



MASTER MIGLIORI PRESTAZIONI

Elaborazione ed aggiornamenti a cura del **prof. Carmelo Raimondi**

MIGLIORI PRESTAZIONI PROVINCIALI MASTER C.P. FIDAL LECCE

Aggornate al 30/10/2011

UOMINI

| Mt. 100 | | | | | |
|---------|-----------------|--------------------|------|----------------|------------|
| MF35 | PERSANO Serena | Running Club Lecce | 14"5 | Lecce | 01/05/2002 |
| MF40 | CORBELLI Maria | CUS Lecce | 14"3 | Acquaviva (Ba) | 09/06/2007 |
| MF45 | CORALLO Rachele | CUS Lecce | 15"2 | Lecce | 12/05/2007 |
| MF50 | COSI Beatrice | Running Club Lecce | 16"3 | Lecce | 17/04/2010 |
| MF55 | ELIA Giorgina | CUS Lecce | 16"5 | Lecce | 16/10/2007 |
| MF60 | BONETTA Adele | CUS Lecce | 16"1 | Lecce | 02/07/2005 |
| MF65 | BONETTA Adele | CUS Lecce | 16"6 | Lecce | 17/04/2010 |
| MF70 | | | | | |

| Mt. 200 | | | | | |
|---------|-----------------|---------------|-------|-------------|------------|
| MF35 | LAZZARI Rosaria | Amatori Lecce | 30"9 | Lecce | 27/06/1999 |
| MF40 | CORBELLI Maria | CUS Lecce | 30"13 | Formia (Lt) | 03/10/2004 |
| MF45 | SCHIUMA Carmela | CUS Lecce | 33"5 | Lecce | 28/05/2006 |
| MF50 | RIA Vita | Amatori Lecce | 36"1 | Lecce | 07/07/2002 |
| MF55 | ELIA Giorgina | CUS Lecce | 34"8 | Lecce | 19/05/2007 |
| MF60 | BONETTA Adele | CUS Lecce | 34"6 | Lecce | 25/08/2006 |
| MF65 | BONETTA Adele | CUS Lecce | 36"0 | Lecce | 09/05/2010 |
| MF70 | | | | | |

| Mt. 400 | | | | | |
|---------|------------------|--------------------------|---------|-------------|------------|
| MF35 | PANICO Simona | CUS Lecce | 1'12"4 | Lecce | 10/05/2008 |
| MF40 | CORBELLI Maria | CUS Lecce | 1'07"2 | Brindisi | 10/07/2004 |
| MF45 | SCHIUMA Carmela | CUS Lecce | 1'12"79 | Misano (Rn) | 10/06/2006 |
| MF50 | SCHIUMA Carmela | CUS Lecce | 1'12"3 | Lecce | 10/05/2008 |
| MF55 | ELIA Giorgina | CUS Lecce | 1'21"6 | Lecce | 20/10/2007 |
| MF60 | BONETTA Adele | CUS Lecce | 1'30"2 | Lecce | 12/05/2007 |
| MF65 | SARACINO Palmira | Grecia Salentina Martano | 1'44"93 | Misano (Rn) | 10/06/2006 |
| MF70 | | | | | |

| Mt. 800 | | | | | |
|-------------|---------------------------|--------------------------|----------------|----------------|-------------------|
| MF35 | CENTONZE Sabrina | Amatori Lecce | 2'41"3 | Brindisi | 11/07/2004 |
| MF40 | CENTONZE Sabrina | Amatori Lecce | 2'40"2 | Acquaviva (Ba) | 10/09/2007 |
| MF45 | INGROSSO Laura | Amatori Lecce | 2'48"7 | Acquaviva (Ba) | 10/09/2007 |
| MF50 | CAMASSA Alessandra | CUS Lecce | 3'00"50 | Formia (Lt) | 21/09/2008 |
| MF55 | CAMASSA Alessandra | CUS Lecce | 3'08"21 | Cosenza | 01/10/2011 |
| MF60 | SPADA Rita | Amatori Lecce | 3'28"5 | Lecce | 19/05/2007 |
| MF65 | SARACINO Palmira | Grecia Salentina Martano | 4'17"2 | Lecce | 16/06/2007 |
| MF70 | | | | | |

