

ITALIANA RUNNING

Best 5 Km al 10 novembre 2024

| | Cognome | Nome | tempo | gara | anno | precedente PB | | |
|----|--------------------|------------------|-------|-----------------------|------|---------------|-----------------------|------|
| 1 | Perrino | Daniele | 18.12 | Castel Romano Run | 2022 | | | |
| 2 | Maiello | Giovanni | 18.31 | Roma Ostia | 2022 | | | |
| 3 | Posado | Claudio | 18.51 | Roma Ostia | 2023 | | | |
| 4 | Cignitti | Massimiliano | 19.14 | FIDAL - Tivoli | 2021 | | | |
| 5 | Vanzo | Mauro | 19.24 | Maratona Firenze | 2022 | | | |
| 6 | Martinello | Alessandro | 19.44 | Castel Romano Run | 2023 | | | |
| 7 | Trastulli | Massimiliano | 19.45 | FIDAL - Tivoli | 2021 | | | |
| 8 | Preziosi | Simone | 19.52 | Castel Romano Run | 2023 | | | |
| 9 | Furci | Domenico | 19.53 | FIDAL - Colferro | 2024 | 20.01 | Castel Romano Run | 2022 |
| 10 | Ottaviani | Claudio | 19.53 | Roma by Night 5k | 2021 | | | |
| 11 | Quadrini | Luigi | 19.59 | Roma Ostia | 2021 | | | |
| 12 | Mancini | Simone | 20.20 | Roma by Night 5k | 2021 | | | |
| 13 | Palleschi | Daniele | 20.36 | Castel Romano Run | 2022 | | | |
| 14 | Blandino | Andrea | 20.48 | Castel Romano Joy Run | 2024 | 20.56 | Castel Romano Run | 2022 |
| 15 | Tsyupka | Nataliya | 21.08 | Roma Ostia | 2023 | | | |
| 16 | Alivernini | Igino | 21.09 | Roma Ostia | 2023 | | | |
| 17 | Ragonesi | Luigi | 21.18 | Roma by Night 5k | 2021 | | | |
| 18 | Ortolani | Francesco | 21.22 | Castel Romano Joy Run | 2024 | 21.35 | Roma Ostia | 2024 |
| 19 | Falbo | Pietro | 21.23 | Castel Romano Joy Run | 2024 | 22.37 | Roma Ostia | 2024 |
| 20 | Babalic | Anisoara | 21.26 | Castel Romano Run | 2023 | | | |
| 21 | Augusto | Massimo | 21.32 | Roma by Night 5k | 2021 | | | |
| 22 | Tarantino | Alessandro | 21.38 | Castel Romano Joy Run | 2024 | 25.59 | Roma Ostia | 2024 |
| 23 | Di Paola Ficarella | Domenico | 21.40 | Castel Romano Run | 2023 | | | |
| 24 | Franzini | Gianni | 21.58 | Castel Romano Joy Run | 2024 | 22.12 | Castel Romano Run | 2023 |
| 25 | Luccisano | Giuseppe | 22.03 | Castel Romano Run | 2022 | | | |
| 26 | Bataloni | Stefano | 22.13 | Castel Romano Run | 2023 | | | |
| 27 | Cicchinelli | Marcello | 22.17 | Castel Romano Run | 2022 | | | |
| 28 | Meloni | Luciano | 22.21 | Roma Ostia | 2021 | | | |
| 29 | Lops | Katiuscia | 22.43 | Castel Romano Run | 2023 | | | |
| 30 | Nuccitelli | Daniilo | 22.50 | Castel Romano Joy Run | 2024 | | | |
| 31 | Pulciani | Luigi | 23.10 | Roma by Night 5k | 2021 | | | |
| 32 | Pizzuti | Gianluca | 23.11 | Roma by Night 5k | 2021 | | | |
| 33 | Muzyka | Tetiana | 23.29 | Maratona Firenze | 2022 | | | |
| 34 | Sciannameo | Tiziana | 23.45 | Roma Ostia | 2024 | 23.57 | Roma Ostia | 2023 |
| 35 | Faraone | Giovanni | 23.46 | Roma Ostia | 2023 | | | |
| 36 | Meloni | Marco | 23.56 | Roma15k | 2024 | | | |
| 37 | Mastromattei | Maria Rita | 24.10 | Castel Romano Joy Run | 2024 | | | |
| 38 | Di Cicco | Raffaele | 24.53 | Castel Romano Run | 2022 | | | |
| 39 | Di Cavio | Simona | 24.54 | Castel Romano Run | 2023 | | | |
| 40 | Schiavello | Giovanni | 24.55 | Castel Romano Run | 2023 | | | |
