

CT Categoria Invernali 24
Chiasso, 9. - 10.3.2024

gara 18

Uomini, 400m Mista

12 anni e più vecchi

09.03.2024 - 16:45

Risultati

Recordi FTN	4:07.14	PONTI, Noè	NSL	Uster	17.11.2023
Record Campionato Gen	4:33.45	MITROVIC, Jovan	AST	Lugano	27.02.2011
Record Campionato A1	4:36.92	SOTTILE, Enrico	AST	Bellinzona	05.03.2023
Record Campionato A2	4:43.21	PONTI, Noé	NSL	Bellinzona	01.03.2015
Vincitore 2023 Gen	4:41.53	SAÇU, Faulos	NSL	Bellinzona	05.03.2023
Vincitore 2023 A1	4:36.92	SOTTILE, Enrico	AST	Bellinzona	05.03.2023
Vincitore 2023 A2	4:52.32	TIRRI, Gerardo	LUGA	Bellinzona	05.03.2023
Vincitore 2023 A3	5:32.26	PESTONI, Ivo	TURR	Bellinzona	05.03.2023

Limiti A3 U A3: 6:35.04 / Limiti A2 U A2: 6:26.06 / Limiti A1 U A1: 6:03.30 / Limiti Elite U Gen: 5:50.76

Pointi: FINA 2023

Rango			An							Tempo	Pt.	
Allievi 3												
1.	SALZMANN, Elias		11	Nuoto Sport Locarno						5:32.03	353	
	50m:	33.58	33.58	150m:	1:56.99	42.57	250m:	3:27.08	49.07	350m:	4:55.47	38.01
	100m:	1:14.42	40.84	200m:	2:38.01	41.02	300m:	4:17.46	50.38	400m:	5:32.03	36.56
2.	RYSER, Damian		11	Turrita Nuoto						5:38.72	333	
	50m:	36.42	36.42	150m:	2:04.23	44.15	250m:	3:35.50	50.03	350m:	5:04.01	38.49
	100m:	1:20.08	43.66	200m:	2:45.47	41.24	300m:	4:25.52	50.02	400m:	5:38.72	34.71
3.	TIRRI, Andrea		12	Lugano Aquatics						6:03.25	270	
	50m:	38.08	38.08	150m:	2:14.80	47.92	250m:	3:52.13	50.92	350m:	5:24.50	40.39
	100m:	1:26.88	48.80	200m:	3:01.21	46.41	300m:	4:44.11	51.98	400m:	6:03.25	38.75
squal.	ZANETTI, Enea Francesco		11	A-Club Swimming Team Savosa						5:38.88		
	<i>306 - Ripartito in posizione ventrale (virata 5)</i>											
	50m:	39.74	39.74	150m:	2:12.94	44.20	250m:	3:40.27	43.91	350m:	5:03.58	38.44
	100m:	1:28.74	49.00	200m:	2:56.36	43.42	300m:	4:25.14	44.87	400m:	5:38.88	35.30
Allievi 2												
1.	PESTONI, Ivo		10	A-Club Swimming Team Savosa						5:05.15	455	
	50m:	33.18	33.18	150m:	1:52.07	40.64	250m:	3:13.56	42.74	350m:	4:31.95	35.06
	100m:	1:11.43	38.25	200m:	2:30.82	38.75	300m:	3:56.89	43.33	400m:	5:05.15	33.20
squal.	DVORETSKIY, Ivan		10	Lugano Aquatics						5:03.17		
	<i>403 - Tocco non simultaneo con le due mani (arrivo)</i>											
	50m:	34.00	34.00	150m:	1:53.45	39.38	250m:	3:14.79	42.98	350m:	4:31.90	33.30
	100m:	1:14.07	40.07	200m:	2:31.81	38.36	300m:	3:58.60	43.81	400m:	5:03.17	31.27
Allievi 1												
1.	TIRRI, Gerardo		09	Lugano Aquatics						4:42.70	573	
	50m:	28.86	28.86	150m:	1:38.28	36.10	250m:	2:55.98	42.31	350m:	4:11.46	32.87
	100m:	1:02.18	33.32	200m:	2:13.67	35.39	300m:	3:38.59	42.61	400m:	4:42.70	31.24
2.	ARTARIA, Massimiliano		08	A-Club Swimming Team Savosa						5:02.83	466	
	50m:	31.58	31.58	150m:	1:47.00	37.95	250m:	3:09.30	45.11	350m:	4:29.56	35.02
	100m:	1:09.05	37.47	200m:	2:24.19	37.19	300m:	3:54.54	45.24	400m:	5:02.83	33.27
3.	REZZONICO, Gioele		08	Turrita Nuoto						5:07.96	443	
	50m:	32.63	32.63	150m:	1:51.01	39.70	250m:	3:14.87	44.65	350m:	4:34.89	34.48
	100m:	1:11.31	38.68	200m:	2:30.22	39.21	300m:	4:00.41	45.54	400m:	5:07.96	33.07
4.	FRANCHI, Tomasz		08	A-Club Swimming Team Savosa						5:08.21	442	
	50m:	32.61	32.61	150m:	1:51.50	39.68	250m:	3:14.06	43.92	350m:	4:33.37	35.39
	100m:	1:11.82	39.21	200m:	2:30.14	38.64	300m:	3:57.98	43.92	400m:	5:08.21	34.84
5.	BAWOROWSKI, Natanael		09	A-Club Swimming Team Savosa						5:23.52	382	
	50m:	34.10	34.10	150m:	2:00.14	42.98	250m:	3:26.84	45.15	350m:	4:48.43	37.07
	100m:	1:17.16	43.06	200m:	2:41.69	41.55	300m:	4:11.36	44.52	400m:	5:23.52	35.09

gara 18, Uomini, 400m Mista

Assoluti

1.	SOTTILE, Enrico		07	A-Club Swimming Team Savosa	4:24.78	697	RC	
	50m: 26.82	26.82	150m: 1:32.90	35.04	250m: 2:44.92	37.45	350m: 3:54.85	31.83
	100m: 57.86	31.04	200m: 2:07.47	34.57	300m: 3:23.02	38.10	400m: 4:24.78	29.93
2.	DELLA PORTELLA, Marco		07	Nuoto Sport Locarno	4:49.36	534		
	50m: 30.19	30.19	150m: 1:42.68	37.30	250m: 2:59.90	41.23	350m: 4:16.54	33.71
	100m: 1:05.38	35.19	200m: 2:18.67	35.99	300m: 3:42.83	42.93	400m: 4:49.36	32.82
3.	MESSINA, Alex		07	A-Club Swimming Team Savosa	4:56.15	498		
	50m: 29.70	29.70	150m: 1:47.24	42.54	250m: 3:07.58	39.55	350m: 4:23.28	35.26
	100m: 1:04.70	35.00	200m: 2:28.03	40.79	300m: 3:48.02	40.44	400m: 4:56.15	32.87