



Paratriathlon, podium debut for Parachute Marshal Alessandro Lunghi

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Third place in his paratriathlon debut for Alessandro Lunghi, a retired Paratrooper Warrant Officer, who on October 10, 2026, in San Benedetto del Tronto competed in his first event over the **Sprint distance, PTS5 category**, earning a spot on the podium with a time of **1 hour, 19 minutes and 52 seconds**.

The result was particularly significant for Lunghi, who **transferred to civilian employment in 2026** following a health condition that affected the function of one arm.

Despite the challenges he faced, he continued to pursue his **passion for sport**, testing himself in the demanding discipline of paratriathlon, which combines swimming, cycling and running.

A podium finish on debut against experienced opponents

The competition held in **San Benedetto del Tronto** marked a new sporting challenge for Alessandro Lunghi, ending with a podium finish in his very first competitive paratriathlon appearance.

The Warrant Officer competed in the **PTS5 category**, a classification for athletes with relatively mild functional impairments who compete in standing paratriathlon.

According to the event results, Lunghi, racing with **bib number 18 for ASD Frosinone Sport**, finished **third out of nine participants**, stopping the clock at **1:19:52**.

The placing takes on even greater significance considering the experience of the competitors who finished ahead of him.

First place went to **Giorgio Canù** of Team Ladispoli Triathlon, with a time of **1:07:43**. Canù is an established athlete on the national paratriathlon circuit: in 2026, he won the Italian PTS5 circuit title and also boasts three consecutive Italian paraquathlon titles, a discipline combining swimming and running.

Second place went to **Riccardo Rossi** of Firenze Tri, who completed the race in **1:17:36**. Rossi also has extensive competitive experience, having already claimed second place in the PTS5 category at the 2025 Grand Final of the Italian Paratriathlon Series.

In his first paratriathlon event, Lunghi was therefore able to compete against athletes who had already made their mark in national competitions, finishing just 2 minutes and 16 seconds behind the runner-up.

Behind him were **Cristian Andrej Dram**, fourth in 1:20:12, and **Michel Moscatelli**, fifth in 1:20:15. Dram had also already taken part in federation paratriathlon competitions during 2026.

The result confirms Lunghi's strong performance, as he effectively managed the race's three segments and earned a podium finish on his debut in a new discipline.

A paratrooper with extensive sporting experience

Alessandro Lunghi, military parachuting qualification no. 193216, served in the **5^o Battaglione Paracadutisti “El Alamein”, XIII Compagnia Paracadutisti “Condor”**, a unit to which he has remained deeply connected.

He holds a degree in **Exercise Science** and subsequently earned a master's degree in **Sports and Physical Activity Management**. He is also a Level 1 coach with the **Italian Athletics Federation** and the **Italian Triathlon Federation**, as well as a CONI sports educator.

His sporting career includes experience in **ultramarathons and Ironman competitions**, disciplines that demand athletic preparation, physical and mental endurance, and considerable ability to manage exertion.

He is currently **president of ASD Frosinone Sport**, an association committed to promoting sporting activity.

Lunghi is also an **author and contributor to BrigataFolgore.net**, where he publishes articles focused on the military world and the Specialità Paracadutisti, contributing to the outlet's reporting and outreach efforts.

ASD Frosinone Sport's satisfaction

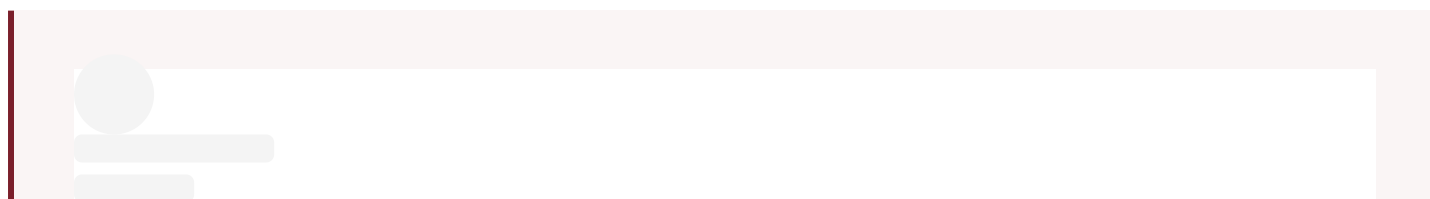
The third-place finish achieved in San Benedetto del Tronto was enthusiastically received by **ASD Frosinone Sport**, which chose to celebrate its president's result with a public message of congratulations.

«**A third place worth its weight in gold!**», the association wrote, emphasizing that the podium represents not merely a medal, but the symbol of a journey defined by commitment, sacrifice, courage, and a passion for sport.

The association also expressed its pride in its president, highlighting the value of the example he has set through his willingness to take on new challenges even after the difficulties he has faced.

For Lunghi, **the podium finish in the PTS5 category marks the beginning of a new competitive chapter**, in which he brings the experience, discipline, and determination developed throughout his military and sporting career.

The result also holds special significance in light of his time in the **Folgore**, where adaptability and the ability to overcome adversity are an integral part of a paratrooper's training.





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