| Mt. 1.500 | | | | | |
|-----------|--------------------|--------------------------|--------|-------|------------|
| MF35 | CARRA Anna | Grecia Salentina Martano | 5'14"6 | Lecce | 21/05/2005 |
| MF40 | CENTONZE Sabrina | Amatori Lecce | 5'27"8 | Lecce | 27/05/2006 |
| MF45 | CAMASSA Alessandra | Sportleader Squinzano | 5'40"7 | Lecce | 11/05/2002 |
| MF50 | CAMASSA Alessandra | CUS Lecce | 5'42"0 | Lecce | 20/05/2006 |
| MF55 | CAMASSA Alessandra | CUS Lecce | 5'59"9 | Lecce | 08/05/2010 |
| MF60 | SPADA Rita | Amatori Lecce | 6'59"3 | Lecce | 24/06/2006 |
| MF65 | SARACINO Palmira | Grecia Salentina Martano | 8'17"2 | Lecce | 27/05/2006 |
| MF70 | | | | | |

Mt. 3.000

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|-------------|---------------------------|-----------------------|----------------|-----------------|-------------------|
| MF35 | CENTONZE Sabrina | Amatori Lecce | 11'13"2 | Lecce | 06/05/2000 |
| MF40 | TAURINO Marivanna | CUS Lecce | 12'25"48 | Formia (Lt) | 21/09/2008 |
| MF45 | CAMASSA Alessandra | Sportleader Squinzano | 12'01"05 | Cesenatico (Fc) | 22/06/2002 |
| MF50 | CAMASSA Alessandra | CUS Lecce | 12'09"85 | Salerno | 02/10/2005 |
| MF55 | CAMASSA Alessandra | CUS Lecce | 12'24"6 | Lecce | 30/04/2011 |
| MF60 | SPADA Rita | Amatori Lecce | 15'03"9 | Lecce | 25/06/2006 |
| MF65 | | | | | |
| MF70 | | | | | |

Mt. 5.000

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|-------------|---------------------------|------------------------------|-----------------|----------------|-------------------|
| MF35 | CENTONZE Sabrina | Amatori Lecce | 19'09"0 | Lecce | 09/06/2000 |
| MF40 | TAURINO Marivanna | CUS Lecce | 21'40"4 | Lecce | 11/05/2008 |
| MF45 | CAMASSA Alessandra | Sportleader Squinzano | 20'33"4 | Lecce | 30/09/2001 |
| MF50 | CAMASSA Alessandra | CUS Lecce | 21'00"81 | Misano (Rn) | 09/06/2006 |
| MF55 | CAMASSA Alessandra | CUS Lecce | 21'23"67 | Cosenza | 30/09/2011 |
| MF60 | SARACINO Palmira | Grecia Salentina Martano | 26'37"12 | Torino | 20/06/1993 |
| MF65 | ZIZZARI Vittoria | Club Correre Galatina | 32'11"5 | Lecce | 19/06/2011 |
| MF70 | | | | | |

Mt. 10.000

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|-------------|---------------------------|---------------------------|----------------|--------------|-------------------|
| MF35 | CASCIONE Francesca | CUS Lecce | 49'28"9 | Lecce | 27/05/2006 |
| MF40 | CAMASSA Alessandra | Sportleader Squinzano | 45'28"9 | Lecce | 16/10/1999 |
| MF45 | SERIO Silvana | A13 Alba Taurisano | 41'28"4 | Lecce | 18/06/2011 |
| MF50 | CAMASSA Alessandra | CUS Lecce | 44'22"2 | Lecce | 10/05/2008 |
| MF55 | CAMASSA Alessandra | CUS Lecce | 46'05"5 | Lecce | 18/06/2011 |
| MF60 | | | | | |
| MF65 | SARACINO Palmira | Grecia Salentina Martano | 60'00"53 | Misano (Rn) | 06/09/2007 |
| MF70 | | | | | |

Salto in Alto

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|-------------|-----------------------|---------------------------|----------------|--------------|-------------------|
| MF35 | PALMIERI Daniela | Marathon Lecce | m. 1,38 | Lecce | 08/06/1996 |
| MF40 | CORBELLI Maria | CUS Lecce | m. 1,32 | Lecce | 22/05/2005 |
| MF40 | COLUCCIA Alessandra | CUS Lecce | m. 1,32 | Formia (Lt) | 03/10/2004 |
| MF45 | GRECO Lucia | Amatori Lecce | m. 1,23 | Lecce | 02/06/2002 |
| MF50 | GRECO Lucia | Amatori Lecce | m. 1,17 | Lecce | 08/06/2008 |
| MF50 | COSI Beatrice | Running Club Lecce | m. 1,17 | Lecce | 03/09/2011 |
| MF55 | ELIA Giorgina | CUS Lecce | m. 1,17 | Lecce | 22/05/2005 |
| MF60 | ELIA Giorgina | CUS Lecce | m. 1,17 | Lecce | 08/05/2010 |
| MF65 | SARACINO Palmira | Grecia Salentina Martano | m. 1,00 | Lecce | 28/05/2006 |
| MF70 | LATEGANA Maria | CUS Lecce | m. 0,90 | Lecce | 22/10/2011 |

