

CLASSIFICA ASSOLUTA

IL GIRO DELL'OCARO

POFI (FR) - 12/11/2023
GARA PODISTICA DI KM. 10

DAL SITO WWW.AZPODISMO.IT - IL SITO DI ANDREA ZACCARI

POS.	NUM.	M/F	COGNOME	NOME	SOCIETA'	ANNO	CAT.	TEMPO	MEDIA/KM	DISTACCO
1	172		PRUNERI	DAVIDE	RUNCARD	1996	SM23	00:33:58	3.24	
2	101		PALLAGROSI	ADRIANO	A.S.D. LIRI RUNNERS	1987	SM35	00:34:39	3.28	00:00:41
3	1		DI CICCIO	ANTONELLO	POL. ATLETICA CEPRANO	1983	SM40	00:35:07	3.31	00:01:09
4	4		DE MARCHIS	TOMMASO	PODISTICA AVIS PRIVERNO	1994	SM23	00:35:16	3.32	00:01:18
5	184		GALLUCCI	ENRICO	CASTRO RUNNING	1997	SM23	00:36:33	3.39	00:02:35
6	128		MORETTI	CLAUDIO	POL. ATLETICA CEPRANO	1981	SM40	00:36:36	3.40	00:02:38
7	51		CERELLI	FEDERICO	ATLETICA CECCANO	1994	SM23	00:36:42	3.40	00:02:44
8	126		FERRANTE CARRANTE	MAURIZIO	POL. ATLETICA CEPRANO	1968	SM55	00:36:57	3.42	00:02:59
9	52		COLAPIETRO	FILIPPO	ATLETICA CECCANO	1981	SM40	00:37:11	3.43	00:03:13
10	2		CAPUANI	MARIO	ATLETICA VENAFRO	1980	SM40	00:37:30	3.45	00:03:32
11	156		MATTACOLA	GIANNI	POL. CIOCIARA ANTONIO FAVA	1962	SM60	00:37:34	3.45	00:03:36
12	85		MARTELLUZZI	ALESSANDRO	ENDURANCE TRAINING	1978	SM45	00:37:44	3.46	00:03:46
13	180		STIRPE	MAURO	ERNICA VEROLI	1986	SM35	00:37:52	3.47	00:03:54
14	24		FABRIZI	SIMONE	ERNICA VEROLI	1994	SM23	00:37:58	3.48	00:04:00
15	3	F	COCCO	CARLA	A.S.D. FROSINONE SPORT	1987	SF35	00:38:08	3.49	00:04:10
16	124		DE FILIPPO	FABIO	POL. ATLETICA CEPRANO	1987	SM35	00:38:32	3.51	00:04:34
17	42		TALLINI	ALESSIO	TORRICE RUNNERS	1991	SM23	00:38:34	3.51	00:04:36
18	37		MERLETTI	GIANMARCO	RUNNERS TEAM FERENTINO	1997	SM23	00:38:36	3.52	00:04:38
19	100		BUTTARAZZI	ANDREA	ISOLA SACRA A.S.C.D.	1979	SM40	00:39:21	3.56	00:05:23
20	140		ALONZI	ANDREA	POL. CIOCIARA ANTONIO FAVA	2003	M16-22	00:39:55	4.00	00:05:57
21	82		FROCIONE	PIETRO	ENDURANCE TRAINING	1974	SM45	00:40:00	4.00	00:06:02
22	61		MILANO	PEPPINO	ATLETICA CECCANO	1969	SM50	00:40:02	4.00	00:06:04
23	7		BERARDI	VALERIO	ASD POFISPORTIVA	2002	M16-22	00:40:02	4.00	00:06:04
24	105		ROSSINI	MICHELE	A.S.D. LIRI RUNNERS	1968	SM55	00:40:06	4.01	00:06:08
25	116		PERONTI	MARCELLO	ASD OLIMPIA LAZIO	1973	SM50	00:40:08	4.01	00:06:10
