

# Valsir Mountain Running World Cup 2022

## LONG - FINAL RESULTS

					Country:	IRL	POR	ITA	SUI	PER	ITA	ESP	ESP		
					label:	silver	silver	gold	gold	silver	gold	gold	gold		
					discipline:	long	long	long	long	long	long	long	long		
	Name	gen.	YOB	nat.	1	3	7	9	10	12	13	16	Total	long	
1	<a href="#">Lucy MURIGI WAMBUJ</a>	F	1985	KEN			40	<del>18</del>		20		50	110		
2	<a href="#">Joyce MUTHONI NJERU</a>	F	1997	KEN						40	50		90		
3	<a href="#">Camilla MAGLIANO</a>	F	1985	ITA				<del>2</del>		18	40	30	88		
4	Elisa DESCO	F	1982	ITA			50						50		
	Esther CHESANG	F	1994	KEN				50					50		
	<a href="#">Andrea MAYR</a>	F	1979	AUT						50			50		
7	Maude MATHYS	F	1987	SUI				40					40		
	Oihana KORTAZAR ARANZETA	F	1984	ESP								40	40		
9	Leire FERNÁNDEZ ABETE	F	1998	ESP							20	18	38		
10	Charlotte COTTON	F	1981	BEL							10	25	35		
11	Hilary GERARDI	F	1986	USA			30						30		
	Philiaries KISANG	F	1996	KEN				30					30		
	Lauren GREGORY	F	1999	USA						30			30		
	Laia MONTOYA GARCÍA	F	2001	ESP							30		30		
15	Chiara GIOVANDO	F	1979	ITA			25						25		
	Teresiah OMOSA KWAMBOKA	F	1995	KEN				25					25		
	Monica Madalina FLOREA	F	1993	ROU						25			25		
	Julia FONT GOMEZ	F	1994	ESP							25		25		
19	Olivia AMBER	F	1995	USA	20								20		
	Sandra FERREIRA	F		POR		20							20		
	Giulia COMPAGNONI	F	1996	ITA			20						20		
	Sarah McCORMACK	F	1986	IRL				20					20		
	Katia Maraus SULLCA AMATA	F		PER					20				20		
	Ainara URIBARRI MARTINEZ	F	1997	ESP								20	20		
25	Ingrid MUTTER	F	1992	ROU			18						18		
	Bailey KOWALCZYK	F	1995	USA				18					18		
	Ainara ALCUAZ RODRÍGUEZ	F	1998	ESP							18		18		
28	Kathryn O'REGAN	F	1985	USA	17								17		
	Andreia CORREIA	F		POR		17							17		
	Trinidad ORTIZ AGUIRRE	F		PER					17				17		
31	Martina CHIALVO	F	1998	ITA			16						16		
	Alice GAGGI	F	1987	ITA						16			16		
	Maria F. MILANESI BLANCO	F	1990	ARG							16		16		
	KORTAJARENA	F	1986	ESP								16	16		
35	Sarah BRADY	F	1989	IRL	14								14		
	Patrícia RIBEIRO	F		POR		14							14		
	Camila SPAGNOL	F	1989	ITA			14						14		
	Nuria GIL CLAPER	F	1991	ESP				14					14		
	Sofia CHIRINOS QUISPE	F		PER					14				14		
	Hana ŠVESTAKOVA Stružková	F	1983	CZE						14			14		
	Sarah UGARTE MIRANDA	F	1986	ESP							14		14		

