



| SPEC.                   | RECORD  | JM                                | PROM.                            | SM                              | SM35                                 | SM40                                  | SM45                                   | SM50                            | SM55                                       | SM60                                   | SM65                             | SM70                           | SM75                            | SM80                                   |
|-------------------------|---|-----------------------------------|----------------------------------|---------------------------------|--------------------------------------|---------------------------------------|--|---------------------------------|--|--|----------------------------------|--------------------------------|---------------------------------|--|
| 5.000 mt.               | <b>15.33.35 Stefano Bianco (2017)</b>           | 18.32.0 Gregorio Fornarini (2013) | 15.56.2 Marco Maginzali (1996)   | 15.47.0 Marco Tiozzo (2001)     | 15.33.35 Stefano Bianco (2017)       | 16.13.5 Giancarlo Gobbo (1999)        | 16.18.07 Gilberto Atzeni (2002)        | 18.00.0 Angelo Asero (2007)     | 18.25.25 Francesco Mazzilli (2014)         | 19.17.4 Umberto Golino (1998)          | 19.48.0 Umberto Golino (2003)    | 21.34.41 Umberto Golino (2008) |                                 |  |
| 10.000 mt. pista        | <b>32.14.32 Stefano Bianco (2017)</b>           |                                   | 34.44.93 Alberto Varalli (2005)  | 34.44.85 Umberto Porrini (2011) | 32.14.32 Stefano Bianco (2017)       | <b>33.22.0</b> Giancarlo Gobbo (1999) | 35.49.78 Franco Mazzilli 2004          | 39.35.65 Franco Mazzilli 2010   | 44.02.80 Gianfranco Crivellaro 2011        | 44.31.60 Emanuele Balzarini 2011       | 42.42.74 Umberto Golino 2004     | 50.51.20 Umberto Golino 2011   |                                 |  |
| 10.000 mt. strada       | <b>31.29</b> Gilberto Atzeni (2003)             | 37.50 Gregorio Fornarini (2013)   | 38.28 Matteo Raimondi (2007)     | 33.49 Andrea Erario 2016        | 31.54 Ronnie Fochi (2015)            | 33.34 Virgilio Franchi (2013)         | 31.33 Gilberto Atzeni (2003)           | 37.00 Angelo Fravolini (2016)   | 38.42 Angelo Fravolini (2018)              | <b>40.22</b> Francesco Mazzilli (2019) | 43.50 Umberto Golino (2007)      | 45.38 Umberto Golino (2008)    | 50.35 Umberto Golino (2013)     |  |
| MEZZA MARAT. 21,097 mt. | <b>1h09.52 Stefano Bianco (2016 Busto)</b>      | 1h26.00 Gregorio Fornarini (2013) | 1h24.52 Loris Del Vecchio (2015) | 1h12.23 Marco Tiozzo (2001)     | <b>1h09.52 Stefano Bianco (2016)</b> | 1h12.53 Gilberto Atzeni (1998)        | 1h12.54 Maurizio Brassini (2013)       | 1h20.48 Angelo Fravolini (2015) | <b>1h23.59</b> Angelo Fravolini (2019)     | 1h29.18 Pietro Venturini (2000)        | 1h 32.38 Pietro Venturini (2004) | 1h49.11 Angelo Cerello (2008)  | 2h00.13 Pietro Venturini (2013) | <b>2h21.47</b> Pietro Venturini (2019) |
| MARAT. 42,195 mt.       | <b>2h29.55</b> Stefano Bianco (Brescia 12.3.17) |                                   |                                  | 2h 46.44 Marco Maginzali (2003) | 2h29.55 Stefano Bianco (2017)        | 2h39.24 Diego Giacomini (2018)        | 2h54.08 Cristiano Mazzoni (2017)       | 2h58.27 Angelo Fravolini (2017) | 3h07.01 Pietro Venturini (1998)            | 3h05.42 Pietro Venturini (1999)        | 5h36.23 Savino Scarano (2017)    |                                |                                 |  |
| 100 KM                  | 8h31.50 Paolo Scatolini (Seregno '17)           |                                   |                                  |                                 |                                      | 9h33.29 Roberto Muraro (Seregno '17)  | 8h31.50 Paolo Scatolini (Seregno 2017) |                                 | <b>10h54.38</b> Cesare Garberi Seregno '15 |  |                                  |                                |                                 |  |
