

## LOT NAȚIONAL 2022 – SENIORI MASCULIN

Aprobat în Consiliul Federal din 17.12.2021

### 100m

1	Rezmives, Petre Nicolae	1997	CSM Ploiesti	100 m	10.39
2	Roiban, Cristian Nicusor	2000	CSU Resita	100 m	10.53
3	Tone, Marius Gabriel	2000	CSM Onesti	100 m	10.54
4	Tanase, Marian Valentin	1997	CSM Onesti	100 m	10.58
5	Birsa, Robert Sebastian	2001	LPS Constanta	100 m	10.61
6	Neagoe, Ionut Andrei	1994	CSM Slatina	100 m	10.64

### 200m

1	Anton, Alin Ionut	2000	CSM Onesti	200 m	21.17
2	Tanase, Marian Valentin	1997	CSM Onesti	200 m	21.22
3	Dulcescu, Vlad	1995	CS Poli. Iasi	200 m	21.23
4	Roiban, Cristian Nicusor	2000	CSU Resita	200 m	21.35

### 400m

1	Parge, Robert	1997	CSM Bucuresti	400 m	45.59
2	Pislaru, Mihai Cristian	1999	CSA Steaua Bucuresti	400 m	45.89
3	Dringo, Mihai Sorin	2001	CSU Oradea	400 m	45.93
4	Niculita, Remus Andrei	2003	CSS Ploiesti	400 m	46.97
5	Dulcescu, Vlad	1995	CS Poli. Iasi	400 m	47.10
6	Bondoc, Adrian Marian	2002	CSM Drobeta Turnu Severin	400 m	47.27

### 110m Garduri

1	Dumitrache, Cosmin Ilie	1994	CS Rapid	110 m.g. [1.067]	13.87
2	Anton, Alin Ionut	2000	CSM Onesti	110 m.g. [1.067]	14.04
3	Iconaru, Alexandru Ionut	2000	CSM Onesti	110 m.g. [1.067]	14.55
4	Silvestru, Dragos Alexandru	2000	CS Farul Constanta	110 m.g. [1.067]	14.78

### 400m Garduri

1	Dulcescu, Vlad	1995	CS Poli. Iasi	400 m.g. [0.914]	51.32
2	Fagaras, Darius Marian	2001	CS Poli. Iasi	400 m.g. [0.914]	52.08
3	Esanu, Cristian	1995	CSU Cluj Napoca	400 m.g. [0.914]	54.03
4	Teodorescu, Alexandru Ioan	2003	CSS Soimii SB	400 m.g. [0.914]	54.36

#### 800m

1	Voicu, Cristian Gabriel	2001	CSM Bucuresti	800 m	1:48.30
2	Rusu, Dorin Andrei	1998	CSA Steaua Buc.	800 m	1:49.89
3	Fandly, Mark Daniel	2003	CN M.Emin. Oradea	800 m	1:49.96
4	Coman, Nicolae Marian	1996	CSU Arad	800 m	1:50.41

#### 1500m

1	Rusu, Dorin Andrei	1998	CSA Steaua Buc.	1500 m	3:48.12
2	Garcea, Adrian	1999	CSA Steaua Bucuresti	1500 m	3:48.18
3	Coman, Nicolae Marian	1996	CSU Arad	1500 m	3:49.46
4	Soare, Nicolae Alexandru	1991	CSM Bacau	1500 m	3:50.58

#### 3000m

1	Soare, Nicolae Alexandru	1991	CSM Bacau	3000 m	8:04.23
2	Corneschi, Ilie Alexandru	1991	CSM Craiova	3000 m	8:12.74
3	Stefana, Andrei Cristian	1988	CSA Steaua Bucuresti	3000 m	8:24.18
4	Atanasoaei, Catalin Constantin	1993	CSU Resita	3000 m	8:28.72

#### 5000m

1	Soare, Nicolae Alexandru	1991	CSM Bacau	5000 m	13:49.13
2	Gavril, Stefan Iulius	1989	CSM Cluj Napoca	5000 m	14:05.88
3	Stefana, Andrei Cristian	1988	CSA Steaua Bucuresti	5000 m	14:33.38
4	Corneschi, Ilie Alexandru	1991	CSM Craiova	5000 m	14:36.40

#### 10000m

1	Soare, Nicolae Alexandru	1991	CSM Bacau	10000 m	28:36:58
2	Gavril, Stefan Iulius	1989	CSM Cluj Napoca	10000m	30:07:00
3	Corneschi, Ilie Alexandru	1991	CSM Craiova	10000 m	30:26:76
4	Ionescu, Marius Viorel	1984	CSM Craiova	10000 m	30:37:04