Salto in Lungo

| | | | | | |
|-------------|-----------------------|---------------------------|----------------|--------------|-------------------|
| MF35 | LAZZARI Rosaria | Amatori Lecce | m. 4,18 | Brindisi | 30/05/1999 |
| MF35 | PERSANO Serena | Running Club Lecce | m. 4,18 | Lecce | 30/06/2001 |
| MF40 | CORBELLI Maria | CUS Lecce | m. 4,16 | Lecce | 24/06/2006 |
| MF45 | COSI Beatrice | Running Club Lecce | m. 3,57 | Lecce | 05/09/2009 |
| MF50 | COSI Beatrice | Running Club Lecce | m. 3,63 | Lecce | 02/07/2011 |
| MF55 | ELIA Giorgina | CUS Lecce | m. 3,69 | Formia (Lt) | 02/10/2004 |
| MF60 | ELIA Giorgina | CUS Lecce | m. 3,50 | Lecce | 11/05/2008 |
| MF65 | LATEGANA Maria | CUS Lecce | m. 3,24 | Lecce | 27/05/2006 |
| MF70 | LATEGANA Maria | CUS Lecce | m. 2,95 | Lecce | 05/06/2011 |

Salto Triplo

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|------|--|--|--|--|--|
| MF35 | | | | | |
| MF40 | | | | | |
| MF45 | | | | | |
| MF50 | | | | | |

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|-------------|-----------------------|------------------|----------------|----------------|-------------------|
| MF55 | ELIA Giorgina | CUS Lecce | m. 7,40 | Lecce | 27/10/2007 |
| MF60 | ELIA Giorgina | CUS Lecce | m. 7,52 | Roma | 13/06/2010 |
| MF65 | BONETTA Adele | CUS Lecce | m. 5,93 | Roma | 13/06/2010 |
| MF70 | LATEGANA Maria | CUS Lecce | m. 5,76 | Cosenza | 02/10/2011 |

| Getto del Peso | | | | | |
|----------------|-----------------------|-----------------------|----------------|-------------|-------------------|
| MF35 | CAPOCCIA Carla | Amatori Lecce | m. 8,23 | Taranto | 06/06/1992 |
| MF40 | MELOTTI Paola | Sportleader Squinzano | m. 9,43 | Milano | 12/06/2000 |
| MF45 | MELOTTI Paola | CUS Lecce | m. 10,11 | Macerata | 14/10/2006 |
| MF50 | MELOTTI Paola | CUS Lecce | m. 12,00 | Milano | 29/06/2007 |
| MF55 | LATEGANA Maria | Sportleader Squinzano | m. 6,55 | Lecce | 26/06/1999 |
| MF60 | LATEGANA Maria | Sportleader Squinzano | m. 6,80 | Lecce | 13/10/2001 |
| MF65 | LATEGANA Maria | CUS Lecce | m. 7,20 | Milano | 29/06/2007 |
| MF70 | LATEGANA Maria | CUS Lecce | m. 6,05 | Bari | 15/10/2011 |

| Lancio del Disco | | | | | |
|------------------|-----------------------|-----------------------|-----------------|--------------|-------------------|
| MF35 | CAPOCCIA Carla | Amatori Lecce | m. 25,70 | Taranto | 07/06/1992 |
| MF40 | MARAGLIULO Enza | Sportleader Squinzano | m. 28,90 | Lecce | 29/05/1999 |
| MF45 | MARAGLIULO Enza | CUS Lecce | m. 28,19 | Lecce | 25/06/2006 |
| MF50 | MELOTTI Paola | CUS Lecce | m. 27,06 | Macerata | 11/10/2008 |
| MF55 | LATEGANA Maria | Sportleader Squinzano | m. 15,08 | Formia (Lt) | 19/06/1999 |
| MF60 | LATEGANA Maria | CUS Lecce | m. 15,76 | Lecce | 25/09/2005 |
| MF65 | BONETTA Adele | CUS Lecce | m. 16,04 | Lecce | 14/03/2010 |
| MF70 | LATEGANA Maria | CUS Lecce | m. 13,87 | Lecce | 03/09/2011 |