26	29		RAMUNDO	SALVATORE FAUSTO	A.S.D. FROSINONE SPORT	1970	SM50	00:40:12	4.01	00:06:14
27	54		IACOBONI	GIUSEPPE	ATLETICA CECCANO	1985	SM35	00:40:37	4.04	00:06:39
28	112		D'AMBROSIO	DANILO	ASD OLIMPIA LAZIO	1973	SM50	00:40:42	4.04	00:06:44
29	26	F	SCACCIA	ALESSANDRA	A.S.D. FROSINONE SPORT	1972	SF50	00:40:51	4.05	00:06:53
30	75		ANTICOLI	PAOLO	ENDURANCE TRAINING	1980	SM40	00:40:52	4.05	00:06:54
31	164		SPIRIDIGLIOZZI	ANGELO	POL. CIOCIARA ANTONIO FAVA	1968	SM55	00:40:54	4.05	00:06:56
32	96		GERMENIA	STEFANO	ERNICA VEROLI	1969	SM50	00:40:59	4.06	00:07:01
33	30		REALI	ALFREDO	A.S.D. FROSINONE SPORT	1988	SM35	00:41:18	4.08	00:07:20
34	28		LUNGH	ALESSANDRO	A.S.D. FROSINONE SPORT	1980	SM40	00:41:19	4.08	00:07:21
35	62		PANECALDO	FELICE	ATLETICA CECCANO	1978	SM45	00:41:23	4.08	00:07:25
36	158		PARISI	MAGNO ROBERTO	POL. CIOCIARA ANTONIO FAVA	1961	SM60	00:41:40	4.10	00:07:42
37	176		LEON	FABRIZIO	RUNCARD	1988	SM35	00:41:56	4.12	00:07:58
38	177		GUARCINI	LUCA	LIBERO	1976	SM45	00:42:19	4.14	00:08:21
39	32	F	ANDREOLI	ROBERTA	PODISTICA AVIS PRIVERNO	1982	SF40	00:42:21	4.14	00:08:23
40	70		DE PAOLIS	ALESSIO	CASTRO RUNNING	1994	SM23	00:42:23	4.14	00:08:25
41	122		CECCACCI	SANDRO	POL. ATLETICA CEPRANO	1970	SM50	00:42:27	4.15	00:08:29
42	8		BRESCIANI	GIUSEPPE	ASD POFISPORTIVA	1982	SM40	00:42:35	4.16	00:08:37
43	43		DI VITO	DANIELE	ASD ATL.CITTA' DEI PAPI ANAGNI	1985	SM35	00:42:36	4.16	00:08:38
44	173		SPINELLI	DARIO	RUNCARD	1995	SM23	00:43:44	4.22	00:09:46
45	148		DI PALMA	AGOSTINO	POL. CIOCIARA ANTONIO FAVA	1956	SM65	00:43:44	4.22	00:09:46
46	141		BAGLIO	MATTEO	POL. CIOCIARA ANTONIO FAVA	1990	SM23	00:43:48	4.23	00:09:50
47	147	F	DI MAURO	SIMONA	POL. CIOCIARA ANTONIO FAVA	1970	SF50	00:43:49	4.23	00:09:51
48	162		PULCINELLI	FABRIZIO	POL. CIOCIARA ANTONIO FAVA	1968	SM55	00:43:53	4.23	00:09:55
49	31		GIOVANNINI	VINCENZO	A.S.D. PODISTICA APRILIA	1964	SM55	00:44:02	4.24	00:10:04
50	14		SAVO	GIUSEPPE	AICS COMITATO DI FROSINONE	1979	SM40	00:44:05	4.25	00:10:07
51	121		BRUNI	DANILO	POL. ATLETICA CEPRANO	1983	SM40	00:44:25	4.27	00:10:27
52	171		PISANI	MAURO	RUNCARD	1971	SM50	00:44:57	4.30	00:10:59
53	71		PORCARO	ANTONIO	CASTRO RUNNING	1990	SM23	00:45:01	4.30	00:11:03