#### 10km

1	Soare, Nicolae Alexandru	1991	CSM Bacau	10 km sosea	0:28:50.66
2	Corneschi, Ilie Alexandru	1991	CSM Craiova	10 km sosea	0:30:22.59
3	Gavril, Stefan Iulius	1989	CSM Cluj Napoca	10 km sosea	0:30:29.96
4	Herman, Peter Daniel	1999	SCM Gloria Buzau	10 km sosea	0:30:36.65

#### 3000m Obstacole

1	Luchianov, Ioan	1981	CSU Arad	3000 m.obst.	8:54.77
2	Stefana, Andrei Cristian	1988	CSA Steaua Bucuresti	3000 m.obst.	8:55.62
3	Atanasoaei, Catalin Constantin	1993	CSU Resita	3000 m.obst.	9:07.02
4	Cochior, Mihai	1999	CS Poli. Iasi	3000 m.obst.	9:10.36



#### Lungime

1	Bitan, Gabriel	1998	CSM Onesti	lungime	8.11
2	Tanase, Marian Valentin	1997	CSM Onesti	lungime	7.45
3	Visan, Florin Alexandru	1999	CS Dinamo Bucuresti	lungime	7.33
4	Sava, Cristian Andrei	1998	CSA Steaua Bucuresti	lungime	7.33

#### Triplusalt

1	Tache, Alexandru Gheorghe	1998	CSU Pitesti	triplusalt	15.84
2	Visan, Florin Alexandru	1999	CS Dinamo Bucuresti	triplusalt	15.67
3	Greco, Razvan Cristian	1999	CSA Steaua Bucuresti	triplusalt	15.24
4	Nicoara, Razvan-loan	2003	CSU Oradea	triplusalt	14.81

#### Inaltime

1	Lazarica, Dan Claudiu	1992	CSA Steaua Bucuresti	inaltime	2.16
2	Donisan, Mihai	1988	CS Dinamo Bucuresti	inaltime	2.12
3	Androne, Valentin Alexandru	2001	CS Rapid Bucuresti	inaltime	2.10
4	Dumitrache, Marius Cristian	1989	CS Rapid Bucuresti	inaltime	2.08

#### Prajina

1	Deliu, Andrei Razvan	1993	SCM Deva	prajina	4.90
2	Doroftei, Razvan	2003	CSS 5 Bucuresti	prajina	4.70
3	Stanciu, Valentin Constantin	1994	CS Rapid Bucuresti	prajina	4.60
4	Costea, Dacian	2002	CSM Craiova	prajina	4.60

#### Greutate 7.260Kg

1	Toader, Andrei Rares	1997	CS Dinamo Bucuresti	greutate 7.260kg	21.29
2	Musteata, Marius Constantin	1997	CSA Steaua Bucuresti	greutate 7.260kg	19.98
3	Gag, Andrei Marius	1991	CS Dinamo Bucuresti	greutate 7.260kg	19.71
4	Bira, Marius	2001	CSU Simona Halep C-ta	greutate 7.260kg	16.02

#### Disc 2Kg

1	Firirica, Alin Alexandru	1995	CSA Steaua Bucuresti	disc 2kg	65.43
2	Ursu, Sergiu	1980	CSM Craiova	disc 2kg	59.94
3	Mura, Stefan	1997	CSU Suceava	disc 2kg	56.28
4	Martin, Andrei Silviu	1991	CSU Cluj Napoca	disc 2kg	55.50



#### Sulita 0.8Kg

1	Novac, Alexandru Mihaita	1997	CSM Bucuresti	sulita 0.8kg	83.27
2	Both, Denis Adrian	1997	CSM Arad	sulita 0.8kg	77.02
3	Zaharia, George Catalin	1995	CS Rapid Bucuresti	sulita 0.8kg	72.82
4	Pop, Toma Marian	1992	CSU Cluj Napoca	sulita 0.8kg	67.61

#### Ciocan 7.260Kg

1	Micu, Mihaita Andrei	1999	SCM Bacau	ciocan 7.260kg	68.70
2	Asmarandei, Florin Sebastian	1989	CSM Bacau	ciocan 7.260kg	63.43
3	Nicorici, Dragos Ionut	2002	LPS Roman	ciocan 7.260kg	63.16
4	Mehes, Cristian	2002	CS Crisul Oradea	ciocan 7.260kg	62.00

#### Decatlon

1	Roman, Razvan George	1993	CS Dinamo Bucuresti	decatlon T, S	6460
2	Poci, Andrei	2001	LPS Baia Mare	decatlon T, S	5988
3	Voinea, Sorin Alexandru	2003	CS Orasenesc Voluntari	decatlon T, S	5727
4	Ionescu, Sorin Florin	1999	CSM Onesti	decatlon T, S	5618

