



HEAT 1

Paul Ticu
Alessio Bertollo
Alberto Sarzana
Filippo Villa
niccolò colli
Claudio Bellini
Matteo Ujka
Andrea Manzone
Elena Renata Giuffrida
Ginevra Duca
Beatrice Asdente
Arianna Garonfolo
Vittoria Mollicone
Chiarastella Leone
Greta Lanzarone
Laura Barilli

TEEN MEN/WOMEN

CrossFit Columna Lane 1
CrossFit Varese Lane 2
INDEPENDENT Lane 3
CrossFit Varese Lane 4
CrossFit 47100 Lane 5
CrossFit Castiglione Lane 6
CrossFit Porto Sant'Elpidio Lane 7
CrossFit Imperia Lane 8
Tiger Mood CrossFit Lane 9
CrossFit Suzzara Lane 10
CrossFit Imperia Lane 11
CrossFit 20020 Lane 12
INDEPENDENT Lane 13
Raider CrossFit Lane 14
Reebok CrossFit Alcamo Lane 15
CrossFit Suzzara Lane 16

WOD 1	WOD 2	WOD 3	WOD 4 (Sunday)
08:15	13:00	16:15	08:15



HEAT 2

Claudia Lussignoli
Marie Vogt
Daniela Franco
Valentina Crudi
Francesca Arena
Monica Cossu
Federica Lauda
Chiara Valentini
Sofia Cardarelli
angelica franci
Maria Elena Cono
alessandra pina
Giulia Ligi
Rachele Brambilla
Veronica Paladino
Lucia Fioroni

SCALED W

CrossFit Montichiari
CrossFit 975
INDEPENDENT
CrossFit Genova
CrossFit Bulwark
CrossFit Costa Ovest
CrossFit Darsena
CrossFit Tiburtina
CrossFit Perugia
CrossFit La Spezia
CrossFit Catania
CrossFit Erba
CrossFit 3Towers
CrossFit Bulwark
Meccanica CrossFit
INDEPENDENT

WOD 1	WOD 2	WOD 3	WOD 4 (Sunday)
08:30	13:10	16:25	08:40

Lane 1
Lane 2
Lane 3
Lane 4
Lane 5
Lane 6
Lane 7
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Lane 9
Lane 10
Lane 11
Lane 12
Lane 13
Lane 14
Lane 15
Lane 16



HEAT 3

Fatmata Dorcas Moses
Giovanna Rillosi
daniela maddaluno
Sara Carlotta Tagliacarne
Jessica Karsch
Giorgia Ciminelli
Rossana Caputo
Manuela Boffa
Giorgia Panella
SERENA BONACINA
Chiara Carboni
Luana Pistelli
Carlotta brocchetta
Ada Destri
Elena Gatto
Martina Mazzotta

SCALED W

CrossFit Marconi
CrossFit Franciacorta
CrossFit 80070 Bacoli
CrossFit SkyDome
CrossFit Ketsui
CrossFit Riccione
CrossFit Bulwark
CrossFit Alba
CrossFit Black Shark
CrossFit Treviso
CrossFit Tuscolana
CrossFit Ichnos
INDEPENDENT
CrossFit La Spezia
CrossFit Segrate
CrossFit Area 51

WOD 1	WOD 2	WOD 3	WOD 4 (Sunday)
08:45	13:20	16:35	09:05

Lane 1
Lane 2
Lane 3
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Lane 10
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Lane 13
Lane 14
Lane 15
Lane 16



HEAT 4

Giulio Scarpellini
igor talamioli
Juan Diego Cardenas Rueda
Stefano Barbieri
Emiliano Mariani
alessandro pacifici
Michael Petullà
Elia Guido Tura
Giuseppe Gervasi
Gabriele Calio
Emanuele Morana
Umberto Pareschi
Simone Senno
Andrea Caverni
Giuliano Giardini
luigi bosì

