (32.19)		1400m 2:01.50 (33.80)		
	1800m 2:28.40 (32.66)		1800m 2:35.61 (34.11)		
	2200m 3:01.17 (32.77)		2200m 3:09.51 (33.90)		
	2600m 3:34.01 (32.84)		2600m 3:43.64 (34.13)		
	3000m 4:07.01 (33.00)		3000m 4:18.10 (34.46)		
	3400m 4:40.49 (33.48)		3400m 4:53.04 (34.94)		
	3800m 5:14.04 (33.55)		3800m 5:28.34 (35.30)		
	4200m 5:48.31 (34.27)		4200m 6:03.74 (35.40)		
	4600m 6:22.57 (34.26)		4600m 6:39.23 (35.49)		
	5000m 6:56.40 (33.83)		5000m 7:14.83 (35.60)		

	Name	Cat	Club	PB	Time Info
4	yw 137 Severin Widmer	SM			7:11.72
	bl 47 Fabio Francolini	SM	AER	6:28.81	7:05.50
	Severin Widmer		Fabio Francolini		
	200m 20.52 (20.52)		200m 20.32 (20.32)		
	600m 52.42 (31.90)		600m 52.26 (31.94)		
	1000m 1:25.40 (32.98)		1000m 1:25.24 (32.98)		
	1400m 1:58.91 (33.51)		1400m 1:57.84 (32.60)		
	1800m 2:32.44 (33.53)		1800m 2:31.06 (33.22)		
	2200m 3:06.73 (34.29)		2200m 3:05.13 (34.07)		
	2600m 3:41.20 (34.47)		2600m 3:39.34 (34.21)		
	3000m 4:16.03 (34.83)		3000m 4:13.42 (34.08)		
	3400m 4:51.12 (35.09)		3400m 4:47.62 (34.20)		
	3800m 5:26.12 (35.00)		3800m 5:21.70 (34.08)		
	4200m 6:01.22 (35.10)		4200m 5:56.04 (34.34)		
	4600m 6:36.58 (35.36)		4600m 6:30.67 (34.63)		
	5000m 7:11.72 (35.14)		5000m 7:05.50 (34.83)		