

CLASSIFICA ASSOLUTA

50ª EDIZIONE "LA CANICOLA"

16° MEMORIAL "SERGIO ALONZI"

SORA (FR) - 27/08/2023

GARA PODISTICA DI KM. 11,200

CLASSIFICHE E RILEVAMENTO TEMPI A CURA DI ANDREA ZACCARI - WWW.AZPODISMO.IT

POS.	NUM.	M/F	COGNOME	NOME	SOCIETA'	ANNO	CAT.	TEMPO	MEDIA/KM	DISTACCO
1	105		COPPA	FRANCESCO	A.S.D. ATL. CITTA' DEI PAPI	1985	SM35	00:39:09	3.30	
2	145		HERRERA	JUAN MANUEL	ASD ATLETICA ARCE	1982	SM40	00:39:40	3.33	00:00:31
3	171		PALLAGROSI	ADRIANO	A.S.D. LIRI RUNNERS	1987	SM35	00:40:11	3.35	00:01:02
4	139		D'EMILIA	ANDREA	ASD ATLETICA ARCE	1977	SM45	00:41:20	3.41	00:02:11
5	161		D'AVERSA	MATTEO	A.S.D. FROSINONE SPORT	1985	SM35	00:41:52	3.44	00:02:43
6	160		STIRPE	MAURO	ASD ERNICA VEROLI - EPS	1986	SM35	00:42:46	3.49	00:03:37
7	206		DE CRISTOFARO	FRANCESCO	POLISPORTIVA CAPISTRELLO	1988	SM35	00:43:02	3.51	00:03:53
8	162	F	COCCO	CARLA	ASD ATLETICA LA SBARRA	1987	SF35	00:43:15	3.52	00:04:06
9	143		FOLCARELLI	TOMMASO	ASD ATLETICA ARCE	1990	SM	00:44:10	3.57	00:05:01
10	4		DI SARRA	FABIO	-	1984	SM35	00:45:25	4.03	00:06:16
11	41		ERAMO	DAVIDE	ASD ATINA TRAIL RUNNING	1987	SM35	00:45:28	4.04	00:06:19
12	211	F	SARDELLITTI	ALESSANDRA	A.S.D. ATL. FROSINONE - EPS	2006	A/E	00:45:34	4.04	00:06:25
13	117		DE SANTIS	DANILO	A.S.D. LIRI RUNNERS	1979	SM40	00:45:45	4.05	00:06:36
14	189		REA	MAURO	A.S.D. POL. CIOCIARA A.FAVA	1966	SM55	00:45:51	4.06	00:06:42
15	205		ROSSINI	MICHELE	A.S.D. LIRI RUNNERS	1968	SM55	00:46:24	4.09	00:07:15
16	104	F	TERSIGNI	ILARIA	-	1985	SF35	00:46:35	4.10	00:07:26
17	103		FIGLIOLI	TONY	A.S.D. LIRI RUNNERS	1985	SM35	00:46:43	4.10	00:07:34
18	159	F	SCACCIA	ALESSANDRA	ASD ERNICA VEROLI - EPS	1972	SF50	00:47:31	4.15	00:08:22
19	74		IUVALE'	ALESSANDRO	-	1984	SM35	00:47:36	4.15	00:08:27
20	29		SARDELLITTI	ENRICO	-	2002	SM	00:47:38	4.15	00:08:29
21	24		VENDITTI	REMO	A.S.D. LIRI RUNNERS	1973	SM50	00:47:40	4.15	00:08:31
22	28		SALE	ANDREA	-	1981	SM40	00:47:53	4.17	00:08:44
23	217		PANACCI	MASSIMILIANO	A.S.D. LIRI RUNNERS	1973	SM50	00:48:11	4.18	00:09:02
24	216		IAFRATE	DANIELE	RUNCARD	1988	SM35	00:48:16	4.19	00:09:07
25	68		VONA	GINO	A.S.D. LIRI RUNNERS	1972	SM50	00:48:26	4.19	00:09:17
26	62		CASCHERA	LUCA	-	1977	SM45	00:48:41	4.21	00:09:32
27	210		DI DUCA	DOMENICO	ASD ATINA TRAIL RUNNING	1974	SM45	00:48:45	4.21	00:09:36
28	254		CAPOCCIA	PIERO	A.S.D. CORRIALVITO	1983	SM40	00:48:47	4.21	00:09:38
