

**IL GIRO DELL'OCARO**  
**POFI (FR) 10 Novembre 2024**  
 km 10,000

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Pos.	Pos M/W	Cognome	Nome	Cat.	Pos. Cat.	Società	Tempo	Media
1	1	GALLUCCI	ENRICO	SM23		CASTRO RUNNING	<b>00:34:49</b>	03:28
2	2	DE MARCHIS	TOMMASO	SM23		ASD ATLETICA LA SBARRA	<b>00:35:00</b>	03:30
3	3	LUZI	PIERGIORGIO	SM23		APROCIS RUNNERS TEAM	<b>00:35:26</b>	03:32
4	4	VETTRAINO	MICHELE	M16-22	1	ASD ENDURANCE TRAINING	<b>00:36:03</b>	03:36
5	5	PAELLA	SIMONE	M16-22	2	POL. ATLETICA CEPRANO	<b>00:36:22</b>	03:38
6	6	MATTACOLA	GIANNI	SM60	1	POL. CIOCIARA ANTONIO FAVA	<b>00:36:41</b>	03:40
7	7	VISOCCHI	MATTIA	M16-22	3	CUS CASSINO	<b>00:36:42</b>	03:40
8	8	MORETTI	CLAUDIO	SM40	1	POL. ATLETICA CEPRANO	<b>00:36:53</b>	03:41
9	9	MERLETTI	GIANMARCO	SM23	1	ASD ATLETICA FERENTINO	<b>00:37:07</b>	03:42
10	10	FERRANTE CARRANTE	MAURIZIO	SM55	1	POL. ATLETICA CEPRANO	<b>00:37:11</b>	03:43
11	11	GROSSI	DOMENICO	SM35	1	ASD ATLETICA FERENTINO	<b>00:37:18</b>	03:43
12	12	REALI	ALFREDO	SM35	2	A.S.D. FROSINONE SPORT	<b>00:37:39</b>	03:45
13	13	SPISANI	LUCA	SM40	2	RUNCARD	<b>00:37:46</b>	03:46
14	14	CERELLI	FEDERICO	SM23	2	ATLETICA CECCANO	<b>00:37:48</b>	03:46
15	15	GALLUCCI	ANDREA	SM35	3	ASD ATLETICA FERENTINO	<b>00:38:00</b>	03:48
16	16	IANNACCONE	SIMONE	SM40	3	POL. CIOCIARA ANTONIO FAVA	<b>00:38:07</b>	03:48
17	17	MONTUORI	EDOARDO PIETRO	M16-22	4	ASD ENDURANCE TRAINING	<b>00:38:13</b>	03:49
18	18	PICCIRILLI	GIANGUIDO	SM40	4	ASD ATLETICA FERENTINO	<b>00:38:30</b>	03:51
19	19	DI CICCO	GIANLUCA	SM55	2	POL. CIOCIARA ANTONIO FAVA	<b>00:38:34</b>	03:51
20	20	SOFIA	ROBERTO	SM50	1	POL. CIOCIARA ANTONIO FAVA	<b>00:38:35</b>	03:51
21	21	MINOTTI	ROBERTO	SM50	2	ATL. COLLEFERRO SEGNI	<b>00:39:01</b>	03:54
22	22	BERARDI	VALERIO	M16-22	5	ASD POFISPORTIVA	<b>00:39:08</b>	03:54
23	23	DE ANGELIS	GIULIO	SM45	1	ATL. COLLEFERRO SEGNI	<b>00:39:19</b>	03:55
24	24	SOFIA	RICCARDO	M16-22	6	POL. CIOCIARA ANTONIO FAVA	<b>00:39:23</b>	03:56
25	25	CANNIZZARO	OMAR	SM40	5	POL. ATLETICA CEPRANO	<b>00:39:27</b>	03:56
26	26	SACCUCCI	MASSIMILIANO	SM50	3	POL. CIOCIARA ANTONIO FAVA	<b>00:39:28</b>	03:56
27	27	CANCELLI	FILIPPO	SM40	6	POL. CIOCIARA ANTONIO FAVA	<b>00:39:30</b>	03:57