54	60		MATTONE	VINCENZO	ATLETICA CECCANO	1964	SM55	00:45:08	4.31	00:11:10
55	90		SACCO	GIAMPIERO	ENDURANCE TRAINING	1970	SM50	00:45:11	4.31	00:11:13
56	88		PIRANDELLO	ATTILIO	ENDURANCE TRAINING	1967	SM55	00:45:11	4.31	00:11:13
57	95		VETTRAINO	MICHELE	ENDURANCE TRAINING	2006	M16-22	00:45:11	4.31	00:11:13
58	107		BERNARDO	REMO	NUOVA ATLETICA ISERNIA	1966	SM55	00:45:21	4.32	00:11:23
59	46		FOLCARELLI	PIERLUIGI	ATLETICA ARCE	1987	SM35	00:45:24	4.32	00:11:26
60	183		PATRIZI	FABIO	ERNICA VEROLI	1983	SM40	00:45:35	4.34	00:11:37
61	127		FIORE	EMILIANO	POL. ATLETICA CEPRANO	1977	SM45	00:45:39	4.34	00:11:41
62	152		FIORINI	FELICE	POL. CIOCIARA ANTONIO FAVA	1957	SM65	00:45:47	4.35	00:11:49
63	40		SCACCIA	FILIPPO	TORRICE RUNNERS	2005	M16-22	00:46:04	4.36	00:12:06
64	68		CRISTOFANILLI	MICHELE	CASTRO RUNNING	1977	SM45	00:46:15	4.38	00:12:17
65	33		SARRACINO	FRANCO	PODISTICA SOLIDARIETA'	1962	SM60	00:46:18	4.38	00:12:20

66	159		PERNA	ANTONIO	POL. CIOCIARA ANTONIO FAVA	1975	SM45	00:46:22	4.38	00:12:24
67	78	F	CECCARELLI	CLAUDIA	ENDURANCE TRAINING	1987	SF35	00:46:29	4.39	00:12:31
68	181		TERENZI	BENEDETTO	ATLETICA CECCANO	1957	SM65	00:46:29	4.39	00:12:31
69	94		SCACCIA	VALERIO	ENDURANCE TRAINING	1982	SM40	00:46:42	4.40	00:12:44
70	91	F	SALIMEI	ELISABETTA	ENDURANCE TRAINING	1971	SF50	00:46:44	4.40	00:12:46
71	83	F	LANNI	SONIA	ENDURANCE TRAINING	1973	SF50	00:46:48	4.41	00:12:50
72	114		DI MANNO	GIULIO CESARE	ASD OLIMPIA LAZIO	1967	SM55	00:46:54	4.41	00:12:56
73	165		VIATTI	ROCCO	POL. CIOCIARA ANTONIO FAVA	1968	SM55	00:47:15	4.44	00:13:17
74	145		COZZOLINO	ANTONIO	POL. CIOCIARA ANTONIO FAVA	1964	SM55	00:47:23	4.44	00:13:25
75	35		CIANGOLA	EMANUELE	RUNNERS TEAM FERENTINO	1976	SM45	00:47:25	4.45	00:13:27
76	132	F	PINCHERA	ANTONELLA	POL. ATLETICA CEPRANO	1983	SF40	00:47:32	4.45	00:13:34
77	86		MARTELLUZZI	GIAMPIERO	ENDURANCE TRAINING	1966	SM55	00:47:33	4.45	00:13:35
78	67		CORGNALE	MARCO	CASTRO RUNNING	1992	SM23	00:47:40	4.46	00:13:42
79	58		MASI	ANDREA	ATLETICA CECCANO	1978	SM45	00:47:50	4.47	00:13:52
80	136		VENDITTI	SALVATORE	POL. ATLETICA CEPRANO	1976	SM45	00:47:52	4.47	00:13:54
