

ITALIA 2019 - 10 km su strada

a cura di Franco CIVAI (panzanino@alice.it)

aggiornamento: 8 settembre 2019

DONNE

							record su pista
1	32:17	2	Sara DOSSENA	1984	Torino/Stupinigi	14 apr 2019	32:30,47 (2019)
	33:06	1	<i>Sara DOSSENA</i>		Telese Terme (BN)	16 giu 2019	
	33:15	6	<i>Sara DOSSENA</i>		Manchester (GBR)	19 mag 2019	
2	33:10	3	Fatna MARAOUI	1977	Canelli (AT)	08 set 2019	33:05,79 (2007)
3	33:17	5	Giovanna EPIS	1988	Canelli (AT)	08 set 2019	33:14,71 (2018)
	33:46	1	<i>Giovanna EPIS</i>		Magenta (MI)	27 gen 2019	
4	33:23	1	Isabel MATTUZZI	1995	Vicenza	17 mar 2019	32:36,50 (2019)
5	33:23	6	Valeria STRANEO	1976	Canelli (AT)	08 set 2019	32:15,87 (2012)
6	33:48	2	Rebecca LONEDO	1996	Vicenza	17 mar 2019	34:27,83 (2019)
	33:59	3	<i>Rebecca LONEDO</i>		Torino/Stupinigi	14 apr 2019	
7	33:54	8	Anna INCERTI	1980	Canelli (AT)	08 set 2019	33:19,96 (2009)
8	33:58	9	Christine SANTI	1995	Canelli (AT)	08 set 2019	35:51,05 (2017)
9	34:02	11	Catherine BERTONE	1972	Canelli (AT)	08 set 2019	36:54,6 (2012)
10	34:08	12	Silvia OGGIONI	1995	Canelli (AT)	08 set 2019	xxx
	34:33	4	<i>Silvia OGGIONI</i>		Torino/Stupinigi	14 apr 2019	

UOMINI

record su pista

1	28:19	3	Daniele MEUCCI	1985	Arezzo	25 mag 2019	27:32,86 (2012)
	29:18	2	<i>Daniele MEUCCI</i>		Telese Terme (BN)	16 giu 2019	
2	28:24	2	Eyob GHEBREHIWET FANIEL	1992	Manchester (GBR)	19 mag 2019	29:04,55 (2017)
	29:17	1	<i>Eyob GHEBREHIWET F.</i>		Telese Terme (BN)	16 giu 2019	
	29:22	1	<i>Eyob GHEBREHIWET F.</i>		Vicenza	17 mar 2019	
3	28:25	5	lorenzo DINI	1994	Arezzo	25 mag 2019	28:09,21 (2019)
	28:43	3	<i>Lorenzo DINI</i>		Canelli (AT)	08 set 2019	
	28:56	1	<i>Lorenzo DINI</i>		Oderzo (TV)	01 mag 2019	
4	28:42	6	Najibe M. SALAMI	1985	Arezzo	25 mag 2019	29:18,01 (2017)
	29:02	2	<i>Najibe M. SALAMI</i>		Oderzo (TV)	01 mag 2019	
	29:33	9	<i>Najibe M. SALAMI</i>		Dongio (SUI)	22 apr 2019	
	29:26	1	<i>Najibe M. SALAMI</i>		Muggia (TS)	27 apr 2019	
5	29:13	10	Italo QUAZZOLA	1994	Arezzo	25 mag 2019	28:44,97 (2019)
	29:21	1	<i>Italo QUAZZOLA</i>		Torino	05 mag 2019	
	30:15	2	<i>Italo QUAZZOLA</i>		Milano	19 mag 2019	
	31:20	1	<i>Italo QUAZZOLA</i>		Santhia' (VC)	01 mag 2019	
6	29:23	7	Said EL OTMANI	1991	Dongio (SUI)	22 apr 2019	28:26,02 (2019)
	29:33	2	<i>Said EL OTMANI</i>		Muggia (TS)	27 apr 2019	
7	29:33	1	Yassine RACHIK	1993	Trieste	26 mag 2019	28:50,45 (2014)
8	29:38	11	Ahmed EL MAZOURY	1990	Dongio (SUI)	22 apr 2019	28:36,40 (2013)
	29:40	17	<i>Ahmed EL MAZOURY</i>		Arezzo	25 mag 2019	
	30:00	1	<i>Ahmed EL MAZOURY</i>		Milano	19 mag 2019	
9	29:39	5	Nekagenet CRIPPA	1994	Canelli (AT)	08 set 2019	29:24,47 (2019)
	29:55	3	<i>Nekagenet CRIPPA</i>		Muggia (TS)	27 apr 2019	
10	29:43	1	Ahmed OUHDA	1997	Misano Adriatico (RN)	24 feb 2019	30:01,11 (2018)
	30:18	4	<i>Ahmed OUHDA</i>		Oderzo (TV)	01 mag 2019	