SCALED M

CrossFit Woodwork
Behave CrossFit
INDEPENDENT
CrossFit Team 059
CrossFit Carugate
Behave CrossFit
CrossFit Gallarate
CrossFit Torino
INDEPENDENT
CrossFit Legnano
Huddle CrossFit
INDEPENDENT
CrossFit Erba
CrossFit Woodwork
CrossFit Roveri
CrossFit RMG

WOD 1	WOD 2	WOD 3	WOD 4 (Sunday)
09:00	13:30	16:45	09:30

Lane 1
Lane 2
Lane 3
Lane 4
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Lane 6
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Lane 10
Lane 11
Lane 12
Lane 13
Lane 14
Lane 15
Lane 16



HEAT 5

Marius Marin
Nicola Brufani
Riccardo Ronco
Lorenzo Nocita
Federico Ammannati
Giancarlo Angelo Barresi
NIKOS TASOPOULOS
Mario Iacobelli
Stefano Magnani
Federico Di Lella
Gian Paul Valverde
gabriele riva
Niccolò Mammoliti
roberto Sanfilippo
Raffaele Romano
fabrizio mangano

SCALED M

HSL CrossFit Alessandria
CrossFit Foligno
CrossFit 783
CrossFit Erba
CrossFit Woodwork
INDEPENDENT
INDEPENDENT
CrossFit 40033
CrossFit Segrate
CrossFit Bulwark
CrossFit Segrate
CrossFit Erba
CrossFit Woodwork
Zancle Training
CrossFit 783
INDEPENDENT

Lane 1
Lane 2
Lane 3
Lane 4
Lane 5
Lane 6
Lane 7
Lane 8
Lane 9
Lane 10
Lane 11
Lane 12
Lane 13
Lane 14
Lane 15
Lane 16

WOD 1	WOD 2	WOD 3	WOD 4 (Sunday)
09:15	13:40	16:55	09:55



HEAT 6

Diego Garrone
Marco Sanson
Marco Napoletano
Maurizio Calcagno
Alessandro De Cicco
Alberto Abbate
Stefano Picariello
Glauco Zanotti
ADAM JMILI
Giulio Minafra
Emanuele Tait
Carmine Bruno
Giovanni Benenati
Jacopo Isella
Vincenzo Mirra
Gabriele Ramires

SCALED M

INDEPENDENT
INDEPENDENT
Ink and Kilos CrossFit
INDEPENDENT
HSL CrossFit Alessandria
CrossFit Be Better
CrossFit Area 51
CrossFit 3Towers
CrossFit RMG
CrossFit Carugate
CrossFit Prima Linea 20090
CrossFit Tuscolana
CrossFit 91011
CrossFit Bulwark
CrossFit 35014
CrossFit Corsico

Lane 1
Lane 2
Lane 3
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Lane 11
Lane 12
Lane 13
Lane 14
Lane 15
Lane 16

WOD 1	WOD 2	WOD 3	WOD 4 (Sunday)
09:30	13:50	17:05	10:20



HEAT 7

Angelo Padovani
Francesco Gamberini
David Usandizaga
Giuseppe Privitera
Giovanni FERRARI
germano milani
GIOVANNI CAMPANELLA
Lorenzo Marzano
Gerardo Schiatti
Lorenzo Cecchi
Marco Ciotti
Tiziano Volpato
Alfiero Meini
Gianluca Rossini
giuseppe maddaloni
luca ceccarini

MASTER 50+ M

NPP Cross Training System
CrossFit Team 059
CrossFit Bellum
CrossFit Etna
Reebok CrossFit Parma
CrossFit Castiglione
CrossFit Meda
11K CrossFit
CrossFit Bicocca
CrossFit Firenze
CrossFit Darsena
CrossFit Adamantio
CrossFit Firenze
CrossFit Team 059
CrossFit Sesia
CrossFit Livorno

Lane 1
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Lane 10
Lane 11
Lane 12
Lane 13
Lane 14
Lane 15
Lane 16