	Leire JAEN ALONSO	F	1996	ESP								14	14
43	Rebecca HORMANN	F	1996	GBR	12								12
	Marlene FERREIRA	F		POR		12							12
	Martina BILORA	F	1998	ITA			12						12
	Sara ALONSO	F	1999	ESP				12					12
	Elizabet SERRANO SORIA	F		PER					12				12
	Arianna DENTIS	F	2000	ITA						12			12
	Isabel VARELA TORRE	F	1995	ESP							12		12
	Marina GONZALEZ BURGOS	F	1991	ESP								12	12
51	Maeve MAHER-MCW.	F	1986	IRL	10								10
	Carol PEREIRA	F		POR		10							10
	Alessandra OLIVI	F	1991	ITA			10						10
	Tabor SCHOLL	F	1997	USA				10					10
	Ruth Carola BELLIDO AYME	F		PER					10				10
	Beatrice BIANCHI	F	1998	ITA						10			10
	M <sup>a</sup> PILAR PRADES ALQUEZAR	F	1970	ESP								10	10
58	Susan OSTANO	F	1989	ITA			8						8
	Sally JEPKOSGEI	F	1994	KEN				8					8
	Adéla STRÁNSKÁ	F	1991	CZE						8			8
	Aina SISCART SERRA	F	1997	ESP							8		8
	Nerea URTEAGA SORAZU	F	2003	ESP								8	8
63	Lean NI CHIOBHAIN	F	1984	IRL	7								7
	Sandra ARRIBANÇA	F		POR		7							7
	Annabelle BOUCHARD	F		CAN					7				7
66	Chiara BERERA	F		ITA			6						6
	Patricia PINEDA CORNEJO	F	1992	ESP				6					6
	Lucie MARSANOVA	F	1990	CZE						6			6
	Carolina DIEZ QUIJANO	F	1985	ESP							6		6
	Naroa URIA OLAIZOLA	F	1996	ESP								6	6
71	Karen WILTON	F	1972	GBR	5								5
	Ana PASCOAL	F		POR		5							5
	Katty GUZMAN	F		COL					5				5
74	Ruth CANDON	F	1987	IRL	4								4
	Clara CHAVES	F		POR		4							4
	Guendalina SIBONA	F		ITA			4						4
	Mathilde SAGNES	F	1995	FRA				4					4
	Thalia Marina LLALLA VIDAL	F		PER					4				4
	Maddalena SOMA'	F	2001	ITA						4			4
	Libe LAFUENTE	F	1986	ESP							4		4
	Leire OLAZABAL URZURIAGA	F	1997	ESP								4	4
82	Fiona HOGG	F	1981	IRL	3								3
	Ana RANGEL	F		POR		3							3
	Maribel ELIAS	F		PER					3				3
85	Eimear O'BRIEN	F	1983	IRL	2								2
	Alice FRANÇA	F		POR		2							2
	Francesca CRIPPA	F		ITA			2						2
	Ana Claudia CHACÓN CÁCERES	F		PER					2				2
	Angela SERENA	F	1977	ITA						2			2
	Sara CASES DILOY	F	1989	ESP							2		2
	Rosa URIBE NAVARRO	F	1971	ESP								2	2
92	Sabrina AMATO	F		ITA			1						1

