

gara 23  
12.05.2024 - 16:45

Donne, 400m Mista

11 anni e più vecchi  
Risultati

RT	4:57.65	Rigamonti Flavia	ATLA	Genève	07.03.1997
RM 17 +	5:05.30	Gargioni Arianna	ITA	Tenero	17.06.2007
RM 11 - 16	5:07.71	Landoni Annalisa	ITA	Locarno	26.06.2005
V23 17 +	5:24.56	Decataldo Giulia	ITA	Tenero	21.05.2023
V23 11 - 16	5:16.29	Ablovatskaia Alexandra	MDA	Tenero	21.05.2023

Rango	An	Tempo	100m	200m	300m	400m	
<b>11 - 16 anni</b>							
1.	Razakarivony Soannah 08	RFN	<b>5:13.73</b>	1:13.47	1:25.60	1:25.66	1:09.00
	50m: 33.47 33.47	150m: 1:56.57 43.10	250m: 3:21.54 42.47	350m: 4:40.36 35.63			
	100m: 1:13.47 40.00	200m: 2:39.07 42.50	300m: 4:04.73 43.19	400m: 5:13.73 33.37			
2.	D'lorio Micol 09	TURR	<b>5:19.53</b>	1:10.39	1:25.85	1:35.63	1:07.66
	50m: 32.67 32.67	150m: 1:54.42 44.03	250m: 3:23.62 47.38	350m: 4:46.32 34.45			
	100m: 1:10.39 37.72	200m: 2:36.24 41.82	300m: 4:11.87 48.25	400m: 5:19.53 33.21			
3.	Balsamo Elisa 08	SCRH	<b>5:23.53</b>	1:14.49	1:21.35	1:37.51	1:10.18
	50m: 34.58 34.58	150m: 1:55.81 41.32	250m: 3:25.15 49.31	350m: 4:49.21 35.86			
	100m: 1:14.49 39.91	200m: 2:35.84 40.03	300m: 4:13.35 48.20	400m: 5:23.53 34.32			
4.	Borsa Matilde 08	AST	<b>5:26.90</b>	1:14.84	1:26.73	1:31.55	1:13.78
	50m: 33.90 33.90	150m: 1:58.39 43.55	250m: 3:26.34 44.77	350m: 4:49.84 36.72			
	100m: 1:14.84 40.94	200m: 2:41.57 43.18	300m: 4:13.12 46.78	400m: 5:26.90 37.06			
5.	Milan Emma 08	NUM	<b>5:28.77</b>	1:14.01	1:26.01	1:35.71	1:13.04
	50m: 34.33 34.33	150m: 1:57.59 43.58	250m: 3:27.86 47.84	350m: 4:53.66 37.93			
	100m: 1:14.01 39.68	200m: 2:40.02 42.43	300m: 4:15.73 47.87	400m: 5:28.77 35.11			
6.	Porzio Camilla 10	TN	<b>5:30.12</b>	1:16.08	1:25.70	1:35.03	1:13.31
	50m: 35.72 35.72	150m: 2:00.19 44.11	250m: 3:28.99 47.21	350m: 4:54.70 37.89			
	100m: 1:16.08 40.36	200m: 2:41.78 41.59	300m: 4:16.81 47.82	400m: 5:30.12 35.42			
7.	Casagrande Rachele 10	RNV	<b>5:36.68</b>	1:15.91	1:29.69	1:32.18	1:18.90
	50m: 33.55 33.55	150m: 2:01.58 45.67	250m: 3:30.91 45.31	350m: 4:57.63 39.85			
	100m: 1:15.91 42.36	200m: 2:45.60 44.02	300m: 4:17.78 46.87	400m: 5:36.68 39.05			
8.	Meneghetti Margherita 11	LUGA	<b>5:37.56</b>	1:16.60	1:28.00	1:34.96	1:18.00
	50m: 35.23 35.23	150m: 2:01.25 44.65	250m: 3:31.56 46.96	350m: 5:00.28 40.72			
	100m: 1:16.60 41.37	200m: 2:44.60 43.35	300m: 4:19.56 48.00	400m: 5:37.56 37.28			
9.	Fontana Sofia 10	TURR	<b>5:38.87</b>	1:21.51	1:22.15	1:41.09	1:14.12
	50m: 37.92 37.92	150m: 2:03.45 41.94	250m: 3:35.08 51.42	350m: 5:02.84 38.09			
	100m: 1:21.51 43.59	200m: 2:43.66 40.21	300m: 4:24.75 49.67	400m: 5:38.87 36.03			
10.	Papais Suami 08	AST	<b>5:43.89</b>	1:15.13	1:33.83	1:38.10	1:16.83
	50m: 33.90 33.90	150m: 2:03.98 48.85	250m: 3:36.82 47.86	350m: 5:06.04 38.98			
	100m: 1:15.13 41.23	200m: 2:48.96 44.98	300m: 4:27.06 50.24	400m: 5:43.89 37.85			
11.	Croci Torti Sveva 09	NUM	<b>5:50.40</b>	1:23.05	1:30.75	1:42.16	1:14.44
	50m: 37.57 37.57	150m: 2:08.81 45.76	250m: 3:44.71 50.91	350m: 5:13.74 37.78			
	100m: 1:23.05 45.48	200m: 2:53.80 44.99	300m: 4:35.96 51.25	400m: 5:50.40 36.66			
12.	Monighetti Gaia 11	TURR	<b>5:51.30</b>	1:19.57	1:34.82	1:39.84	1:17.07
	50m: 37.04 37.04	150m: 2:07.78 48.21	250m: 3:44.28 49.89	350m: 5:13.57 39.34			
	100m: 1:19.57 42.53	200m: 2:54.39 46.61	300m: 4:34.23 49.95	400m: 5:51.30 37.73			
13.	Villa Elena 08	CSM	<b>5:51.92</b>	1:18.07	1:33.66	1:34.56	1:25.63
	50m: 35.90 35.90	150m: 2:06.04 47.97	250m: 3:38.45 46.72	350m: 5:10.65 44.36			
	100m: 1:18.07 42.17	200m: 2:51.73 45.69	300m: 4:26.29 47.84	400m: 5:51.92 41.27			
14.	Lim Kezia 12	SCRH	<b>5:52.27</b>	1:20.55	1:34.57	1:42.30	1:14.85
	50m: 34.84 34.84	150m: 2:09.42 48.87	250m: 3:46.22 51.10	350m: 5:16.59 39.17			
	100m: 1:20.55 45.71	200m: 2:55.12 45.70	300m: 4:37.42 51.20	400m: 5:52.27 35.68			
15.	Marchi Alessia 11	RNV	<b>5:56.35</b>	1:20.23	1:34.72	1:39.19	1:22.21
	50m: 36.46 36.46	150m: 2:07.98 47.75	250m: 3:44.44 49.49	350m: 5:15.88 41.74			
	100m: 1:20.23 43.77	200m: 2:54.95 46.97	300m: 4:34.14 49.70	400m: 5:56.35 40.47			
16.	Brühlmann Linda 09	SCRH	<b>5:58.04</b>	1:21.03	1:34.60	1:41.36	1:21.05
	50m: 37.04 37.04	150m: 2:09.31 48.28	250m: 3:45.80 50.17	350m: 5:19.40 42.41			
	100m: 1:21.03 43.99	200m: 2:55.63 46.32	300m: 4:36.99 51.19	400m: 5:58.04 38.64			