| 41 | Silvi | Petro | 25.01 | FIDAL - Tivoli | 2021 | | | |
| 42 | Frattesi | Paolo | 25.04 | Castel Romano Run | 2023 | | | |
| 43 | Cerri | Massimo | 25.09 | Roma Half Marathon | 2024 | 26.20 | Roma Ostia | 2024 |
| 44 | Mensitiere | Angela | 25.12 | Castel Romano Joy Run | 2024 | 26.06 | Castel Romano Run | 2023 |
| 45 | Tazza | Roberto | 25.20 | Roma Ostia | 2024 | | | |
| 46 | Buccarini | Claudia | 25.25 | Castel Romano Run | 2023 | | | |
| 47 | Rosso | Matteo | 25.56 | Roma Ostia | 2024 | | | |
| 48 | Caporali | Stefano | 26.04 | Roma by Night 5k | 2021 | | | |
| 49 | Cassiano | Cosimo Lucio | 26.06 | Roma15k | 2024 | 26.36 | Roma Ostia | 2024 |
| 50 | Murzilli | Monica | 26.09 | Castel Romano Joy Run | 2024 | 26.47 | Roma by Night 5k | 2021 |
| 51 | Romitti | Paolo | 26.12 | Castel Romano Run | 2023 | | | |
| 52 | Rossi | Maria Antonietta | 27.00 | Roma by Night 5k | 2021 | | | |
| 53 | Centola | Francesco | 27.09 | Maratona Roma | 2024 | | | |
| 54 | Mc Aleese | Peter Anthony | 27.09 | Roma Ostia | 2023 | | | |
| 55 | Concutelli | Gaia | 27.12 | Roma Ostia | 2023 | | | |
| 56 | Di Berardino | Alessandra | 27.14 | Roma Ostia | 2021 | | | |
| 57 | Imperatori | Laura | 27.27 | Roma15k | 2024 | 28.10 | Roma Half Marathon | 2024 |
| 58 | Troianelli | Guido | 27.37 | Roma Ostia | 2022 | | | |
| 59 | Coiro | Oscar | 27.39 | Castel Romano Run | 2022 | | | |
| 60 | Praktyka | Olesia | 27.40 | Castel Romano Run | 2023 | | | |
| 61 | Di Stasio | Federica | 27.46 | Castel Romano Run | 2023 | | | |
| 62 | Santori | Silvia | 27.46 | Castel Romano Run | 2023 | | | |
| 63 | Dorigo | Ilva | 27.50 | Castel Romano Run | 2022 | | | |
| 64 | Policastro | Renato | 27.56 | Roma Ostia | 2024 | | | |
| 65 | Boncompagni | Giovanni | 28.36 | Castel Romano Joy Run | 2024 | | | |
| 66 | Giarratana | Angela | 28.42 | Roma Ostia | 2024 | 29.22 | Castel Romano Run | 2023 |
| 67 | Fachin | Orlando | 29.02 | Castel Romano Run | 2022 | | | |
| 68 | Ragusa | Michela | 29.07 | Roma15k | 2024 | 31.13 | Roma Ostia | 2024 |
| 69 | Veggetti | Gianmarco | 29.21 | Roma Ostia | 2024 | | | |
| 70 | Di Micco | Luigi | 29.24 | Roma Ostia | 2024 | | | |
| 71 | Costanzo | Emanuele | 29.32 | Roma15k | 2024 | | | |
| 72 | Greggi | Michela | 29.37 | Roma Ostia | 2024 | | | |
| 73 | Piergrossi | Mario | 29.39 | Roma Ostia | 2022 | | | |
| 74 | Sabelli | Valentina | 30.23 | Roma Ostia | 2023 | | | |
| 75 | Pirrone | Alessandro | 30.25 | Roma Ostia | 2023 | | | |
| 76 | Bassanesi | Michelle | 30.51 | Castel Romano Joy Run | 2024 | 33.26 | Roma Ostia | 2023 |
| 77 | Di Carlo | Giuliano | 30.57 | Roma by Night 5k | 2021 | | | |
| 78 | Zoli | Mariangela | 31.28 | Roma15k | 2024 | 31.49 | Castel Romano Joy Run | 2024 |
| 79 | Boccanera | Roberto | 31.43 | Maratona Roma | 2023 | | | |
| 80 | Ledesma Pieter | Iris Magnolia | 32.16 | Roma Ostia | 2021 | | | |
| 81 | Avitabile | Luca | 32.26 | Roma Ostia | 2021 | | | |
| 82 | Cavolata | Andrea | 32.28 | Roma Ostia | 2024 | | | |
| 83 | Cecchi | Cristina | 32.42 | Castel Romano Run | 2022 | | | |
| 84 | Bottini | Fabrizio | 32.53 | Roma Ostia | 2023 | | | |
| 85 | Fermo | Giampaolo | 35.35 | Castel Romano Joy Run | 2024 | | | |