WOD 1	WOD 2	WOD 3	WOD 4 (Sunday)
09:45	14:00	17:15	10:45



HEAT 8

beatrice cardarelli
Sandra Kriechbaum
Francesca Vigneri
Roberta Penazzi
chiara giorgi
Sara Pedrini
Barbara Bardina
TANIA MORA
Nicole Reichmuth
Michela Costa-Watt
Suzanne Grima
Susanna Petroni
Gabriela Schmidlin

MASTER 45+/50+ W

CrossFit Sabina
CrossFit VÄ¶cklabruck
CrossFit 35014
CrossFit Lugo
CrossFit Be Better
Seven Stars CrossFit
INDEPENDENT
CrossFit Suzzara
WILD CARD
INDEPENDENT
INDEPENDENT
AUDAX A.S.D.
CrossFit Basel

WOD 1	WOD 2	WOD 3	WOD 4 (Sunday)
10:00	14:10	17:25	11:10

Lane 1
Lane 2
Lane 3
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Lane 10
Lane 11
Lane 12
Lane 13



HEAT 9

Italo Trentonzi
Pierbruno Pasotti
LUCA cornali
Andrea Marenzi
gianni colli
Davide Bernini
Ricky Azzaroni
Cristiano Cabiati
Manuel Cappellacci
gianluca supino
Andrea Rubei
Sergio Pancotti
Matteo Cuomo
Marco Gunnella
Angelo Segreto
GABRIELE ZAULI

MASTER 45+ M

CrossFit Recco
H2O CrossFit
Sly Team CrossFit
CrossFit Team 059
CrossFit 47100
INDEPENDENT
StrongWall CrossFit
Meccanica CrossFit
CrossFit 753aC
CrossFit Be Better
INDEPENDENT
CrossFit Be Better
CrossFit Bicocca
CrossFit Road
HSL CrossFit Alessandria
CrossFit Lucca

WOD 1	WOD 2	WOD 3	WOD 4 (Sunday)
10:15	14:20	17:35	11:35

Lane 1
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Lane 13
Lane 14
Lane 15
Lane 16



HEAT 10

Stefania Cazzaniga
Ola Wiacek
Giorgia Donato
cinzia pecoraro
Francesca Ratto
denis bastoni
Barbara Macaluso
Michela Amodei
Micaela Desiato
Meggi Pavlidis WInd
Katarzyna Wojtas
ELISA De Anna
Janique Avanthay
Marta Bianchi
Andreea Banica

MASTER 40+ W

CrossFit Gangsta Cantù
Reebok CrossFit 3D
CrossFit Bicocca
CrossFit Black Fox
CrossFit Alba
CrossFit Modena
CrossFit Pavia
CrossFit 47100
CrossFit Team 059
CrossFit LB
INDEPENDENT
Meccanica CrossFit
CrossFit Riviera
Myland CrossFit
CrossFit Columna

WOD 1	WOD 2	WOD 3	WOD 4 (Sunday)
10:30	14:30	17:45	12:00

Lane 1
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Lane 12
Lane 13
Lane 14
Lane 15



HEAT 11

Stefano Camanni
Roberto Ligato
Michael Angelo Mulders
Matteo Vincenzi
Aldo Domenici
Alessandro Perin
giovanni montuori
sergio professione
Giuliano Sala
IGNACIO PEREZ
Andrea Finali
ALESSIO SBANO
Gabriel Stange
Matteo Di Cicco
Giuseppe Ciotti
Sandro Zuppiroli

MASTER 40+ M

CrossFit Sempione Lane 1
CrossFit Lucca Lane 2
Powerbox Amsterdam Lane 3
NPP Cross Training System Lane 4
INDEPENDENT Lane 5
CrossFit Blindo Sbarra Lane 6
CrossFit Pietrasanta Lane 7
INDEPENDENT Lane 8
CrossFit Monza Lane 9
CrossFit Bellum Lane 10
CrossFit Team 059 Lane 11
CrossFit Roveri Lane 12
CrossFit Genova Lane 13
CrossFit Bullams Lane 14
Reebok CrossFit Alcamo Lane 15
CrossFit San Lazzaro Lane 16