81	63		PIZZUTI	MAURO	ATLETICA CECCANO	1967	SM55	00:48:00	4.48	00:14:02
82	72		ROSSI	DANIELE	CASTRO RUNNING	1979	SM40	00:48:00	4.48	00:14:02
83	69		DE GIULI	DANIELE	CASTRO RUNNING	1998	SM23	00:48:01	4.48	00:14:03
84	108	F	IZZO	FIorentina	NUOVA ATLETICA ISERNIA	1976	SF45	00:48:11	4.49	00:14:13
85	65		TURRIZIANI	MARCO	ATLETICA CECCANO	1972	SM50	00:48:11	4.49	00:14:13
86	50		CAPONI	DANIELE	ATLETICA CECCANO	1974	SM45	00:48:11	4.49	00:14:13
87	157		PANNONE	FABIO	POL. CIOCIARA ANTONIO FAVA	1965	SM55	00:48:27	4.51	00:14:29
88	161		POMPONIO	PIETRO	POL. CIOCIARA ANTONIO FAVA	1956	SM65	00:48:31	4.51	00:14:33
89	115		MICCI	MARIANO	ASD OLIMPIA LAZIO	1962	SM60	00:48:34	4.51	00:14:36
90	189		CIRULLI	ALESSANDRO	POL. CIOCIARA ANTONIO FAVA	1979	SM40	00:48:35	4.52	00:14:37
91	87	F	MURRO	BENEDETTA	ENDURANCE TRAINING	2007	F16-22	00:48:38	4.52	00:14:40
92	97		DI TROCCHIO	BRUNO	FONDI RUNNERS 2010	1960	SM60	00:48:40	4.52	00:14:42
93	168		MARTINI	GIOVANNI	ORO FANTASY	1953	SM70	00:48:42	4.52	00:14:44
94	144	F	CENTOFANTE	MONICA	POL. CIOCIARA ANTONIO FAVA	1976	SF45	00:48:44	4.52	00:14:46
95	16		PACINI	EDOARDO	ATL. COLLEFERRO SEGNI	1984	SM35	00:48:47	4.53	00:14:49
96	169	F	D'ASCENZO	SIMONA	RUNCARD	1982	SF40	00:48:47	4.53	00:14:49
97	142		BARILONE	GIANFRANCO	POL. CIOCIARA ANTONIO FAVA	1971	SM50	00:48:49	4.53	00:14:51
98	44		ALONZI	PAOLO	ATLETICA ARCE	1966	SM55	00:48:49	4.53	00:14:51
99	187		ABRUSCATO	GIUSEPPE	ASD OLIMPIA LAZIO	1960	SM60	00:48:50	4.53	00:14:52
100	56		LEO	MARIO	ATLETICA CECCANO	1962	SM60	00:48:50	4.53	00:14:52
101	163	F	RICCIARDI	EMMA	POL. CIOCIARA ANTONIO FAVA	1974	SF45	00:48:54	4.53	00:14:56
102	191		MARTELLUZZI	MAURIZIO	ENDURANCE TRAINING	1971	SM50	00:49:03	4.54	00:15:05
103	41		SERESINI	FRANCESCO	TORRICE RUNNERS	1973	SM50	00:49:04	4.54	00:15:06
104	64		POLISENA	GIANLUCA	ATLETICA CECCANO	1970	SM50	00:49:12	4.55	00:15:14
105	13		MINGARELLI	MAURIZIO	AICS COMITATO DI FROSINONE	1974	SM45	00:49:15	4.56	00:15:17
106	153		FOLCARELLI	TOMMASO	POL. CIOCIARA ANTONIO FAVA	1970	SM50	00:49:16	4.56	00:15:18
107	149	F	DI SOTTO	EMANUELA	POL. CIOCIARA ANTONIO FAVA	1974	SF45	00:49:40	4.58	00:15:42
108	21		ZONZIN	SERGIO	A.S.D. CENTRO FITNESS MONTELLO	1960	SM60	00:49:42	4.58	00:15:44