28	28	VONA	GINO	SM50	4	A.S.D. LIRI RUNNERS	<b>00:39:31</b>	03:57
29	29	ROSSINI	MICHELE	SM55	3	A.S.D. LIRI RUNNERS	<b>00:39:35</b>	03:57
30	30	GERMENIA	STEFANO	SM55	4	ERNICA VEROLI	<b>00:39:40</b>	03:58
31	31	BRACAGLIA MORANTE	GIANLUCA	SM55	5	ATLETICA FIORENTINO	<b>00:39:49</b>	03:58
32	32	TILLI	DANIELE	SM23	3	CASTRO RUNNING	<b>00:39:54</b>	03:59
33	33	PARLATI	ANDREA	SM45	2	RUNCARD	<b>00:39:58</b>	03:59
34	34	DE GIULI	DANIELE	SM23	4	CASTRO RUNNING	<b>00:40:01</b>	04:00
35	35	DI BENEDETTO	ANDREA	SM35	4	POL. CIOCIARA ANTONIO FAVA	<b>00:40:18</b>	04:01
36	36	ZEOLLA	LORENZO DOMENICO	SM50	5	POL. CIOCIARA ANTONIO FAVA	<b>00:40:27</b>	04:02
37	37	VISOCCHI	ROBERTO	SM50	6	RUNCARD	<b>00:40:43</b>	04:04
38	38	BASILE	ALESSANDRO	SM50	7	ASD ATLETICA FERENTINO	<b>00:40:47</b>	04:04
39	39	SANTARPIA	ANDREA	SM35	5	A.S.D. JANULA SPORT	<b>00:40:49</b>	04:04
40	40	MORETTI	GIUSEPPE	SM40	7	POL. CIOCIARA ANTONIO FAVA	<b>00:41:05</b>	04:06
41	41	BERICO	ANDREA	SM35	6	RUNCARD	<b>00:41:30</b>	04:09
42	42	ANTICOLI	PAOLO	SM40	8	ASD ENDURANCE TRAINING	<b>00:41:38</b>	04:09
43	43	EVANGELISTI	DANIEL	SM35	7	ASD ATL.CITTA' DEI PAPI ANAGNI	<b>00:42:42</b>	04:16
44	44	PARISI	MAGNO ROBERTO	SM60	2	POL. CIOCIARA ANTONIO FAVA	<b>00:42:50</b>	04:17

45	1	DI MAURO	SIMONA	SF50		POL. CIOCIARA ANTONIO FAVA	00:42:50	04:17
46	45	CECCACCI	MATTEO	SM23	5	POL. ATLETICA CEPRANO	00:43:04	04:18
47	46	CECCACCI	SANDRO	SM50	8	POL. ATLETICA CEPRANO	00:43:05	04:18
48	47	FERRANTE	MATTIA	SM23	6	RUNCARD	00:43:15	04:19
49	48	FOLCARELLI	TOMMASO	SM23	7	ATLETICA ARCE	00:43:53	04:23
50	49	GROSSI	FRANCESCO	M16-22	7	CUS CASSINO	00:43:55	04:23
51	50	REALI	DANIELE	SM50	9	EDILSCAVI ASD	00:44:09	04:24
52	51	SPINELLI	DARIO	SM23	8	RUNCARD	00:44:24	04:26
53	52	ROMANO	LUIGI	SM55	6	POL. ATLETICA CEPRANO	00:44:29	04:26
54	53	DI PALMA	AGOSTINO	SM65	1	POL. CIOCIARA ANTONIO FAVA	00:44:31	04:27
55	54	SAVO	GIUSEPPE	SM45	3	RUNCARD	00:44:33	04:27
56	55	BARILONE	GIANFRANCO	SM50	10	POL. CIOCIARA ANTONIO FAVA	00:44:35	04:27
57	56	RIZZI	ANTONIO	SM45	4	TORRICE RUNNERS	00:44:40	04:28
58	57	IORE	EMILIANO	SM45	5	POL. ATLETICA CEPRANO	00:44:43	04:28
59	58	ANTONELLI	BERNARD	SM55	7	ATLETICA ARCE	00:44:51	04:29