29	44		LUCARELLI	STEFANO	-	1984	SM35	00:49:18	4.24	00:10:09
30	17		PERNA	RUGGERO	ASD ATINA TRAIL RUNNING	1962	SM60	00:49:25	4.25	00:10:16
31	5		SIMONE	ANDREA	-	1988	SM35	00:49:28	4.25	00:10:19
32	257		TUZI	ANGELO	ENDURANCE TRAINING	1995	SM	00:49:42	4.26	00:10:33
33	179	F	DI MAURO	SIMONA	A.S.D. POL. CIOCIARA A.FAVA	1970	SF50	00:49:58	4.28	00:10:49
34	244		ANTONELLI	BERNARD	ASD ATLETICA ARCE	1966	SM55	00:50:10	4.29	00:11:01
35	252		PISANI	MAURO	RUNCARD	1971	SM50	00:50:21	4.30	00:11:12
36	202		LUFFARELLI	ALESSANDRO	-	1971	SM50	00:50:48	4.32	00:11:39
37	63		SALVATI	ARTURO	-	1973	SM50	00:50:49	4.32	00:11:40
38	56		PISANI	ENRICO	A.S.D. LIRI RUNNERS	1977	SM45	00:51:01	4.33	00:11:52
39	227		CERRONE	VALENTINO	-	1980	SM40	00:51:01	4.33	00:11:52
40	238		PANACCI	MASSIMILIANO	-	1979	SM40	00:51:02	4.33	00:11:53
41	246		MARCUCCILLI	PAOLO	-	1983	SM40	00:51:09	4.34	00:12:00
42	33		LA POSTA	LUCA	-	1975	SM45	00:51:10	4.34	00:12:01
43	119		MASTROPIETRO	DARIO	-	1988	SM35	00:51:10	4.34	00:12:01
44	142		FOLCARELLI	PIERLUIGI	ASD ATLETICA ARCE	1987	SM35	00:51:20	4.35	00:12:11
45	132		CASCHERA	PIETRO	A.S.D. POL. CIOCIARA A.FAVA	1974	SM45	00:51:29	4.36	00:12:20
46	260	F	FIORLETTA	ROBERTA	-	1993	SF	00:51:36	4.36	00:12:27
47	138		PESCOSOLIDO	PAOLO	ASD ATLETICA ARCE	1966	SM55	00:51:40	4.37	00:12:31
48	109		LOMBARDI	FRANCESCO	-	1996	SM	00:51:41	4.37	00:12:32
49	25		ALONZI	GIUSEPPE	-	1986	SM35	00:51:42	4.37	00:12:33
50	136		NELU	TIMOFTE	-	1969	SM50	00:51:47	4.37	00:12:38
51	127		CONFLITTI	BASILIO	-	1974	SM45	00:52:04	4.39	00:12:55
52	191		DI RUZZA	STEFANO	-	1990	SM	00:52:13	4.40	00:13:04
53	201		FIGLIOLI	EMILIANO	POL. ATLETICA CEPRANO	1977	SM45	00:52:17	4.40	00:13:08
54	146		IAFRATE	ADRIANO	ASD ATLETICA ARCE	1969	SM50	00:52:34	4.42	00:13:25
55	149		SISTI	STEFANO	ASD ATLETICA ARCE	1984	SM35	00:52:39	4.42	00:13:30
56	170		CANESTRARO	JACOPO	A.S.D. ATLETICA SORA	1987	SM35	00:52:51	4.43	00:13:42
57	81		MURA	ALBERTO	-	1991	SM	00:52:52	4.43	00:13:43
58	225		PAGNANELLI	ENRICO	-	1996	SM	00:52:57	4.44	00:13:48
59	118		MACCIOCCHI	FABRIZIO	-	1980	SM40	00:53:07	4.45	00:13:58
60	255		BRUNI	DANILO	POL. ATLETICA CEPRANO	1983	SM40	00:53:13	4.45	00:14:04
61	130		FIORINI	MARCO	-	2005	SM	00:53:17	4.45	00:14:08
62	219		SARDELLITTI	CRISTIAN	A.S.D. LIRI RUNNERS	1971	SM50	00:53:21	4.46	00:14:12
63	87		MARTINI	WALTER	-	2005	SM	00:53:22	4.46	00:14:13