109	129		MORETTI	PAOLO	POL. ATLETICA CEPRANO	1968	SM55	00:49:45	4.59	00:15:47
110	135	F	SIMONELLI	SIMONA	POL. ATLETICA CEPRANO	1981	SF40	00:49:46	4.59	00:15:48
111	133		ROMANO	LUIGI	POL. ATLETICA CEPRANO	1968	SM55	00:49:47	4.59	00:15:49
112	123		COLATOSTI	ANGELO	POL. ATLETICA CEPRANO	1966	SM55	00:49:51	4.59	00:15:53
113	22		CAMPOLI	QUIRINO	ERNICA VEROLI	1952	SM70	00:50:15	5.02	00:16:17
114	109	F	MINUTILLO	MARIA RITA	NUOVA ATLETICA ISERNIA	1967	SF55	00:50:23	5.02	00:16:25
115	77		BUFOLI	FRANCESCO	ENDURANCE TRAINING	1963	SM60	00:50:48	5.05	00:16:50
116	167		BRACAGLIA	VINCENZINO	ORO FANTASY	1951	SM70	00:50:58	5.06	00:17:00
117	178		MASCETTI MAGLIOCCO	MARCO	POL. ATLETICA CEPRANO	1967	SM55	00:50:59	5.06	00:17:01
118	137	F	VISELLI	SERENA	POL. ATLETICA CEPRANO	1967	SF55	00:50:59	5.06	00:17:01
119	185		FIACCO	GIUSEPPE	ATLETICA CECCANO	1964	SM55	00:51:01	5.06	00:17:03
120	130		PALLADINO	MICHELANGELO	POL. ATLETICA CEPRANO	1955	SM65	00:51:18	5.08	00:17:20
121	23		DI CARLO	DAVIDE	ERNICA VEROLI	1993	SM23	00:51:25	5.09	00:17:27
122	125		DE LELLIS	GIANCARLO	POL. ATLETICA CEPRANO	1968	SM55	00:51:35	5.10	00:17:37
123	106	F	MOSCATO	FILOMENA	STILE LIBERO I CICLOPI	1965	SF55	00:51:37	5.10	00:17:39
124	179		MELIDEO	GIUSEPPE	ERNICA VEROLI	1969	SM50	00:51:46	5.11	00:17:48
125	131		PARENTE	ANDREA	POL. ATLETICA CEPRANO	1977	SM45	00:51:56	5.12	00:17:58
126	150	F	FANTACCIONE	LAURA	POL. CIOCIARA ANTONIO FAVA	1975	SF45	00:51:58	5.12	00:18:00
127	19	F	GUERRA	MILENA	A.S.D. CENTRO FITNESS MONTELLO	1971	SF50	00:52:14	5.13	00:18:16
128	99	F	RUOCCO	SONIA	FONDI RUNNERS 2010	1989	SF23	00:52:24	5.14	00:18:26
129	53	F	GARCIA	LUCRECIA	ATLETICA CECCANO	1959	SF60	00:52:34	5.15	00:18:36
130	111		CONTI	MAURIZIO	NUOVA PODISTICA LATINA	1972	SM50	00:52:45	5.17	00:18:47
131	146		DI CARLO	RICCARDO	POL. CIOCIARA ANTONIO FAVA	1970	SM50	00:52:59	5.18	00:19:01
132	6		LUPPI	CRISTIAN	A.S.D. CENTRO FITNESS MONTELLO	1972	SM50	00:53:00	5.18	00:19:02
133	155		FRAIOLI	TERENZIO	POL. CIOCIARA ANTONIO FAVA	1968	SM55	00:53:19	5.20	00:19:21
134	49		BUCCIARELLI	ANGELO	ATLETICA CECCANO	1953	SM70	00:53:23	5.20	00:19:25