60	59	DI PALMA	GIANCARLO	SM50	11	ATLETICA ARCE	00:45:05	04:30
61	60	PULCINELLI	FABRIZIO	SM55	8	POL. CIOCIARA ANTONIO FAVA	00:45:08	04:30
62	61	PERSICHILLI	DANIELE	SM35	8	ASD ENDURANCE TRAINING	00:45:13	04:31
63	62	SCACCIA	FILIPPO	M16-22	8	TORRICE RUNNERS	00:45:28	04:32
64	63	SALENTO	VINCENZO	SM60	3	POL. ATLETICA CEPRANO	00:45:31	04:33
65	64	POLSINELLI	STEFANO	SM70	1	A.S.D. LIRI RUNNERS	00:45:44	04:34
66	2	FIORINI	PAOLA	SF45		ASD ATLETICA FERENTINO	00:45:46	04:34
67	65	FOLCARELLI	PIERLUIGI	SM35	9	ATLETICA ARCE	00:46:29	04:38
68	66	VIATTI	ROCCO	SM55	9	POL. CIOCIARA ANTONIO FAVA	00:46:33	04:39
69	67	GLORIA BERENGHI	MATTIA	M16-22	9	RUNCARD	00:46:40	04:40
70	68	COZZOLINO	ANTONIO	SM60	4	POL. CIOCIARA ANTONIO FAVA	00:46:43	04:40
71	69	BRUNI	DANILO	SM40	9	POL. ATLETICA CEPRANO	00:46:54	04:41
72	70	DE PAOLIS	ALESSIO	SM23	9	CASTRO RUNNING	00:47:00	04:42
73	71	DE SANTIS	ALESSANDRO	SM23	10	CASTRO RUNNING	00:47:01	04:42
74	3	SPICA	NAUSICA	SF50		POL. CIOCIARA ANTONIO FAVA	00:47:36	04:45
75	72	DE LELLIS	GIANCARLO	SM55	10	POL. ATLETICA CEPRANO	00:47:37	04:45
76	4	SALIMEI	ELISABETTA	SF50	1	POL. CIOCIARA ANTONIO FAVA	00:47:58	04:47
77	73	BORZACCHINI	EMILIANO	SM45	6	A.S.D. FROSINONE SPORT	00:48:00	04:48
78	74	PROIA	VINCENZO	SM70	2	POL. CIOCIARA ANTONIO FAVA	00:48:06	04:48
79	75	SISTI	STEFANO	SM40	10	ATLETICA ARCE	00:48:10	04:49
80	76	MARZIALE	FEDERICO	SM45	7	A.S.D. LIRI RUNNERS	00:48:12	04:49
81	5	PINCHERA	ANTONELLA	SF40	1	POL. ATLETICA CEPRANO	00:48:16	04:49
82	77	MATTONE	VINCENZO	SM60	5	ATLETICA CECCANO	00:48:44	04:52
83	78	BIANCO	ENZO RAFFAELE	SM60	6	BIANCO MODA SPORT CIAMPINO ASD	00:48:57	04:53
84	79	CIANGOLA	EMANUELE	SM45	8	ASD ATLETICA FERENTINO	00:49:02	04:54
85	6	FANTACCIONE	LAURA	SF45	1	POL. CIOCIARA ANTONIO FAVA	00:49:04	04:54
86	80	EDOARDI	ANTONINO	SM50	12	ATLETICA CECCANO	00:49:07	04:54
87	81	DELL'UOMO	STEFANO	SM40	11	EDILSCAVI ASD	00:49:15	04:55
88	82	ANTONUCCI	LUCIANO	SM60	7	STILE LIBERO I CICLOPI	00:49:24	04:56
89	7	SIMONELLI	SIMONA	SF40	2	POL. ATLETICA CEPRANO	00:49:27	04:56
90	83	COCUZZOLI	PATRIZIO	SM45	9	POL. CIOCIARA ANTONIO FAVA	00:49:34	04:57
91	8	RICCIARDI	EMMA	SF50	2	POL. CIOCIARA ANTONIO FAVA	00:49:34	04:57
