gara 16 | Ragazze, 400m Mista | 2011 e più giovane
07.11.2026 - 11:10 | Risultati

Swiss National Records	4:33.51	UGOLKOVA, Maria	SCU	Budapest (HUN)	08.10.2021
Swiss Junior Team Championships	4:57.96	MÜLLER, Marianne	SUI	Chiasso	03.12.2016

Pointi: AQUA 2025 — Lista risultati provvisoria

Rango		An		Tempo	Pt.
1.	MONIGHETTI, Gaia	11	Turrita Nuoto 1	**5:10.12**	559
	50m: 32.56 32.56 150m: 1:51.28 42.24 250m: 3:15.53 42.99 350m: 4:35.65 36.71				
	100m: 1:09.04 36.48 200m: 2:32.54 41.26 300m: 3:58.94 43.41 400m: 5:10.12 34.47				
2.	MENEGHETTI, Margherita	11	Lugano Aquatics 2	**5:18.10**	518
	50m: 32.70 32.70 150m: 1:52.79 42.59 250m: 3:18.97 45.86 350m: 4:41.89 36.91				
	100m: 1:10.20 37.50 200m: 2:33.11 40.32 300m: 4:04.98 46.01 400m: 5:18.10 36.21				
3.	VALSESIA, Ylenia	13	Mendrisiotto Nuoto 1	**5:20.32**	507
	50m: 35.82 35.82 150m: 1:57.23 41.09 250m: 3:22.24 44.85 350m: 4:44.56 36.80				
	100m: 1:16.14 40.32 200m: 2:37.39 40.16 300m: 4:07.76 45.52 400m: 5:20.32 35.76				
4.	RUSCA, Sara	14	A-Club Swimming Team Savosa SA 1	**5:45.89**	402
	50m: 36.20 36.20 150m: 2:04.89 45.59 250m: 3:37.54 48.17 350m: 5:07.79 39.95				
	100m: 1:19.30 43.10 200m: 2:49.37 44.48 300m: 4:27.84 50.30 400m: 5:45.89 38.10				
5.	MINA, Olivia	13	Turrita Nuoto 2	**5:46.05**	402
	50m: 36.33 36.33 150m: 2:03.34 44.77 250m: 3:37.33 49.82 350m: 5:07.76 40.06				
	100m: 1:18.57 42.24 200m: 2:47.51 44.17 300m: 4:27.70 50.37 400m: 5:46.05 38.29				
6.	RANIERI, Deniz	14	A-Club Swimming Team Savosa SA 2	**5:56.99**	366
	50m: 38.34 38.34 150m: 2:12.07 45.92 250m: 3:45.63 48.89 350m: 5:17.22 41.20				
	100m: 1:26.15 47.81 200m: 2:56.74 44.67 300m: 4:36.02 50.39 400m: 5:56.99 39.77				
7.	BIASCI, Lisa	11	Società Pallanuoto Bissone 1	**6:24.32**	293
	50m: 40.33 40.33 150m: 2:22.62 52.28 250m: 4:09.29 56.63 350m: 5:46.91 42.38				
	100m: 1:30.34 50.01 200m: 3:12.66 50.04 300m: 5:04.53 55.24 400m: 6:24.32 37.41				
8.	PATRITTI, Alessia	12	Nuoto Sport Locarno 1	**6:25.09**	292
	50m: 37.80 37.80 150m: 2:14.88 47.86 250m: 3:57.60 55.52 350m: 5:40.32 47.86				
	100m: 1:27.02 49.22 200m: 3:02.08 47.20 300m: 4:52.46 54.86 400m: 6:25.09 44.77				