| Lancio del Giavellotto | | | | | |
|------------------------|-----------------------|-----------------------|-----------------|----------------|-------------------|
| MF35 | PENNO Barbara | CUS Lecce | m. 21,55 | Comacchio (Fe) | 19/06/2004 |
| MF40 | GRECO Lucia | Amatori Lecce | m. 24,57 | Lecce | 15/04/2000 |
| MF45 | MELOTTI Paola | CUS Lecce | m. 23,46 | Ostia (Roma) | 30/09/2006 |
| MF50 | MELOTTI Paola | CUS Lecce | m. 25,58 | Pistoia | 25/04/2010 |
| MF55 | LATEGANA Maria | Sportleader Squinzano | m. 17,55 | Viareggio (Lu) | 19/06/1998 |
| MF60 | LATEGANA Maria | CUS Lecce | m. 15,76 | Lecce | 25/09/2005 |
| MF65 | LATEGANA Maria | CUS Lecce | m. 17,71 | Macerata | 11/10/2008 |
| MF70 | LATEGANA Maria | CUS Lecce | m. 14,85 | Lecce | 13/03/2011 |

| Lancio del Martello | | | | | |
|---------------------|-----------------------|-----------------------|-----------------|----------------|-------------------|
| MF35 | BUSCICCHIO Sandrina | Top Runners Lecce | m. 8,42 | Lecce | 25/09/2005 |
| MF40 | MELOTTI Paola | Sportleader Squinzano | m. 23,78 | Milano | 28/04/2001 |
| MF45 | MELOTTI Paola | CUS Lecce | m. 31,15 | Macerata | 14/10/2006 |
| MF50 | MELOTTI Paola | CUS Lecce | m. 40,65 | Bari | 30/05/2009 |
| MF55 | | | | | |
| MF60 | LATEGANA Maria | CUS Lecce | m. 16,82 | Lecce | 25/09/2005 |
| MF65 | LATEGANA Maria | CUS Lecce | m. 19,88 | Lecce | 19/05/2007 |
| MF70 | LATEGANA Maria | CUS Lecce | m. 17,35 | Cosenza | 02/10/2011 |

| Lancio del Martello con Maniglia | | | | | |
|----------------------------------|-----------------------|-----------------------|----------------|----------------|-------------------|
| MF35 | BUSCICCHIO Sandrina | Top Runners Lecce | m. 5,54 | Lecce | 26/09/2004 |
| MF40 | MELOTTI Paola | Sportleader Squinzano | m. 8,88 | Milano | 16/06/2000 |
| MF45 | MELOTTI Paola | CUS Lecce | m. 11,44 | Comacchio (Fe) | 03/06/2005 |
| MF50 | MELOTTI Paola | CUS Lecce | m. 13,57 | Ancona | 25/03/2009 |
| MF55 | | | | | |
| MF60 | BONETTA Adele | CUS Lecce | m. 8,30 | Lecce | 11/05/2008 |
| MF65 | BONETTA Adele | CUS Lecce | m. 8,98 | Lecce | 09/05/2010 |
| MF70 | LATEGANA Maria | CUS Lecce | m. 7,30 | Lecce | 05/06/2011 |

| Pentathlon (200-Peso-Alto-Lungo-800) | | | | | |
|--------------------------------------|-----------------|---------------|---------|-------|------------|
| MF35 | LAZZARI Rosaria | Amatori Lecce | p. 1813 | Lecce | 27/10/2002 |
| MF40 | CORBELLI Maria | CUS Lecce | p. 2436 | Lecce | 17/10/2004 |
| MF45 | GRECO Lucia | Amatori Lecce | p. 1658 | Lecce | 17/10/2004 |

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|------|----------------|-----------|---------|-------|------------|
| MF50 | | | | | |
| MF55 | ELIA Giorgina | CUS Lecce | p. 2699 | Lecce | 17/10/2004 |
| MF60 | LATEGANA Maria | CUS Lecce | p. 2690 | Lecce | 17/10/2004 |
| MF65 | | | | | |
| MF70 | | | | | |

Pentathlon di Lanci (Martello-Disco-Peso-Giavellotto-Martello con Maniglia)