WOD 1	WOD 2	WOD 3	WOD 4 (Sunday)
10:45	14:40	17:55	12:25



HEAT 12

Sara Fallaha
chiara Longhi
Lorenza Franciosi
Sheila Alonso
Valentina Ortu
Alessandra Maffoni
Denisa Zancaner
MARTINA SIFFREDI
Manuela Steiner
Anna Rybak
silvia vigorelli
nadia guida
Stefania De Feo
Nadeshda Tietjen

MASTER 35+ W

CrossFit Team 059
CrossFit Grosseto
CrossFit Be Better
INDEPENDENT
CrossFit Ichnos
CrossFit Rubiera
CrossFit Varese
CrossFit Imperia
CrossFit Convalis
CrossFit Lucca
CrossFit Bullams
INDEPENDENT
Leonessa CrossFit
CrossFit HÅ||lental

WOD 1	WOD 2	WOD 3	WOD 4 (Sunday)
11:00	14:50	18:05	12:50

Lane 1
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Lane 11
Lane 12
Lane 13
Lane 14



HEAT 13

Cecilia Basaglia
Martina Volpi
Ludovica Ghetti
Alice Visconti
Vittoria Tomasi
Lara Oldani
Simona Piovanelli
chiara magalotti
cecilia fererro
Lucrezia Siri
Matilde Rossini
francesca sapienza
guerne Veronique
Valentina Cesaroni
Sara Butta

RX W

CrossFit Riccione
CrossFit Clubhouse
CrossFit Adventus
CrossFit Varese
CrossFit Be Better
CrossFit Lago Maggiore
CrossFit Be Better
CrossFit Peak29
INDEPENDENT
RedField CrossFit
CrossFit Team 059
CrossFit Livorno
CrossFit 975
CrossFit Barbellbridge
CrossFit GangSta Cantù

WOD 1	WOD 2	WOD 3	WOD 4 (Sunday)
11:15	15:00	18:15	13:15

Lane 1
Lane 2
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Lane 12
Lane 13
Lane 14
Lane 15



HEAT 14

Marta Boscolo
Matilde Orlandoni
Gloria Vittoria Bertolio
Elisa Mariani
Laura Macciò
Jessica Stigliani
Silvia Andraghetti
Michela Rossetto
Federica Di Giacomo
Paola Tanushi
Alexandra Ojog
Marianna Caspiati
Jessica Zamar
Chiara Rota

RX W

WILD CARD Lane 2
WILD CARD Lane 3
CrossFit Lago Maggiore Lane 4
Seven Stars CrossFit Lane 5
CrossFit Kasteddu Lane 6
INDEPENDENT Lane 7
CrossFit RMG Lane 8
CrossFit San DonÃ Lane 9
CrossFit 25100 Lane 10
H2O CrossFit Lane 11
CrossFit Columna Lane 12
CrossFit Adamantio Lane 13
CrossFit Gorizia Lane 14
INDEPENDENT Lane 15

WOD 1	WOD 2	WOD 3	WOD 4 (Sunday)
11:30	15:10	18:25	13:40



HEAT 15

Alessandro Martino
Enrico Camatel
Francesco Fossella
Antonio Rubbino
Tullio Sorgi
Michele Gardini
Vincenzo Di Meo
Alessandro Chiarolanza
GIUSEPPE DICARLO
ivan Fratino
Andrea Coronelli
Matteo Piran
Emanuele Biasetti
johan tokkie
Luca Gnecco
Girelli Giuseppe

