ALFRIDI ERICA

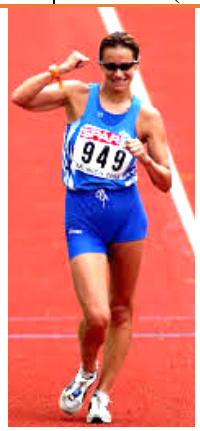
22 - 02 - 1968

Personal Best

5.000 mt.	*(track)*	**20:53.49**	Vigevano (Ita)	18.05.2002
5 km.	*(road)*	**21:40**	Roma	25.06.2004
10.000 mt.	*(track)*	**43:19.00**	Castelnovo ne Monti (Ita)	07.08.1999
10 km.	*(road)*	**42:15**	Naumburg (Ger)	25.05.1997
20 km.	*(road)*	**1:27:29**	Dudince (Svk)	19.05.2001

Ranking 10 km. (average = 43:09)

01	***42:15***	Naumburg	25.05.1997
02	***42:31***	Poděbrady	19.04.1997
03	***42:38***	Tivoli	14.09.1997
04	***42:54***	Budapest	20.08.1998
05	***43:05***	Piacenza	30.06.2002
06	***43:09***	Vittorio V.	16.07.2000
07	*(t)* ***43:19***	Castelnovo M.	07.08.1999
08	***43:23***	Sesto S. G.	01.05.2001
09	***43:27***	Mosca	02.06.1996
10	*(t)* ***43:28***	Sulmona	05.04.1997



Ranking 20 km. (average = 1:29:22)

01	***1:27:29***	Dudince	19.05.2001
02	***1:28:06***	Eisenhütt.	17.06.2000
03	***1:28:13***	Cassino	09.03.1997
04	***1:28:33***	München	07.08.2002
05	***1:28:55***	Torino	12.10.2002
06	***1:29:10***	Taranto	19.03.2000
07	***1:29:48***	Edmonton	09.08.2001
08	***1:30:06***	Sydney	26.02.2000
09	***1:31:25***	Sydney	28.09.2000
10	***1:31:52***	Campobasso	13.03.1999

Career Highlights

10 km.

World Championships	World Cup	European Championships	European Cup
1997 = 5°	1989 = Dq. 1993 = 26° 1997 = 3°	1998 = 2°	1996 = 7° 1998 = 9°

20 km.

Olympic Games	World Championships	World Cup	European Championships	European Cup	Mediterranean Games
2000 = 4°	1999 = 6° 2001 = 4°	1999 = Dnf. 2002 = 1° 2004 = Dnf.	2002 = 3°	2000 = 4° 2001 = 4°	2001 = 1°