gara 23, Ragazze, 400m Mista, 11 - 16 anni

Rango	An	Tempo	100m	200m	300m	400m	
17. De Simone Marta	10 TN	<b>6:01.88</b>	1:27.81	1:33.53	1:41.86	1:18.68	
50m: 38.55	38.55	150m: 2:15.85	48.04	250m: 3:51.04	49.70	350m: 5:23.09	39.89
100m: 1:27.81	49.26	200m: 3:01.34	45.49	300m: 4:43.20	52.16	400m: 6:01.88	38.79
18. Cairati Sara	10 TN	<b>6:04.38</b>	1:23.37	1:39.60	1:44.08	1:17.33	
50m: 36.52	36.52	150m: 2:13.75	50.38	250m: 3:52.79	49.82	350m: 5:27.25	40.20
100m: 1:23.37	46.85	200m: 3:02.97	49.22	300m: 4:47.05	54.26	400m: 6:04.38	37.13
19. Grosswiler Andrina Lea	12 SCRH	<b>6:28.96</b>	1:31.80	1:43.88	1:45.62	1:27.66	
50m: 41.06	41.06	150m: 2:24.87	53.07	250m: 4:07.18	51.50	350m: 5:45.55	44.25
100m: 1:31.80	50.74	200m: 3:15.68	50.81	300m: 5:01.30	54.12	400m: 6:28.96	43.41

