

LOT NAȚIONAL 2022 – U 23 FEMININ

Aprobat în Consiliul Federal din 17.12.2021

100m

1	Mihalache, Maria	2003	CS Olimpia Bucuresti	100 m	11.60
2	Ciocan, Rebeca Daria	2004	CS Municipal Galati	100 m	12.27
3	Zach, Emma	2004	LPS Brasov	100 m	12.33
4	Bisericescu, Maria Valeria	2003	CS Rapid Bucuresti	100 m	12.40
5	Plohod, Ana Maria	2005	LPS Cluj Napoca	100 m	12.43
6	Govoreanu, Dana-Maria	2003	CN M.B.Vilcea	100 m	12.47

200m

1	Mihalache, Maria	2003	CS Olimpia Bucuresti	200 m	23.67
2	Zach, Emma	2004	LPS Brasov	200 m	24.94
3	Ciocan, Rebeca Daria	2004	CS Municipal Galati	200 m	25.00
4	Circiogel, Adina Elena	2001	CS Tara Barsei 2011 Brasov	200 m	25.34

400m

1	Circiogel, Adina Elena	2001	CS Tara Barsei 2011 Brasov	400 m	55.09
2	Talpis, Larisa-Paraschiva	2003	CSM Bistrita	400 m	55.41
3	Anton, Bianca Georgiana	2000	CS Rapid Bucuresti	400 m	56.11
4	Teusan, Tabita	2002	CSS Soimii SB	400 m	56.54
5	Zediu, Stefania	2005	SCM Bacau	400 m	57.09
6	Zach, Emma	2004	LPS Brasov	400 m	57.46

100m Garduri

1	Govoreanu, Dana-Maria	2003	CN M.B.Vilcea	100 m.g. [0.84]	13.73
2	Caracuda, Andreea Mihaela	2000	CSM Onesti	100 m.g. [0.84]	14.15
3	Grigoroiu, Iulia Dariana	2003	CSU Resita	100 m.g. [0.84]	14.27
4	Balaban, Cosmina Denisa	2004	LPS Braila	100 m.g. [0.84]	14.36

400m Garduri

1	Damachianu, Stefania	2000	CS Poli Iasi	400 m.g.	62.18
2	Ungureanu, Iarina Teodora	2004	CN M.B.Vilcea	400 m.g.	62.93
3	Iovanovici, Ioana Dragana	2004	LPS Banatul TM	400 m.g.	63.63
4	Coman, Cristina Alexandra	2005	LPS Pitesti	400 m.g.	63.65

800m

1	Sfarghiu, Maria Talida	2003	CSM Suceava	800 m	02:05.9
2	Talpis, Larisa-Paraschiva	2003	CSM Bistrita	800 m	02:07.7
3	Costiuc, Claudia-Ionela	2005	CSM Dorna	800 m	02:08.0
4	Teusan, Tabita	2002	CSS Soimii SB	800 m	02:10.1

1500m

1	Sfarghiu, Maria Talida	2003	CSM Suceava	1500 m	4:14.22
2	Marginean, Iulia Florina	2004	CSS Medias	1500 m	4:29.81
3	Olenici, Angela Veronica	2000	CSU Simona Halep C-ta	1500 m	4:30.82
4	Sirbu, Madalina Elena	2003	CSM Suceava	1500 m	4:33.96

3000m

1	Sirbu, Madalina Elena	2003	CSM Suceava	3000 m	9:41.16
2	Vasile, Rut Cristina	2005	CSM Sf.Gheorghe	3000 m	9:44.75
3	Marginean, Iulia Florina	2004	CSS Medias	3000 m	9:48.29
4	Hudea, Alexandra Maria	2006	CSS Medias	3000 m	10:01.34

5000m

1	Sirbu, Madalina Elena	2003	CSM Suceava	5000 m	16:57.9
2	Vasile, Rut Cristina	2005	CSM Sf.Gheorghe	5000 m	17:06.3
3	Marginean, Iulia Florina	2004	CSS Medias	5000 m	17:23.6
4	Pacurariu-Nagy, Helen	2000	CSU Arad	5000 m	17:36.0

10000m

1	Morosan, Anca-Mirela	2003	CSM Rarau Cl. Moldovenesc	10000 m	39:05.09
2	Fotu, Elena Nastasia	2001	C.S.U. Stiinta Bucuresti	10000 m	39:21.44
3	Obrejan, Silvia Teodora	2003	CSS Medias	10000 m	41:11.27
4	Cepoi, Mihaela Raluca	2001	CS Pandurii Tg.Jiu	10000 m	41:58.21