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|-------------|-----------------------|-----------------------|----------------|--------------|-------------------|
| MF35 | BUSCICCHIO Sandrina | Top Runners Lecce | p. 1152 | Lecce | 26/09/2004 |
| MF40 | MELOTTI Paola | Sportleader Squinzano | p. 2511 | Milano | 16/06/2000 |
| MF45 | MELOTTI Paola | CUS Lecce | p. 2792 | Macerata | 14/10/2006 |
| MF50 | MELOTTI Paola | CUS Lecce | p. 3515 | Macerata | 11/10/2008 |
| MF55 | | | | | |
| MF60 | LATEGANA Maria | CUS Lecce | p. 1998 | Lecce | 25/09/2005 |
| MF65 | LATEGANA Maria | CUS Lecce | p. 2583 | Macerata | 11/10/2008 |
| MF70 | LATEGANA Maria | CUS Lecce | p. 2425 | Lecce | 13/03/2011 |

Staffetta 4x100

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|------|--------------------------|-----------------------------------|---------|----------------|------------|
| MF35 | CUS Lecce | Corallo-Penno-Gargiulo-Corbelli | 1'04"5 | Lecce | 29/05/2004 |
| MF40 | CUS Lecce | Bonetta-Corbelli-Coluccia-Corallo | 1'03"98 | Caorle (Ve) | 18/06/2004 |
| MF45 | Grecia Salentina Martano | Carra-Perrotta-Saracino-Stomeo | 1'18"5 | Lecce | 14/10/2007 |
| MF50 | Amatori Lecce | Ria-Maggio-Ingrosso-Grasso | 1'11"00 | Acquaviva (Ba) | 09/06/2007 |
| MF55 | CUS Lecce | Lategana-Bonetta-Elia-Gargiulo | 1'03"9 | Lecce | 29/09/2007 |
| MF60 | CUS Lecce | Lategana-Bonetta-Elia-Schiuma | 1'07"3 | Lecce | 10/05/2008 |
| MF65 | | | | | |
| MF70 | | | | | |

Staffetta 4x400

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|------|---------------------|-----------------------------------|---------|--------------|------------|
| MF35 | Marathon Club Lecce | Refolo-Persano-Martina-Lifonso | 5'21"4 | Lecce | 09/06/1996 |
| MF40 | CUS Lecce | Corina-Corallo-Panico-Gargiulo | 5'08"0 | Lecce | 08/06/2008 |
| MF45 | CUS Lecce | Corallo-Corbelli-Gargiulo-Schiuma | 5'04"02 | Macerata | 07/10/2007 |
| MF50 | CUS Lecce | Lategana-Corbelli-Corallo-Schiuma | 5'22"77 | Ostia (Roma) | 01/10/2006 |
| MF55 | | | | | |
| MF60 | | | | | |
| MF65 | | | | | |
| MF70 | | | | | |

Staffetta 4x100-200-300-400

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|------|-----------|-----------------------------------|---------|-------------|------------|
| MF35 | | | | | |
| MF40 | CUS Lecce | Gargiulo-Corbelli-Corallo-Amondo | 2'55"4 | Lecce | 03/07/2005 |
| MF45 | CUS Lecce | Bonetta-Corbelli-Gargiulo-Schiuma | 2'55"27 | Formia (Lt) | 03/10/2004 |
| MF50 | CUS Lecce | Bonetta-Corbelli-Elia-Gargiulo | 2'57"1 | Brindisi | 11/07/2004 |
| MF55 | CUS Lecce | Lategana-Bonetta-Elia-Schiuma | 3'05"95 | Salerno | 02/10/2005 |
| MF60 | | | | | |
| MF65 | | | | | |
| MF70 | | | | | |

Staffetta 4x800

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|------|-----------|-------------------------------------|---------|-------|------------|
| MF35 | | | | | |
| MF40 | | | | | |
| MF45 | CUS Lecce | Camassa-Faggiano-Galiulo-Campobasso | 13'37"6 | Lecce | 14/10/2007 |
| MF50 | | | | | |
| MF55 | | | | | |
| MF60 | | | | | |
| MF65 | | | | | |
| MF70 | | | | | |

Marcia Km.5

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|------|--|--|--|--|--|
| MF35 | | | | | |
| MF40 | | | | | |

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|-------------|----------------------|---------------------------|-----------------|----------------|-------------------|
| MF45 | | | | | |
| MF50 | GNONI Assunta | A13 Alba Taurisano | 31'23"85 | Cosenza | 02/10/2011 |
| MF55 | | | | | |
| MF60 | | | | | |
| MF65 | | | | | |
| MF70 | | | | | |