64	250		PACIFICI	ALESSANDRO	A.S.D. LIRI RUNNERS	1971	SM50	00:53:24	4.46	00:14:15
65	73		VINCI	ALESSANDRO	-	1998	SM	00:53:25	4.46	00:14:16
66	140		DI PALMA	GIANCARLO	ASD ATLETICA ARCE	1972	SM50	00:53:26	4.46	00:14:17
67	229		MEZZONE	FABRIZIO	-	1989	SM	00:53:30	4.47	00:14:21
68	65		COLAIACOVO	DONATO	-	1978	SM45	00:53:35	4.47	00:14:26
69	50		IZZI	AGOSTINO	-	1960	SM60	00:53:37	4.47	00:14:28
70	59		REALE	VINCENZO	-	1970	SM50	00:53:37	4.47	00:14:28
71	55		SAVONA	MAURIZIO	-	1977	SM45	00:53:38	4.47	00:14:29
72	57		GROSSI	MARCO	ENDURANCE TRAINING	1985	SM35	00:53:38	4.47	00:14:29
73	84		SPALVIERI	MATTIA	-	2002	SM	00:53:40	4.48	00:14:31
74	112		REALE	SANTINO	-	1993	SM	00:53:41	4.48	00:14:32
75	220		GISMONDI	JACOPO	-	1991	SM	00:54:11	4.50	00:15:02
76	58		DE GASPERIS	GIUSEPPE	RUNCARD	1977	SM45	00:54:21	4.51	00:15:12
77	218		BABUSCI	LUCA GIOVANNI	-	1973	SM50	00:54:52	4.54	00:15:43
78	239		POLSINELLI	STEFANO	A.S.D. LIRI RUNNERS	1953	SM70	00:54:54	4.54	00:15:45
79	228		CERRONE	MARCO	-	1992	SM	00:54:55	4.54	00:15:46
80	8		CASCHERA	REMO	ASD ERNICA VEROLI - EPS	1965	SM55	00:55:07	4.55	00:15:58
81	97		SCENNA	DANILO	A.S.D. ATL. FROSINONE - EPS	1987	SM35	00:55:13	4.56	00:16:04
82	242		RAPONI	PIERLUIGI	LIRI RUNNERS U.I.S.P.	1971	SM50	00:55:14	4.56	00:16:05
83	86		DI PUCCHIO	ALESSANDRO	-	2006	A/I	00:55:24	4.57	00:16:15
84	54	F	DI RUSCIO	MELANIA	-	1988	SF35	00:55:28	4.57	00:16:19
85	248		NOTARANTONIO	ARMANDO	-	1975	SM45	00:55:41	4.58	00:16:32
86	61		CARNEVALE	CIRO	-	1991	SM	00:55:51	4.59	00:16:42
87	240		SAVO	GIUSEPPE	AICS FROSINONE	1979	SM40	00:55:53	4.59	00:16:44
88	168		DELL'UNTO	AMODIO	-	1964	SM55	00:55:59	5.00	00:16:50
89	148		POLSELLI	EMILIANO	ASD ATLETICA ARCE	1974	SM45	00:56:09	5.01	00:17:00
90	129		LEONETTI	ALESSIO	-	1973	SM50	00:56:14	5.01	00:17:05
91	37		FAIOLA	RENATO	-	1988	SM35	00:56:17	5.02	00:17:08
92	23		CORONA	FRANCESCO	-	1989	SM	00:56:26	5.02	00:17:17
93	253		CRETARO	TONI	A.S.D. CORRIALVITO	1977	SM45	00:56:32	5.03	00:17:23
94	114		SPALVIERI	LEONARDO	-	1993	SM	00:56:34	5.03	00:17:25
95	121		PERNA	ANTONIO	A.S.D. POL. CIOCIARA A.FAVA	1975	SM45	00:56:46	5.04	00:17:37
96	47		CAPOBIANCO	CARLO	-	1982	SM40	00:56:48	5.04	00:17:39
97	258		BLEFARI	NORBERTO	IL CORRIDORE RUNN. CLUB ASD	1979	SM40	00:56:58	5.05	00:17:49
98	212		SIMONCELLI	FRANCESCO	-	1985	SM35	00:57:00	5.05	00:17:51
99	232		TATANGELO	MATHIAS	-	2002	SM	00:57:06	5.06	00:17:57
100	70		LOMBARDOZZI	EMILIO	-	1962	SM60	00:57:10	5.06	00:18:01
101	213		PETRILLI	DANILO	ASD ATINA TRAIL RUNNING	1973	SM50	00:57:23	5.07	00:18:14
102	82		GROSSI	PAOLO	-	1968	SM55	00:57:30	5.08	00:18:21