#### 20km mars

1	Mihaila, Narcis Stefan	1987	CSU Resita	20 km mars sosea	1:28:02.66
2	Cocioran, Marius Iulian	1983	CSM Resita	20 km mars sosea	1:30:40.15
3	Plesu, Ionut Vasilica	1998	CSU Resita	20 km mars sosea	1:31:26.00
4	Gafita, Andrei	1996	CSM Suceava	20 km mars sosea	1:33:55.75

#### 50km mars

1	Cocioran, Marius Iulian	1983	CSM Resita	50 km mars sosea	3:55:29.00
2	Radoi, Pavel Remus	1998	CSU Resita	50 km mars sosea	4:13:35.00
3	Plesu, Ionut Vasilica	1998	CSU Resita	50 km mars sosea	4:26:58.00

#### Alergare Montana scurta

1	Mitrica, Leonard-Albert	1995	CSA Steaua Buc	Alergare Montana Scurta	58:48.55
2	Palici, Viorel Andrei	1989	CSA Steaua Buc	Alergare Montana Scurta	59:10.71
3	Mosoiu, Cristian-Marian	1987	CSA Steaua Buc	Alergare Montana Scurta	1:00:37.13
4	Gyorgy, Szabolcs Istvan	1992	CSM Cluj Napoca	Alergare Montana Scurta	1:03:28.31
5	Zinca, Ionut Alin	1983	CSA Steaua Buc	Alergare Montana Scurta	1:00:08.90
6	Damian, Bogdan	1988	CSM Cluj Napoca	Alergare Montana Scurta	1:00:27.09



#### Alergare Montana Lunga

1	Mitrica, Leonard-Albert	1995	CSA Steaua Buc		Alergare Montana Lunga	2:37:59.81
2	Zinca, Ionut Alin	1983	CSA Steaua Buc		Alergare Montana Lunga	2:39:52.75
3	Mosoiu, Cristian-Marian	1987	CSA Steaua Buc		Alergare Montana Lunga	2:39:52.82
4	Damian, Bogdan	1988	CSM Cluj Napoca		Alergare Montana Lunga	2:40:13.48

#### Semimaraton

1	Soare Nicolae Alexandru	1991	CSM Bacau		semimaraton	1:04:30.00
2	Raileanu Maxim	1994	CSM Cluj Napoca		semimaraton	1:05:37.00
3	Corneschi, Ilie Alexandru	1991	CSM Craiova		semimaraton	1:05:47.00
4	Gavril, Stefan Iulius	1989	CSM Cluj Napoca		semimaraton	1:06:52.00

#### Cros

1	Corneschi, Ilie Alexandru	1991	CSM Craiova		cros	29:46.44
2	Raileanu Maxim	1994	CSM Cluj Napoca		cros	29:56.06
3	Gavril, Stefan Iulius	1989	CSM Cluj Napoca		cros	30:11.41
4	Coman, Nicolae Marian	1996	CSU Arad		cros	30:43.41

#### Maraton

1	Corneschi, Ilie Alexandru	1991	CSM Craiova		maraton	2:16:49.00
2	Ionescu, Marius Viorel	1984	CSM Craiova		maraton	2:21:12.00
3	Stoica, Silviu	1988	CSU Stiinta Bucuresti		maraton	2:26:18.00
4	Surlea, Gheorghe Constantin	1989	CSM Craiova		maraton	2:27:51.00

#### 4x100m

1	CSM Onesti	A	40.46
	1) Duicu, Benjamin 03	2) Tone, Marius Gabriel 00	
	3) Anton, Alin Ionut 00	4) Iconaru, Alexandru Ionut 00	
2	CSM Ploiesti	A	40.49
	1) Homiuc, Costin Florian 97	2) Terpezan, Alexandru 94	
	3) Rezmives, Petre Nicolae 97	4) Roiban, Cristian Nicusor 00	
3	CSM Slatina	A	41.04
	1) Dinca, Mihai Cosmin 98	2) Serban, Marius Florin 92	
	3) Neagoe, Ionut Andrei 94	4) Budin, Daniel Mihai Robert 94	



4x400m

1	CSM Ploiesti	A	03:13.1
	1) Geamanu, Alexandru 00	2) Andonii, Constantin 88	
	3) Vasiliu, Mihai Razvan 00	4) Nica, Cristian Florin 01	
2	CSU Oradea	A	03:14.3
	1) Fandly, Mark Daniel 03	2) Boldi-Boanca, Ionut-Tristan 02	
	3) Taut, Cristian 96	4) Dringo, Mihai Sorin 01	
3	CSS Ploiesti	A	03:15.2
	1) Chivi, Ruben Horatiu 04	2) Gudi, David Laurentiu 03	
	3) Chivi, Eduard-Daniel 01	4) Niculita, Remus Andrei 03	

**Antrenor Federal  
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