	Julie ROUX	F	1993	FRA				1				1
	Chiara BARESI	F	1990	ITA					1			1
	Muskilda MARTINEZ DE LIZARRON	F	1982	ESP						1		1
	Olatz MANUEL EZENARRO	F	1981	ESP							1	1
1	<a href="#">Petro MAMU SHAKU</a>	M	1985	ERI			50	25		30		105
2	Robert LOIC	M	1999	FRA						50	50	100
3	<a href="#">Philemon KIRIAGO OMBOGO</a>	M	2002	KEN			18		40	40		98
4	<a href="#">Patrik KIPNGENO</a>	M	1993	KEN			30		50			80
5	Raúl CRIADO SÁNCHEZ	M	1995	ESP			6		<del>4</del>	30	40	76
6	Mark KANGOGO	M	1989	KEN			50					50
7	Andreu BLANES REIG	M	1991	ESP			40		10			50
8	Cristian MINOGGIO	M	1984	ITA			40					40
9	Mattia GIANOLA	M	1992	ITA			30					30
	Hassan AIT CHAU	M	1977	ESP							30	30
11	Lorenzo BELTRAMI	M	1995	ITA			25					25
	Timotej BEČAN	M	1996	SLO					25			25
	Antonio MARTÍNEZ PÉREZ	M	1991	ESP						25		25
	Borja FERNANDEZ FERNANDEZ	M	1983	ESP							25	25
15	Ondřej FEJFAR	M	1989	CZE					6	16		22
16	Ruairi LONG	M	1999	IRL	20							20
17	Germano FIGUEIRA	M		POR		20						20
	Andrea ROTA	M	2000	ITA			20					20
	Kilian JORNET	M	1987	ESP				20				20
	José Manuel QUISPE MALLMA	M		PER				20				20
	Henri AYMONOD	M	1996	ITA					20			20
	Noel BURGOS GÓMEZ	M	1996	ESP						20		20
	Asier LABAIRU DOMINGUEZ	M	1966	ESP							20	20
24	Santiago NAVARRO SANTAMARÍA	M	1983	ESP						1	18	19
25	Jean Baptiste SIMUKEKA	M	1983	RWA			18					18
	Daniel CURTS	M	1996	USA					18			18
	Baptiste BRINGUIER	M	1999	FRA						18		18
28	Paddy O'LEARY	M	1987	IRL	17							17
	Ricardo RODRIGUES	M		POR		17						17
	Joshep MAMANI PALOMINO	M		PER					17			17
31	Sergio BONALDI	M	1978	ITA			16					16
	Robert PKEMOI	M	1994	KEN				16				16
	Théodore KLEIN	M	1994	FRA						16		16
	Amets ARAMBERRI OTEGUI	M	1997	ESP							16	16
35	Shaun STEWART	M	1984	IRL	14							14
	Alexandre BLASQUES	M		POR		14						14
	Daniel ANTONIOLI	M	1982	ITA			14					14
	Daniel OSANZ LABORDA	M	1998	ESP				14				14
	Néstor QUISPE ORTIZ	M		PER					14			14
	Luca MERLI	M	2000	ITA						14		14
	Guillermo ALBERT LIZANDRA	M	1996	ESP						14		14
	Pablo GONZALEZ MARTINEZ	M	2000	ESP							14	14
43	Conall WHELAN	M	1998	IRL	12							12
	João RODRIGUES	M		POR		12						12
	Luca DEL PERO	M	1997	ITA			12					12

	Rémi BONNET	M	1995	SUI				12				12
	Octavio CHIRI CHAMANA	M		PER					12			12
	Marco FILOSI	M	1995	ITA						12		12
	Alex GARCIA CARRILLO	M	1992	ESP							12	12
	Peio ARRILLAGA MURELAGA	M	1988	ESP							12	12
51	Matthew MCCONNELL	M	1998	IRL	10							10
	Antonio AMORIM	M		POR		10						10
	<a href="#">Lengen LOLKURRARU</a>	M	1990	KEN			10					10
	Robbie SIMPSON	M	1991	GBR				10				10
	Juan Carlos ROJAS CISNEROS	M		PER					10			10
	Ion SOLA TORRALBA	M	1984	ESP						10		10
	Iban IRIONDO URANGA	M	1984	ESP							10	10
58	Luca ARRIGONI	M	1981	ITA			8					8
	Dominik ROLLI	M	1996	SUI				8				8
	Eric Muthomi RIUNGU	M	1990	KEN					8			8
	Paul IRATZOQUY	M	1995	FRA						8		8
	Alexander UNZUETA ORMAECHEA	M	1991	ESP							8	8
63	Aidan MCMORELAND	M	1980	IRL	7							7
	Igor LYSYI	M		POR		7						7
	Diomedes DURAND ILLANES	M		PER					7			7
66	Anthony FELBER	M	1996	FRA				6				6
	Aitor BLANCO	M	1996	ESP						6		6
	Unai ZIALTZETA MENDIZABAL	M	1992	ESP							6	6
69	Conor GREENAN	M	1989	IRL	5							5
	Fred KALAHARI	M		POR		5						5
	Mariano BACALLA CALONGOS	M		PER					5			5
72	Mamraz NAGI	M	1978	IRL	4							4
	Frank FRITSCHÉ	M		POR		4						4
	Mattia BERTONCINI	M	1998	ITA			4					4
	Sylvian CACHARD	M	1998	FRA				4				4
	Luis FLOREZ GOMEZ	M		PER					4			4
	Julen CALVÓ VIGARA	M	1995	ESP						4		4
	Donato LUIS ANTA	M	1979	ESP							4	4
79	Fabio BALTIERI	M	1984	IRL	3							3
	Alfredo PENICHE	M		POR		3						3
	Santos CCASANI DAVALOS	M		PER					3			3
82	Peter PURCELL	M	1991	IRL	2							2
	Nuno PAIVA	M		POR		2						2
	Danilo BRAMBILLA	M	1991	ITA			2					2
	Francesco PUPPI	M	1992	ITA				2				2
	Luis Felipe DELGADO MEJÍA	M		COL					2			2
	Miran CVET	M	1968	SLO						2		2
	Aimar AZPIROZ	M	2002	ESP							2	2
	Fernando MONTES FERNANDEZ	M	1989	ESP							2	2
90	Ionuț ZINCA ALIN	M	1983	ROU			1					1
	Daniel PATTIS	M	1998	ITA				1				1
	Alric PETIT	M	2001	FRA						1		1
	Josu ANSOLA SASIAIN	M	1989	ESP							1	1