10Km

1	Fotu, Elena Nastasia	2001	C.S.U. Stiinta Bucuresti	10 km sosea	0:38:42.55
2	Chivoiu, Andreea Cerasela	2002	CS Pandurii Tg.Jiu	10 km sosea	0:39:24.79
3	Cepoi, Mihaela Raluca	2001	CS Pandurii Tg.Jiu	10 km sosea	0:39:32.29
4	Chiriac, Ancuta Alexandra	2003	LPS Botosani	10 km sosea	0:39:49.53

3000m Obstacole

1	Florescu, Aurelia Stefania	2004	CSU Craiova	3000 m.obst.	10:48.21
2	Blaga, Mihaela Maria	2004	CSS Blaj	3000 m.obst.	11:02.05
3	Vasile, Daniela	2001	CSM Sf.Gheorghe	3000 m.obst.	11:16.87
4	Chivoiu, Andreea Cerasela	2002	CS Pandurii Tg.Jiu	3000 m.obst.	11:41.38



Lungime

1	Stirbu, Ioana Sabina	2003	CSS Unirea Iasi	lungime	6.10
2	Ion, Diana Ana Maria	2000	CSM Onesti	lungime	6.05
3	Verman, Ramona Elena	2004	SCM Bacau	lungime	6.03
4	Lupescu, Denisa Narcisa	2004	CS Rapid Bucuresti	lungime	5.75

Triplusalt

1	Ion, Diana Ana Maria	2000	CSM Onesti	triplusalt	13.27
2	Dospin, Alexia Ioana	2003	CSM Bacau	triplusalt	13.24
3	Colibasanu, Ioana Emilia	2003	LPS Constanta	triplusalt	13.07
4	Lupescu, Denisa Narcisa	2004	CS Rapid Bucuresti	triplusalt	12.38

Inaltime

1	Apostol, Federica Gabriella	2003	CSM Bacau	inaltime	1.85
2	Rengle, Alesia-Maria	2003	CN M.Emin. Oradea	inaltime	1.82
3	Enache, Elisa Xandra Marisia	2004	LPS Cetate Deva	inaltime	1.70
4	Toma, Monia Alexandra	2006	CSA Steaua Bucuresti	inaltime	1.67

Prajina

1	Necoara, Valentina Iulia	2005	CSS 3 Steaua Buc	prajina	3.70
2	Calin, Elena	2004	CSS 5 Bucuresti	prajina	3.10
3	Enicov, Elena-Cristiana	2005	CSM Bucuresti	prajina	2.60
4	Pucleanu, Lavinia-Cristina	2006	CSS 5 Bucuresti	prajina	2.10

Greutate 4Kg

1	Tiganasu, Ioana Diana	2000	CS Ceahlăul Pt. Neamt	greutate 4kg	14.34
2	Manole, Madalina	2003	CSS Tulcea	greutate 4kg	12.70
3	Andone, Maria Alexandra	2003	LPS Iasi	greutate 4kg	12.19
4	Stirceanu, Alexandra Valentina	2004	LPS Cl. Muscel	greutate 4kg	11.75

Disc 1Kg

1	Lungu, Andreea Iuliana	2002	CSM Brasov	disc 1kg	51.09
2	Tiganasu, Ioana Diana	2000	CS Ceahlăul Pt. Neamt	disc 1kg	49.46
3	Baltazar-Hall, Alexandra	2003	CS Dinamo Bucuresti	disc 1kg	45.55
4	Ghinet, Ioana-Elena	2004	CSM Onesti	disc 1kg	40.97

Sulita 0.6Kg

1	Oriaku, Vanessa Valentina	2005	CSS Gloria Arad	sulita 0.6kg	46.52
2	Paruba, Alisia Adela	2003	SCM Bacau	sulita 0.6kg	46.39
3	Mihalcea, Denisa-Elena	2000	CSU Cluj Napoca	sulita 0.6kg	45.64
4	Haiducu, Narcisa Diana	2002	CSS Dinamo Bucuresti	sulita 0.6kg	38.49

Ciocan 4Kg

1	Stanciu, Ana Adela	2000	CS Dinamo Bucuresti	ciocan 4kg	67.23
2	Pantea, Corina Elena	2003	LPS Roman	ciocan 4kg	57.23
3	Tudosa, Ionela	2005	CA Roman	ciocan 4kg	49.20
4	Iacob, Alexandra-Maria	2006	CSS Dinamo Bucuresti	ciocan 4kg	45.75