| LUNGO                   | <b>Mt. 4,78</b> Urban R. (1994)                 |                                   |                                  |                                 | Mt. 4,51 De Narda D. (2000)          | <b>Mt. 4,78</b> Urban R. (1994)       | Mt. 4,59 Urban R. (1998)               |                                 |  |  |                                  |                                |                                 |  |
| PESO                    | <b>Mt. 8,78</b> Urban R. (1994)                 |                                   |                                  |                                 | Mt. 7,25 Marco Ferro 95              | <b>Mt. 8,78</b> Urban R. (1994)       | Mt. 6,30 Sgotto F. (1998)              |                                 | Mt. 8,60 Magnoni V. (1994)                 |  |                                  |                                |                                 |  |
| GIAVELL.                | <b>Mt. 33,72</b> Urban R. (1995)                |                                   |                                  |                                 |                                      | <b>Mt. 33,72</b> Urban R. (1995)      | Mt. 30,85 Asero A. (2003)              |                                 |  |  |                                  |                                |                                 |  |

ATL. CASORATE - MIGLIORI PRESTAZIONI DI SEMPRE

**DONNE (al 17.03.2019)**

| SPEC.                   | RECORD                                  | ESORD. F.                      | PROM.                                       | SF  | SF35   | SF40                                     | SF45                                  | SF50                                | SF55  | SF60                                       | SF65                                      |
|-------------------------|---|--------------------------------|---|---|--|--|---------------------------------------|-------------------------------------|---|--|---|
| 100 mt.                 | <b>14.90</b><br>Martina Dorz (2014)     | 14.90<br>Martina Dorz (2014)   |   | 16.47<br>Francesca Crocetti (2013)          | 16.93<br>Lara Galasso (2013)                   | 16.21<br>Simona Lo Cane (2014)           | <b>15.21</b><br>Lorena Strozzi (2013) |                                     |   |  |   |
| 200 mt.                 | <b>30.5</b><br>Lorena Strozzi (2011)    |                                |   |   |  |  | <b>30.5</b><br>Lorena Strozzi (2011)  |                                     | 32.78<br>Francesca Barone (2014)            |  |   |
| 400 mt.                 |   | 1.14.40<br>Martina Dorz (2014) |   |   |  | 1.25.34<br>Luana Marzolo (2014)          |                                       |                                     | 1.10.80<br>Francesca Barone (2014)          |  |   |
| 800 mt.                 | <b>2.22.21</b><br>Silvia Murgia (2008)  |                                |   | 2.24.52<br>Silvia Murgia (2007)             | 2.22.21<br>Silvia Murgia (2008)                | 2.27.85<br>Lorena Strozzi (2012)         | 2.46.60<br>Emanuela Fossa (2011)      | 2.39.95<br>Francesca Barone (2011)  | 2.34.84<br>Francesca Barone (2013)          | 4.14.45<br>Maria Radice (2011)             | 3.50.18<br>Ersilia Isotta (2007)          |
| 1.000 MT.               | <b>2.58.00</b><br>Silvia Murgia (2010)  | 3.38.37<br>Martina Dorz (2014) | 3.25.34<br>Marta Landini (2006)             | 3.06.78<br>Silvia Murgia (2007)             | <b>2.58.00</b><br>Silvia Murgia (2010)         | 3.10.30<br>Lorena Strozzi (2010)         | 3.19.37<br>Lorena Strozzi (2013)      | 3.21.70<br>Francesca Barone (2011)  | 3.25.78<br>Francesca Barone (2013)          | 4.13.24<br>Ersilia Isotta (2001)           | 4.45.87<br>Ersilia Isotta (2006)          |