**Extract from the World Cup 2022 Regulations (items 5.4, 5.5 and 5.7)**

→ The overall WORLD CUP results will be calculated from athletes' **best 6 race results**.

→ The category WORLD CUP results will be calculated from athletes' **best 3 race results in that single category**

→ Scoring:

World Cup races / Place:	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.	11.	12.	13.	14.	15.
<b>Gold label points:</b>	50	40	30	25	20	18	16	14	12	10	8	6	4	2	1
<b>Silver label points</b>	20	17	14	12	10	7	5	4	3	2	-	-	-	-	-

	date	race name	venue	country	disc.	label
1	21. May	<b>Seven Sisters Skyline</b>	Dunlewey, Donegal	IRL	Long	Silver
2	19. June	<b>2. Montemuro Vertical Run</b>	Castro Daire	POR	Classic	Gold
3	3. July	<b>One Hundred Douro-Paiva</b>	Cinfaes	POR	Long	Silver
4	10. July	<b>22. Grossglockner Berglauf TBC</b>	Heiligenblut	AUT	Classic	Gold
5	16. July	<b>La Montée du Nid d'Aigle</b>	St Gervais	FRA	Classic	Gold
6	30. July	<b>Giir di Mont Uphill</b>	Premana	ITA	Classic	Silver
7	31. July	<b>Giir di Mont</b>	Premana	ITA	Short Up	Gold
8	07. Aug.	<b>Krkonosky half marathon</b>	Jasnke Lazne	CZE	Long	Gold
9	13. Aug.	<b>Sierre-Zinal</b>	Zinal	SUI	Long	Gold
10	25. Aug.	<b>Andes Race</b>	Cusco	PER	Long	Silver
11	3. Sept.	<b>7. Vertical Nasego</b>	Nasego	ITA	Short Up	Gold
12	4. Sept.	<b>21. Trofeo Nasego</b>	Nasego	ITA	Classic	Gold
13	9. Sept.	<b>Canfranc - Canfranc</b>	Canfranc-Estacion	ESP	Short Up	Gold
14	11. Sept.	<b>Canfranc - Canfranc</b>	Canfranc-Estacion	ESP	Classic	Gold
15	1. Oct.	<b>43. Smarna Gora Race</b>	Ljubljana	SLO	Classic	Silver
16	2. Oct.	<b>12. Zumaia flysch trail mendi maratoina</b>	Zumaia-Gipuzkoa	ESP	Long	Gold
17	8. Oct.	<b>23. Kilometro Verticale Chiavenna-Lagunc</b>	Chiavenna	ITA	Short Up	Gold