Heptatlon

1	Govoreanu, Dana-Maria	2003	CN M.B.Vilcea	heptatlon J1, T, S	4679
2	Ciurea, Georgiana Lavinia	2000	LPS Cl.Muscel	heptatlon J1, T, S	4646
3	Matyus, Emma Maria Adnana	2001	CSU Cluj Napoca	heptatlon J1, T, S	4535
4	Alzner, Eva Natalia Eliza	2003	LPS Cetate Deva	heptatlon J1, T, S	3771

10Km Mars

1	Lataretu, Maria-Diana	2002	CSM Craiova	10 km mars sosea	0:51:27.00
2	Atodiresei, Maria Delia	2003	CSS Tg. Neamt	10 km mars sosea	0:57:19.76
3	Boghean, Veronica	2003	LPS Botosani	10 km mars sosea	0:58:34.84
4	Bolohan, Anamaria	2003	SCM Deva	10 km mars sosea	0:58:59.08

20Km Mars

1	Angelescu, Diana Georgiana	2000	CSM Suceava	20 km mars sosea	1:49:12.75
2	Jid, Georgiana Cornelia	2000	CS Unirea Alba Iulia	20 km mars sosea	1:53:32.49
3	Domnu, Madalina Stefania	2002	CSM Craiova	20 km mars sosea	2:12:33.64

Alergare Montana Scurta

1	Tamasila, Yasmina Claudia	2002	CSU Poli Timisoara	Alergare Montana Scurta	1:26:37.36
2	Cepoi, Mihaela Raluca	2001	CS Pandurii Tg.Jiu	Alergare Montana Scurta	1:32:32.62
3	Coverca, Ramona Georgiana	2000	CSU Poli Timisoara	Alergare Montana Scurta	1:33:24.95

Alergare Montana Lunga

1	Viziteu, Loredana	2000	CSS Botosani	Alergare Montana Lunga	4:17:20.20
2	Cepoi, Mihaela Raluca	2001	CS Pandurii Tg.Jiu	Alergare Montana Lunga	4:32:11.38
3	Chivoiu, Andreea Cerasela	2002	CS Pandurii Tg.Jiu	Alergare Montana Lunga	4:59:08.03
4	Apostol, Paula	2000	CS Miscarea CFR Buc.	Alergare Montana Lunga	6:02:24.44

Semimaraton

1	Tamasila, Yasmina Claudia	2002	CSU Poli Timisoara	semimaraton	1:27:28.00
2	Fotu Elena Nastasia	2001	CSU Stiinta Bucuresti	semimaraton	1:28:01.00
3	Cepoi Mihaela Raluca	2001	CS Pandurii Tg.Jiu	semimaraton	1:28:14.00

Cros

1	Olenici, Angela Veronica	2000	CSU Simona Halep C-ta	cros	22:14.99
2	Tamasila, Yasmina Claudia	2002	CSU Poli Timisoara	cros	22:33.47
3	Pacurariu-Nagy, Diana	2002	CSU Brasov	cros	22:38.00
4	Bodnariuc, Antonia Gabriela	2002	CSM Suceava	cros	23:30.75

Maraton

1	Fotu, Elena Nastasia	2001	CSU Stiinta Bucuresti	maraton	3:12:39.0
2	Coverca, Ramona Georgiana	2000	CSU Poli Timisoara	maraton	3:20:49.0

4x100m

1	CS Rapid Buc.	A	47.60
	1) Lupescu, Denisa Narcisa 04	2) Bisericescu, Maria Valeria 03	
	3) Anton, Bianca Georgiana 00	4) Mihalache, Maria 03	
2	CSM Onesti	A	48.30
	1) Ion, Diana Ana Maria 00	2) Stirbu, Ioana Sabina 03	
	3) Caracuda, Andreea Mihaela 00	4) Banaga, Iulia Nicoleta 99	
3	CSM Focsani 2007	A	49.22
	1) Banciu, Alexandra Ioana 03	2) Tanase, Andreea 03	
	3) Toader, Karina Anamaria 03	4) Ilinoiu, Corina 03	

4x400m

1	CS Rapid Buc.	A	03:54.7
	1) Bisericescu, Maria Valeria 03	2) Ciuca, Andreea Iulia 03	
	3) Mihalache, Maria 03	4) Anton, Bianca Georgiana 00	
2	CSM Focsani 2007	A	03:57.8
	1) Banciu, Alexandra Ioana 03	2) Toader, Karina Anamaria 03	
	3) Ilinoiu, Corina 03	4) Tanase, Andreea 03	
3	LPS Cluj Napoca	A	03:59.1
	1) Plohod, Ana Maria 05	2) Faur, Miriam Denisa 05	
	3) Gheata, Andrada Sorina 04	4) Cota, Briana Olimpia Maria 04	

**Antrenor Federal
Dragomir Lenuța**