| 1.500 MT.               | <b>4.54.04</b><br>Silvia Murgia (2008)  |                                |   | 4.57.64<br>Silvia Murgia (2007)             | 4.54.04<br>Silvia Murgia (2008)                | 5.01.60<br>Lorena Strozzi (2012)         | 5.35.85<br>Emanuela Fossa (2011)      | 5.13.84<br>Francesca Barone (2011)  | 5.18.07<br>Francesca Barone (2013)          | 8.27.50<br>Maria Radice (2011)             |   |
| MIGLIO PISTA            | <b>5.09.15</b><br>Silvia Murgia (2010)  | 6.30.71<br>Martina Dorz (2014) | 5.50.15<br>Marta Landini (2006)             | <b>5.34.53</b><br>Silvia Murgia (2007)      | 5.09.15<br>Silvia Murgia (2010)                | 5.28.50<br>Lorena Strozzi (2010)         | 5.38.62<br>Lorena Strozzi (2014)      | 5.46.85<br>Francesca Barone (2011)  | 5.42.11<br>Francesca Barone (2013)          | 7.43.20<br>Ersilia Isotta (2004)           | 8.12.59<br>Ersilia Isotta (2007)          |
| 2.000 MT.               | <b>7.16.00</b><br>Lorena Strozzi (2011) |                                | <b>7.37.65</b><br>Paola Gobbo (2011)        |   | 7.54.20<br>Michela Urh (2011)                  | 7.16.00<br>Lorena Strozzi (2011)         | 7.42.70<br>Emanuela Fossa (2011)      | 7.47.50<br>Francesca Barone (2011)  |   | 11.34.55<br>Maria Radice (2011)            |   |
| 3.000 mt.               | <b>10.17.65</b><br>Silvia Murgia (2011) |                                | <b>11.12.0</b><br>Stefania De Felice (1999) | 10.53.90<br>Silvia Murgia (2007)            | 10.17.65<br>Silvia Murgia (2011)               | 11.02.30<br>Lorena Strozzi (2011)        | 10.59.55<br>Lorena Strozzi (2013)     | 11.29.10<br>Francesca Barone (2012) | 11.16.85<br>Francesca Barone (2014)         | 13.58.29<br>Ersilia Isotta (2001)          | 16.14.00<br>Ersilia Isotta (2007)         |
| 5.000 mt.               | <b>18.09.80</b><br>Silvia Murgia (2010) | 23.10<br>Martina Dorz (2013)   | 19.40.09<br>Marta Landini (2008)            | 19.28.93<br>Silvana Bossi (2005)            | <b>18.09.80</b><br>Silvia Murgia (2010)        | 18.54.15<br>Lorena Strozzi (2012)        | 19.41.85<br>Lorena Strozzi (2013)     | 19.48.80<br>Francesca Barone (2012) | 19.14.45<br>Francesca Barone (2013)         | 23.41.0<br>Ersilia Isotta (2001)           |   |
| 10.000 mt. pista        | <b>36.57.50</b><br>Silvia Murgia (2010) |                                |   | 44.11.55<br>Silvana Bossi (2005)            | <b>36.57.50</b><br>Silvia Murgia (2010)        | 40.34.55<br>Lorena Strozzi (2010)        | 43.27.60<br>Emanuela Fossa (2011)     | 43.12.00<br>Francesca Barone (2011) |   | 47.57.90<br>Ersilia Isotta (2004)          |   |
| 10.000 mt. Strada       | <b>37.14</b><br>Silvia Murgia (2010)    |                                | 39.46<br>Paola Gobbo (2011)                 | 37.59<br>Marta Latino (2018)                | 37.14<br>Silvia Murgia (2010)                  | 39.24<br>Emanuela Fossa (2008)           | 39.08<br>Lorena Strozzi (2013)        | 41.49<br>Lorena Strozzi (2018)      | 40.34<br>Francesca Barone (2013)            | 57.29<br>Paola Ghiraldini (2017)           | 54.28<br>Ersilia Isotta (2007)            |
| MEZZA MARAT. 21h097 mt. | <b>1h22.20</b><br>Silvia Murgia (2010)  |                                | 1h30.18<br>Stefania De Felice (1998)        | 1h26.55<br>Paola Gobbo (2012) amsterdam     | <b>1h22.20</b><br>Silvia Murgia (2010) Parma   | 1h28.33<br>Lorena Strozzi (2012)         | 1h26.20<br>Lorella Atzeni (2016)      | 1h30.09<br>Francesca Barone (2012)  | 1h 33.29<br>Francesca Barone (2013)         | 1h 38.04<br>Ersilia Isotta (2001) Gargnano | 1h51.13<br>Ersilia Isotta (2006) Busto A. |
| MARAT. 42h195 mt.       | <b>3h00.13</b><br>Silvia Murgia (2010)  |                                |   | <b>3h04.47</b><br>Stefania De Felice (2001) | <b>3h00.13</b><br>Silvia Murgia (2010) Venezia | 3h27.32<br>Lorena Strozzi (2008) Treviso | 3h52.50<br>Patrizia Pacco (2017)      | 3h35.42<br>Lorella Atzeni (2018)    | 3h 31.21<br>Ersilia Isotta (1997) Cesano B. | 3h 30.26<br>Ersilia Isotta (2001) Milano   |   |