103	144	F	GERMANI	LUCIA	ASD ATLETICA ARCE	1969	SF50	00:57:39	5.09	00:18:30
104	180		CIANGOLA	EMANUELE	ASD RUNNERS TEAM FERENTINO	1976	SM45	00:57:46	5.09	00:18:37
105	83		PILLITTERI	ALESSIO	-	1984	SM35	00:58:05	5.11	00:18:56
106	51		GEREMIA	ROCCO	-	1960	SM60	00:58:12	5.12	00:19:03
107	2		POMPONIO	PIETRO	A.S.D. POL. CIOCIARA A.FAVA	1956	SM65	00:58:13	5.12	00:19:04
108	125		MONTES DE OCA	FRANCESCO	-	1978	SM45	00:58:21	5.13	00:19:12
109	224		POLITI	ANDREA	-	1981	SM40	00:58:21	5.13	00:19:12
110	111		MARZIALE	FEDERICO	A.S.D. LIRI RUNNERS	1975	SM45	00:58:22	5.13	00:19:13
111	9		CAMPOLI	QUIRINO	ASD ERNICA VEROLI - EPS	1952	SM70	00:58:30	5.13	00:19:21
112	141		FANFARILLO	EMANUELE	ASD ATLETICA ARCE	1972	SM50	00:58:35	5.14	00:19:26
113	237		FIORINI	LEONARDO	-	1998	SM	00:58:36	5.14	00:19:27
114	175		CORSETTI	VINCENZO	A.S.D. CROSS TRAINING SORA	1980	SM40	00:58:42	5.14	00:19:33
115	204		CAPORILLI	PIETRO	OLIBANUM OVERRUNNERS ASD	1962	SM60	00:58:49	5.15	00:19:40
116	247		PARISI	STEFANO	-	1974	SM45	00:58:49	5.15	00:19:40
117	15		CAROLLO	GIAMPIERO	-	1986	SM35	00:58:58	5.16	00:19:49
118	249		BARILONE	GIANFRANCO	A.S.D. POL. CIOCIARA A.FAVA	1971	SM50	00:59:06	5.17	00:19:57
119	222		CONTE	MASSIMILIANO	-	1971	SM50	00:59:10	5.17	00:20:01
120	93		BENACQUISTA	ALESSANDRO	-	1993	SM	00:59:17	5.18	00:20:08
121	76		FERRARI	FRANCESCO	-	1975	SM45	00:59:33	5.19	00:20:24
122	6		CONTE	MATTEO	-	1982	SM40	00:59:33	5.19	00:20:24
123	230		IAFRATE	RINO	-	1981	SM40	00:59:39	5.20	00:20:30
124	98		LEONE	LUCA	-	1995	SM	00:59:53	5.21	00:20:44
125	99		VICINI	STEFANO	-	1988	SM35	00:59:53	5.21	00:20:44
126	235		CASINELLI	DAVIDE	-	1993	SM	00:59:53	5.21	00:20:44
127	71		PAOLUCCI	MATTIA	-	1992	SM	00:59:59	5.21	00:20:50
128	231		PAGNANELLI	MATTEO	-	1985	SM35	01:00:36	5.25	00:21:27
129	245		CAPPELLO	TOMMASO	-	1964	SM55	01:00:45	5.25	00:21:36
130	64		D'AMICO	ALESSIO	A.S.D. ATLETICA SORA	1972	SM50	01:00:51	5.26	00:21:42
131	46		GOLISANO	MICHELE	-	2005	SM	01:01:09	5.28	00:22:00
132	66		CANCELLI	FILIPPO	LIRI RUNNERS U.I.S.P.	1983	SM40	01:01:12	5.28	00:22:03
133	38		CRISPO	DANIELE	-	1984	SM35	01:01:14	5.28	00:22:05
134	39		DE CIANTIS	GIACOMO	-	1984	SM35	01:01:15	5.28	00:22:06
135	203		VENDITTI	LUIGI	-	1976	SM45	01:01:21	5.29	00:22:12
136	236		CORDONE	SIMONE	-	2001	SM	01:01:25	5.29	00:22:16
137	14		ALONZI	CORRADO	-	1974	SM45	01:01:28	5.29	00:22:19
138	113	F	CAPUANO	MICHELA	-	1995	SF	01:01:38	5.30	00:22:29
139	137		ALONZI	PAOLO	ASD ATLETICA ARCE	1966	SM55	01:01:44	5.31	00:22:35
140	69		FARINA	DOMENICO	-	1954	SM65	01:01:57	5.32	00:22:48

