

44° Meeting Internazionale del Ceresio 2024
Lugano, 13. - 14.1.2024

gara 16 Donne, 400m Mista 14 anni e più vecchi
14.01.2024 - 15:10 Risultati Finale

Vincitore 2023	4:51.34	FASANI, Chiara	ITA	Lugano	15.01.2023
Record manifestazione	4:44.91	PAINI, Elisa	ASTV		15.01.2005

Pointi: FINA 2023

Rango		An						Tempo	Pt.
Finale A									
1.	BRANCA, Elisa		05	Team Legnano Nuoto				4:52.64	692
	50m: 31.95	31.95	150m: 1:47.21	38.74	250m: 3:05.89	40.89	350m: 4:19.98	33.61	
	100m: 1:08.47	36.52	200m: 2:25.00	37.79	300m: 3:46.37	40.48	400m: 4:52.64	32.66	
2.	PAGANI, Sofia		05	Sporting Club 63 ssd				4:54.84	677
	50m: 30.88	30.88	150m: 1:44.92	39.61	250m: 3:05.28	42.49	350m: 4:21.70	34.25	
	100m: 1:05.31	34.43	200m: 2:22.79	37.87	300m: 3:47.45	42.17	400m: 4:54.84	33.14	
3.	BERTSCHI, Amélie		05	A-Club Swimming Team Savosa SA				4:57.10	662
	50m: 32.45	32.45	150m: 1:47.41	38.65	250m: 3:07.61	42.31	350m: 4:24.71	33.83	
	100m: 1:08.76	36.31	200m: 2:25.30	37.89	300m: 3:50.88	43.27	400m: 4:57.10	32.39	
4.	PAPAI, Suami		08	A-Club Swimming Team Savosa SA				5:13.54	563
	50m: 33.56	33.56	150m: 1:55.86	43.22	250m: 3:20.37	43.25	350m: 4:40.55	35.72	
	100m: 1:12.64	39.08	200m: 2:37.12	41.26	300m: 4:04.83	44.46	400m: 5:13.54	32.99	
5.	COSCIA, Giulia		09	PHOENIX asd				5:13.85	561
	50m: 33.34	33.34	150m: 1:52.23	39.39	250m: 3:16.97	46.08	350m: 4:39.23	35.66	
	100m: 1:12.84	39.50	200m: 2:30.89	38.66	300m: 4:03.57	46.60	400m: 5:13.85	34.62	
squal.	FIORE, Valentina		05	Sporting Club 63 ssd				4:56.29	
	<i>303 - Tocco non simultaneo con le due mani (virata 11)</i>								
	50m: 31.43	31.43	150m: 1:45.32	38.63	250m: 3:05.50	42.34	350m: 4:22.60	34.56	
	100m: 1:06.69	35.26	200m: 2:23.16	37.84	300m: 3:48.04	42.54	400m: 4:56.29	33.69	
Finale B									
7.	GIANOTTI, Tiara Maria		06	Sportclub12				5:12.97	566
	50m: 34.13	34.13	150m: 1:53.79	39.97	250m: 3:16.26	43.26	350m: 4:37.66	36.73	
	100m: 1:13.82	39.69	200m: 2:33.00	39.21	300m: 4:00.93	44.67	400m: 5:12.97	35.31	
8.	GANCI, Alice		08	A-Club Swimming Team Savosa SA				5:14.56	557
	50m: 33.61	33.61	150m: 1:53.53	40.91	250m: 3:19.01	45.37	350m: 4:40.56	36.01	
	100m: 1:12.62	39.01	200m: 2:33.64	40.11	300m: 4:04.55	45.54	400m: 5:14.56	34.00	
9.	FERRIAN, Sofia		09	Sportclub12				5:15.40	553
	50m: 33.97	33.97	150m: 1:53.11	39.87	250m: 3:18.89	46.75	350m: 4:41.51	35.63	
	100m: 1:13.24	39.27	200m: 2:32.14	39.03	300m: 4:05.88	46.99	400m: 5:15.40	33.89	
10.	PALAZZOTTO, Daniela		07	Nuotatori Milanesi				5:17.92	540
	50m: 33.69	33.69	150m: 1:57.48	44.16	250m: 3:24.23	45.04	350m: 4:45.09	35.08	
	100m: 1:13.32	39.63	200m: 2:39.19	41.71	300m: 4:10.01	45.78	400m: 5:17.92	32.83	
11.	CAPERNA, Valentina Giovanna		10	Sm Taurus Nuoto				5:19.05	534
	50m: 34.66	34.66	150m: 1:54.98	41.41	250m: 3:22.21	47.00	350m: 4:44.82	35.30	
	100m: 1:13.57	38.91	200m: 2:35.21	40.23	300m: 4:09.52	47.31	400m: 5:19.05	34.23	
12.	BRUNELLA, Chiara		06	Sportclub12				5:19.42	532
	50m: 33.87	33.87	150m: 1:54.47	42.25	250m: 3:20.86	44.11	350m: 4:43.13	37.45	
	100m: 1:12.22	38.35	200m: 2:36.75	42.28	300m: 4:05.68	44.82	400m: 5:19.42	36.29	