92	9	SPINU	VERONICA	SF40	3	POL. CIOCIARA ANTONIO FAVA	00:49:35	04:57
93	84	PARENTE	ANDREA	SM45	10	POL. ATLETICA CEPRANO	00:49:49	04:58
94	10	DI SOTTO	EMANUELA	SF50	3	POL. CIOCIARA ANTONIO FAVA	00:49:52	04:59

95	85	FERDINANDI	LUIGI	SM55	11	POL. CIOCIARA ANTONIO FAVA	<b>00:49:53</b>	04:59
96	86	SERESINI	FRANCESCO	SM50	13	TORRICE RUNNERS	<b>00:49:54</b>	04:59
97	87	NERONI	ROBERTO	SM55	12	BIANCO MODA SPORT CIAMPINO ASD	<b>00:49:55</b>	04:59
98	88	POMPONIO	PIETRO	SM65	2	POL. CIOCIARA ANTONIO FAVA	<b>00:50:11</b>	05:01
99	89	PALLADINO	MICHELANGELO	SM65	3	POL. ATLETICA CEPRANO	<b>00:50:16</b>	05:01
100	90	ACETO	GIOVANNI	SM70	3	ORO FANTASY	<b>00:50:24</b>	05:02
101	91	MELEO	TOMMASO	SM60	8	POL. CIOCIARA ANTONIO FAVA	<b>00:50:34</b>	05:03
102	92	GIOVANNONE	RICCARDO	SM23	11	RUNCARD	<b>00:50:36</b>	05:03
103	93	FRAIOLI	TERENZIO	SM55	13	POL. CIOCIARA ANTONIO FAVA	<b>00:50:38</b>	05:03
104	94	FOLCARELLI	TOMMASO	SM50	14	POL. CIOCIARA ANTONIO FAVA	<b>00:50:48</b>	05:04
105	95	MINGARELLI	MAURIZIO	SM50	15	RUNCARD	<b>00:50:53</b>	05:05
106	96	ALONZI	PAOLO	SM55	14	ATLETICA ARCE	<b>00:51:01</b>	05:06
107	97	LEO	MARIO	SM60	9	ATLETICA CECCANO	<b>00:51:06</b>	05:06
108	98	COLASANTI	MARCO	SM50	16	POL. ATLETICA CEPRANO	<b>00:51:12</b>	05:07
109	99	LOMBARDI	FRANCESCO	SM23	12	RUNCARD	<b>00:51:12</b>	05:07
110	100	RINNA	ADRIANO	SM55	15	A.S.D. LIRI RUNNERS	<b>00:51:13</b>	05:07
111	101	PERNA	MARCO	SM23	13	A.S.D. LIRI RUNNERS	<b>00:51:14</b>	05:07
112	102	SARDELLITTI	MARCO	SM40	12	A.S.D. LIRI RUNNERS	<b>00:51:14</b>	05:07
113	103	BRACAGLIA	VINCENZINO	SM70	4	RUNCARD	<b>00:51:54</b>	05:11
114	104	BUFOLI	FRANCESCO	SM60	10	ASD ENDURANCE TRAINING	<b>00:52:12</b>	05:13
115	105	BOCCHETTI	VALTER	SM65	4	BIANCO MODA SPORT CIAMPINO ASD	<b>00:52:32</b>	05:15
116	106	COLATOSTI	ANGELO	SM55	16	POL. ATLETICA CEPRANO	<b>00:52:34</b>	05:15
117	11	MARCUCCILLI	NICOLETTA	SF40	4	ATLETICA ARCE	<b>00:52:48</b>	05:16
118	107	SERA	GIANMARCO	SM50	17	ATLETICA ARCE	<b>00:52:49</b>	05:16
119	108	MASI	ANDREA	SM45	11	ATLETICA CECCANO	<b>00:52:55</b>	05:17
120	109	SERAFINI	STEFANO	SM55	17	BIANCO MODA SPORT CIAMPINO ASD	<b>00:53:02</b>	05:18
