DE BENEDICTIS GIOVANNI

08 - 01 - 1968

Personal Best

5.000 mt.	*(indoor)*	**18:19.97**	Genova (Ita)	28.02.1992
10.000 mt.	*(track)*	**38:40.18**	Cesenatico (Ita)	01.07.1995
10 km.	*(road)*	**41:20**	Rieti (Ita)	22.05.2004
20.000 mt.	*(track)*	**1:22:17**	Bologna (Ita)	18.04.1992
20 km.	*(road)*	**1:20:29**	Tokyo (Jpn)	24.08.1991
50 km.	*(road)*	**3:48:06**	Vittorio Veneto (Ita)	03.03.2002

Ranking 20 km. (average = 1:21:03)

01	***1:20:29***	Tokio	24.08.1991
02	***1:20:39***	Helsinki	08.08.1994
03	***1:20:41***	Molfetta	14.05.1995
04	***1:20:49***	Podebrady	19.04.1997
05	***1:21:03***	Sesto S. G.	08.06.1997
06	***1:21:13***	S. Josè	01.06.1991
07	***1:21:16***	Sesto S. G.	01.05.1993
08	***1:21:18***	Seoul	23.09.1988
09	***1:21:20***	Pomigliano	01.04.2000
10	***1:21:43***	Piacenza	09.10.1988



Ranking 50 km. (average = 3:52:19)

01	***3:48:06***	Vittorio V.	03.03.2002
02	***3:49:17***	Napoli	10.03.1996
03	***3:49:30***	Pechino	30.04.1995
04	***3:50:16***	Pescara	20.03.1994
05	***3:50:50***	Termoli	15.05.2004
06	***3:54:12***	Dudince	19.05.2001
07	***3:54:25***	Naumburg	01.05.2004
08	***4:01:54***	Termoli	18.03.2001

Career Highlights

20 km.

Olympic Games	World Championships	World Cup	European Championships	European Cup	Mediterranean Games
1988 = 9°	1991 = 4°	1989 = 14°	1990 = 8°	1996 = 10°	1997 = 1°
1992 = 3°	1993 = 2°	1991 = 5°	1994 = 4°	1998 = Dnf.	
1996 = 27°	1995 = Dq.	1993 = 7°	1998 = 10°	2000 = 12°	
2000 = 16°	1997 = 8°	1997 = 22°			
	1999 = 8°				

50 km.

Olympic Games	World Champion.	World Cup	European Champion.	European Cup
1996 = Dnf.	1995 = Dq.	1995 = 12°	2002 = Dq.	2001 = 15°
2004 = Dq.	2001 = Dnf.	2004 = 10°		

10.000 mt.

World U20 Champion.	European U20 Champion.
1986 = 4°	1985 = 3°
	1987 = 1°