135	102	F	PANTANO	ANTONELLA	A.S.D. LIRI RUNNERS	1985	SF35	00:53:53	5.23	00:19:55
136	160	F	POLSINELLI	ANNA FELICITA	POL. CIOCIARA ANTONIO FAVA	1963	SF60	00:54:10	5.25	00:20:12
137	76	F	BRUNI	CHIARA	ENDURANCE TRAINING	1989	SF23	00:54:33	5.27	00:20:35
138	79		CRESCENZI	CORRADO	ENDURANCE TRAINING	1992	SM23	00:54:34	5.27	00:20:36
139	92		SCACCIA	GIANFRANCO	ENDURANCE TRAINING	1955	SM65	00:54:58	5.30	00:21:00
140	11		VINCENZI	MAURIZIO	ASD POFISPORTIVA	1970	SM50	00:56:14	5.37	00:22:16
141	15	F	SERA	BRUNELLA	APROCIS RUNNERS TEAM	1967	SF55	00:56:51	5.41	00:22:53
142	117		PROTA	STEFANO	ASD OLIMPIA LAZIO	1967	SM55	00:56:51	5.41	00:22:53

143	27	F	COSTAGLIOLA	ANNA	A.S.D. FROSINONE SPORT	1989	SF23	00:57:17	5.44	00:23:19
144	138		VONA	DANILO	POL. ATLETICA CEPRANO	1976	SM45	00:59:40	5.58	00:25:42
145	139		LUCCHI	PAOLO	ORO FANTASY	1953	SM70	00:59:45	5.59	00:25:47
146	25	F	PERCIBALLI	ANTONELLA	ERNICA VEROLI	1993	SF23	00:59:50	5.59	00:25:52
147	39	F	LABASI	CLAUDIA	TORRICE RUNNERS	1984	SF35	00:59:53	5.59	00:25:55
148	38	F	DE LUCA	MARTINA	TORRICE RUNNERS	1993	SF23	00:59:54	5.59	00:25:56
149	192		MALIZIOLA	ALESSIO	TORRICE RUNNERS	1989	SM23	00:59:55	6.00	00:25:57
150	47		GERMANI	ANTONIO	ATLETICA ARCE	1959	SM60	01:00:38	6.04	00:26:40
151	48		TUDINO	LUCA	ATLETICA ARCE	1986	SM35	01:00:40	6.04	00:26:42
152	45	F	CELLETTI	SONIA	ATLETICA ARCE	1962	SF60	01:00:40	6.04	00:26:42
153	113		D'ANGELO	DAVIDE	ASD OLIMPIA LAZIO	1981	SM40	01:00:59	6.06	00:27:01
154	98	F	ROSSI	GIOVANNINA	FONDI RUNNERS 2010	1963	SF60	01:01:10	6.07	00:27:12
155	80	F	CRETAIO	DANIELA	ENDURANCE TRAINING	1971	SF50	01:02:04	6.12	00:28:06
156	10	F	DE MARCO	GIOVANNA	ASD POFISPORTIVA	1978	SF45	01:04:03	6.24	00:30:05
157	188		RIZZI	BIAGIO PIETRO	LAZIO OLIMPIA RUNNERS	1959	SM60	01:05:16	6.32	00:31:18
158	190	F	FAVA	ALESSANDRA	POL. CIOCIARA ANTONIO FAVA	1982	SF40	01:06:41	6.40	00:32:43
159	34	F	BOUDEN	FATHIA	RUNNERS TEAM FERENTINO	1956	SF65	01:09:37	6.58	00:35:39
160	182		SEGRETO	FRANCO	POL. ATLETICA CEPRANO	1955	SM65	01:10:35	7.04	00:36:37
161	81		FABRIZI	GIOVANNI	ENDURANCE TRAINING	1943	SM80	01:13:51	7.23	00:39:53
162	55		INCITTI	ANGELO	ATLETICA CECCANO	1934	SM80	01:22:33	8.15	00:48:35