121	110	PERONTI	DAVIDE	SM35	10	IL CORRIDORE RUNNING CLUB ASD	<b>00:53:31</b>	05:21
122	111	MORETTI	PAOLO	SM55	18	POL. ATLETICA CEPRANO	<b>00:53:34</b>	05:21
123	112	COCCARELLI	CARLO	SM65	5	IL CORRIDORE RUNNING CLUB ASD	<b>00:53:35</b>	05:21
124	113	TUDINO	LUCA	SM35	11	ATLETICA ARCE	<b>00:53:39</b>	05:21
125	114	COLIZZA	GIANLUCA	SM50	18	G.S. AVEZZANO	<b>00:53:46</b>	05:22
126	12	CENTOFANTE	MONICA	SF45	2	POL. CIOCIARA ANTONIO FAVA	<b>00:54:01</b>	05:24
127	13	GARCIA	LUCRECIA	SF65	1	ATLETICA CECCANO	<b>00:54:23</b>	05:26
128	115	MARTELLUZZI	MAURIZIO	SM50	19	ASD ENDURANCE TRAINING	<b>00:55:09</b>	05:30
129	116	CAMPAGNA	GABRIELE	SM23	14	POL. ATLETICA CEPRANO	<b>00:55:11</b>	05:31
130	117	VINCENZI	MAURIZIO	SM50	20	ASD POFISPORTIVA	<b>00:55:18</b>	05:31
131	118	IANNI	ANDREA	SM35	12	ASD ENDURANCE TRAINING	<b>00:56:23</b>	05:38
132	119	NOCE	ENRICO	SM50	21	TORRICE RUNNERS	<b>00:56:33</b>	05:39
133	120	MORICONI	FAUSTINO	SM60	11	TORRICE RUNNERS	<b>00:56:40</b>	05:40
134	121	ARDUINI	ROBERTO	SM60	12	ATLETICA CECCANO	<b>00:57:20</b>	05:44
135	122	SOLLI	WALTER	SM65	6	ATLETICA CECCANO	<b>00:58:16</b>	05:49
136	123	PUCA	ANIELLO	SM55	19	ASD ATLETICA FERENTINO	<b>00:58:27</b>	05:50
137	124	ANGELETTI	INDALEZIO	SM60	13	IL CORRIDORE RUNNING CLUB ASD	<b>01:00:01</b>	06:00
138	14	SERA	BRUNELLA	SF55	1	ATLETICA ARCE	<b>01:00:02</b>	06:00
139	125	ABBATECOLA	FABIO	SM50	22	POL. CIOCIARA ANTONIO FAVA	<b>01:02:51</b>	06:17
140	126	NOBILI	GIAMPIERO	SM35	13	TORRICE RUNNERS	<b>01:03:45</b>	06:22
141	127	INCELLI	ANTONIO	SM55	20	ASD ENDURANCE TRAINING	<b>01:06:12</b>	06:37
142	128	BAGNATI	DIEGO	SM45	12	ASD ENDURANCE TRAINING	<b>01:06:12</b>	06:37
143	129	BALDESI	LUIGI	SM45	13	ASD ENDURANCE TRAINING	<b>01:06:14</b>	06:37
144	15	TRIBIOLI	MARTA	SF45	3	ASD ENDURANCE TRAINING	<b>01:06:14</b>	06:37

145	16	MARTIGNANI	MARILENA	SF65	2	ASD ENDURANCE TRAINING	<b>01:06:15</b>	06:37
146	130	DI CICCO	DAVIDE	M16-22	10	POL. CIOCIARA ANTONIO FAVA	<b>01:06:33</b>	06:39
147	131	SEGRETO	FRANCO	SM65	7	POL. ATLETICA CEPRANO	<b>01:11:09</b>	07:06
148	132	FABRIZI	GIOVANNI	SM80	1	ASD ENDURANCE TRAINING	<b>01:14:46</b>	07:28
149	133	ROCCA	EMANUELE	SM50	23	ASD ATINA TRAIL RUNNING	<b>01:22:23</b>	08:14