141	75	F	ABDEL AZIZ	ZENA ANNA	-	1984	SF35	01:02:01	5.32	00:22:52
142	85	F	CAPPUCCITTI	MARZIA	-	1983	SF40	01:02:02	5.32	00:22:53
143	13		DI MARIO	FERDINANDO	-	1975	SM45	01:02:17	5.34	00:23:08
144	3		MARTINI	PAOLO	A.S.D. POL. CIOCIARA A.FAVA	1962	SM60	01:02:23	5.34	00:23:14
145	251		ROSSI	ARMANDO	-	1954	SM65	01:02:34	5.35	00:23:25
146	176		TARQUINIO	GIANMARCO	-	1995	SM	01:02:59	5.37	00:23:50
147	106		FERRI	STEFANO	-	1989	SM	01:03:00	5.38	00:23:51
148	194		SCALA	ENNIO	-	1990	SM	01:03:10	5.38	00:24:01
149	126		RINNA	ADRIANO	-	1969	SM50	01:03:15	5.39	00:24:06
150	241		MELITEO	PINO	ASD ERNICA VEROLI - EPS	1969	SM50	01:03:40	5.41	00:24:31
151	53		MOSTICONE	GIANLUCA	-	1969	SM50	01:03:45	5.42	00:24:36
152	215		VENTURA	SALVATORE	-	1987	SM35	01:03:56	5.43	00:24:47
153	48		TERSIGNI	INNOCENZO	-	1982	SM40	01:04:01	5.43	00:24:52
154	108		CARENI	KEVIN	-	1996	SM	01:04:11	5.44	00:25:02
155	177		SCIUCCA	ANDREA	-	1969	SM50	01:04:21	5.45	00:25:12
156	153		PALLAGROSI	ALIGHIERO	LIRI RUNNERS U.I.S.P.	1981	SM40	01:04:46	5.47	00:25:37
157	166		ABBATE	AMERIGO	-	1971	SM50	01:05:01	5.48	00:25:52
158	35		TIBERIA	LORENZO	-	1977	SM45	01:05:06	5.49	00:25:57
159	102		PISANI	LAURA	-	1981	SM40	01:05:13	5.49	00:26:04
160	49		ROSA	ALESSANDRO	-	1990	SM	01:05:19	5.50	00:26:10
161	256	F	ZILINSCHI	ANASTASIA	-	1990	SF	01:06:21	5.55	00:27:12
162	234		IAFRATE	MATTEO	A.S.D. LIRI RUNNERS	2001	SM	01:06:29	5.56	00:27:20
163	22		ALVIANI	ANDREA	-	1998	SM	01:06:39	5.57	00:27:30
164	45		COLUCCI	ARMANDO	-	1988	SM35	01:06:45	5.58	00:27:36
165	16		PISANI	ROSSANO	-	1949	SM70	01:07:21	6.01	00:28:12
166	88		GABRIELE	SANDRO	-	1970	SM50	01:07:25	6.01	00:28:16
167	19		D'AMBROSIO	ANDREA	-	1995	SM	01:07:41	6.03	00:28:32
168	192	F	PALUMBO	MARIA	CUS CASSINO	1969	SF50	01:07:51	6.03	00:28:42
169	122		DI CARLO	RICCARDO	A.S.D. POL. CIOCIARA A.FAVA	1970	SM50	01:07:59	6.04	00:28:50
170	221		PARADISO	VITO	-	1951	SM70	01:09:01	6.10	00:29:52
171	12		ALONZI	ALESSANDRO	-	1982	SM40	01:09:32	6.13	00:30:23
172	115		GABRIELE	ANDREA	-	1990	SM	01:09:54	6.14	00:30:45
173	116	F	PANTANO	ANTONELLA	A.S.D. LIRI RUNNERS	1985	SF35	01:09:55	6.15	00:30:46
174	42		DE BENEDICTIS	FEDERICO	-	1982	SM40	01:10:39	6.18	00:31:30
175	164		SETTEVENDEMMIE	GAETANO	ASD POD. LUCO DEI MARZI	1950	SM70	01:11:20	6.22	00:32:11
176	40	F	DI BENEDETTO	PANCRAZIA	ASD ATINA TRAIL RUNNING	1983	SF40	01:13:47	6.35	00:34:38
177	124		FIORLETTA	MEMMO	A.S.D. LIRI RUNNERS	1970	SM50	01:14:12	6.38	00:35:03
178	208		PESCOSOLIDO	ELEUTERIO	ASD ATLETICA ARCE	1965	SM55	01:15:41	6.45	00:36:32