17 anni e più vecchi

1. Bertschi Amélie	05 AST	<b>5:09.16</b>	1:10.54	1:20.75	1:29.32	1:08.55	
50m: 32.28	32.28	150m: 1:51.02	40.48	250m: 3:15.46	44.17	350m: 4:35.44	34.83
100m: 1:10.54	38.26	200m: 2:31.29	40.27	300m: 4:00.61	45.15	400m: 5:09.16	33.72
2. Dal Mas Matilde	07 RNV	<b>5:24.45</b>	1:14.49	1:23.40	1:31.94	1:14.62	
50m: 33.71	33.71	150m: 1:57.68	43.19	250m: 3:23.70	45.81	350m: 4:48.25	38.42
100m: 1:14.49	40.78	200m: 2:37.89	40.21	300m: 4:09.83	46.13	400m: 5:24.45	36.20
3. Rocco Ginevra	06 AST	<b>5:32.40</b>	1:13.99	1:30.59	1:32.43	1:15.39	
50m: 33.89	33.89	150m: 2:00.56	46.57	250m: 3:30.19	45.61	350m: 4:55.32	38.31
100m: 1:13.99	40.10	200m: 2:44.58	44.02	300m: 4:17.01	46.82	400m: 5:32.40	37.08
4. De Giuli Gloria	07 TN	<b>5:37.49</b>	1:15.40	1:28.92	1:39.51	1:13.66	
50m: 34.78	34.78	150m: 2:00.59	45.19	250m: 3:33.35	49.03	350m: 5:01.33	37.50
100m: 1:15.40	40.62	200m: 2:44.32	43.73	300m: 4:23.83	50.48	400m: 5:37.49	36.16
5. Pedrazzini Marta	02 TN	<b>5:39.63</b>	1:20.24	1:28.99	1:37.66	1:12.74	
50m: 35.60	35.60	150m: 2:06.32	46.08	250m: 3:38.05	48.82	350m: 5:03.58	36.69
100m: 1:20.24	44.64	200m: 2:49.23	42.91	300m: 4:26.89	48.84	400m: 5:39.63	36.05
6. Bonanomi Svetlana	06 TN	<b>5:51.42</b>	1:13.71	1:34.75	1:45.78	1:17.18	
50m: 34.13	34.13	150m: 2:01.96	48.25	250m: 3:40.42	51.96	350m: 5:13.38	39.14
100m: 1:13.71	39.58	200m: 2:48.46	46.50	300m: 4:34.24	53.82	400m: 5:51.42	38.04
7. Mecic Emma	07 NSL	<b>5:51.50</b>	1:21.62	1:25.30	1:48.68	1:15.90	
50m: 37.16	37.16	150m: 2:04.76	43.14	250m: 3:40.75	53.83	350m: 5:14.04	38.44
100m: 1:21.62	44.46	200m: 2:46.92	42.16	300m: 4:35.60	54.85	400m: 5:51.50	37.46
8. Janout Paula	06 SCRH	<b>6:00.63</b>	1:25.39	1:37.05	1:42.38	1:15.81	
50m: 38.75	38.75	150m: 2:14.82	49.43	250m: 3:54.06	51.62	350m: 5:24.56	39.74
100m: 1:25.39	46.64	200m: 3:02.44	47.62	300m: 4:44.82	50.76	400m: 6:00.63	36.07
9. Guanzati Domiziana	02 TN	<b>6:00.68</b>	1:14.15	1:32.93	2:01.45	1:12.15	
50m: 33.89	33.89	150m: 2:02.26	48.11	250m: 3:47.54	1:00.46	350m: 5:25.87	37.34
100m: 1:14.15	40.26	200m: 2:47.08	44.82	300m: 4:48.53	1:00.99	400m: 6:00.68	34.81