MASTER 35+ M

CrossFit Be Better Lane 1
Rebels Biella Lane 2
CrossFit Olona Lane 3
Tiger Mood CrossFit Lane 4
CrossFit Be Better Lane 5
Reebok CrossFit Ravenna Lane 6
CrossFit 80070 Bacoli Lane 7
CrossFit Tower Lane 8
CrossFit HC Lane 9
CrossFit Venkon Lane 10
INDEPENDENT Lane 11
CrossFit Pavia Lane 12
INDEPENDENT Lane 13
INDEPENDENT Lane 14
Raider CrossFit Lane 15
HeavyTools CrossFit Lane 16

WOD 1 WOD 2 WOD 3 WOD 4 (Sunday)

11:45 15:20 18:35 14:05

**HEAT 16**

Alessandro Donadoni
Marco Red
Lorenzo Ferrari
Rommel Picon
Edoardo Nizzoli
Gabriele Franceschetti
Gabriele Viola
Alessandro Verrucci
Tommaso Truppo
Daniele Grazioli
Giuseppe Marzano
matteo pinazzi
amedeo pisciotta
Bruno IMBIMBO
Sandro De Cinti
Emanuele Cesti

RX M

INDEPENDENT
Meccanica CrossFit
CrossFit Segrate
CrossFit Mjollnir
CrossFit Adventus
CrossFit GangSta Cantù
H2O CrossFit
CrossFit Porto Sant'Elpidio
CrossFit BMH
CrossFit SkyDome
CrossFit Firenze
Reebok CrossFit Officine
INDEPENDENT
CrossFit 00144
CrossFit Area 51
INDEPENDENT

WOD 1	WOD 2	WOD 3	WOD 4 (Sunday)
12:00	15:30	18:45	14:30

Lane 1
Lane 2
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Lane 12
Lane 13
Lane 14
Lane 15
Lane 16



HEAT 17

Giuseppe Ferraro
Mario Mongiovi
Matteo Calzuola
Pietro Giacalone
Thomas Renda
Dejan Petrovic
Roberto Allievi
Daniele Simonelli
Michele Ferrari
Nicola Prudenziato
Ionut Trandafir
Giovanni Vernile
Simone Abelli
Cristian Rechichi
Daniele Camplani
Leonardo Migot

RX M

CrossFit Bovalino Lane 1
Reebok CrossFit Alcamo Lane 2
INDEPENDENT Lane 3
CrossFit Adamantio Lane 4
CrossFit Bareggio Lane 5
CrossFit Bas-Celik Lane 6
CrossFit Bulwark Lane 7
H2O CrossFit Lane 8
Leonessa CrossFit Lane 9
CrossFit 7987 Lane 10
CrossFit Columna Lane 11
CrossFit 268 Lane 12
CrossFit Extrema Ratio Lane 13
CrossFit Palmi Lane 14
Leonessa CrossFit Lane 15
CrossFit M1 Lane 16

WOD 1	WOD 2	WOD 3	WOD 4 (Sunday)
12:15	15:40	18:55	14:55



HEAT 18

Nicola Bonura
Fabio Botteghi
Andrea Ferrero
elia mischiatti
Christian Codemo
Carlo Papalia
augusto gesso
Aurelio Lodetti
Marwan Bedrush
Federico Giovannini
nicolò maghini
giuseppe santucci
Stefano Carosso
francesco fiacchi
Lorenzo Consonni
Roberto catalini

RX M

WILD CARD Lane 1
CrossFit Riccione Lane 2
CrossFit Lago Maggiore Lane 3
CrossFit 7987 Lane 4
CrossFit GVA Lane 5
CrossFit Bergamo Lane 6
CrossFit Imperia Lane 7
INDEPENDENT Lane 8
CrossFit M1 Lane 9
CrossFit MÃ©gara Lane 10
Seven Stars CrossFit Lane 11
Seven Stars CrossFit Lane 12
Huddle CrossFit Lane 13
CrossFit Team 059 Lane 14
CrossFit Legnano Lane 15
CrossFit San Benedetto del Tronto Lane 16

WOD 1 WOD 2 WOD 3 WOD 4 (Sunday)

12:30 15:50 19:05 15:20