

CT Categoria Invernali 24
Chiasso, 9. - 10.3.2024

gara 8
09.03.2024 - 10:40

Donne, 400m Stile Libero

12 anni e più vecchi
Risultati

Recordi FTN	4:03.73	RIGAMONTI, Flavia	TAL	Debrecen (HUN)	15.12.2007
Record Campionato Gen	4:20.37	DELLA BRUNA, Alice	AST	Bellinzona	28.02.2015
Record Campionato A1	4:29.12	CANEVESE, Sheila	NUM	Chiasso	19.02.2022
Record Campionato A3	4:59.74	CENA, Benedetta	AST	Savosa	07.03.2009
Vincitore 2023 Gen	4:32.51	ROCCO, Ginevra Sofia	LUGA	Bellinzona	04.03.2023
Vincitore 2023 A1	4:30.81	PAPAI, Suami	AST	Bellinzona	04.03.2023
Vincitore 2023 A2	4:48.77	CARTON, Annalia	AST	Bellinzona	04.03.2023
Vincitore 2023 A3	5:07.15	MARIOTTI, Rebecca	LUGA	Bellinzona	04.03.2023

Limiti A3 D A3: 6:43.39 / Limiti A2 D A2: 6:33.54 / Limiti A1 D A1: 6:06.50 / Limiti Elite D Gen: 5:49.43

Pointi: FINA 2023

Rango			An							Tempo	Pt.	
Allieve 3												
1.	DE CONTO, Sveva		12	Lugano Aquatics						5:14.80	396	
	50m:	35.69	35.69	150m:	1:54.89	39.85	250m:	3:15.30	40.39	350m:	4:36.14	40.09
	100m:	1:15.04	39.35	200m:	2:34.91	40.02	300m:	3:56.05	40.75	400m:	5:14.80	38.66
2.	ASIETTI, Virginia		12	Nuoto Sport Locarno						5:33.54	333	
	50m:	37.71	37.71	150m:	2:02.45	42.76	250m:	3:28.69	42.93	350m:	4:53.79	42.07
	100m:	1:19.69	41.98	200m:	2:45.76	43.31	300m:	4:11.72	43.03	400m:	5:33.54	39.75
3.	MALLAMACI, Ester		12	Lugano Aquatics						6:10.61	243	
	50m:	39.15	39.15	150m:	2:10.70	46.61	250m:	3:46.51	47.64	350m:	5:23.68	48.81
	100m:	1:24.09	44.94	200m:	2:58.87	48.17	300m:	4:34.87	48.36	400m:	6:10.61	46.93
4.	CHOUKHMANE, Nisrine		12	Turrita Nuoto						6:16.43	231	
	50m:	41.83	41.83	150m:	2:18.78	49.37	250m:	3:54.60	47.99	350m:	5:32.19	48.58
	100m:	1:29.41	47.58	200m:	3:06.61	47.83	300m:	4:43.61	49.01	400m:	6:16.43	44.24
Allieve 2												
1.	MARIOTTI, Rebecca		11	Lugano Aquatics						4:41.43	555	
	50m:	31.51	31.51	150m:	1:42.47	35.69	250m:	2:54.42	35.96	350m:	4:07.18	36.03
	100m:	1:06.78	35.27	200m:	2:18.46	35.99	300m:	3:31.15	36.73	400m:	4:41.43	34.25
2.	BRUGGER, Aline		11	Lugano Aquatics						5:01.24	452	
	50m:	34.75	34.75	150m:	1:50.55	38.11	250m:	3:07.78	38.55	350m:	4:26.23	39.46
	100m:	1:12.44	37.69	200m:	2:29.23	38.68	300m:	3:46.77	38.99	400m:	5:01.24	35.01
3.	MONIGHETTI, Gaia		11	Turrita Nuoto						5:01.57	451	
	50m:	34.57	34.57	150m:	1:50.20	38.22	250m:	3:07.45	38.83	350m:	4:25.58	39.04
	100m:	1:11.98	37.41	200m:	2:28.62	38.42	300m:	3:46.54	39.09	400m:	5:01.57	35.99
4.	SCARFONE, Sara		11	Mendrisiotto Nuoto						5:34.35	331	
	50m:	38.15	38.15	150m:	2:03.14	43.04	250m:	3:28.14	42.58	350m:	4:54.78	43.97
	100m:	1:20.10	41.95	200m:	2:45.56	42.42	300m:	4:10.81	42.67	400m:	5:34.35	39.57
5.	MARTINELLI, Viola		11	Nuoto Sport Locarno						5:45.85	299	
	50m:	38.33	38.33	150m:	2:05.30	44.20	250m:	3:34.12	44.62	350m:	5:02.65	43.95
	100m:	1:21.10	42.77	200m:	2:49.50	44.20	300m:	4:18.70	44.58	400m:	5:45.85	43.20
Allieve 1												
1.	D'IORIO, Micol		09	Turrita Nuoto						4:31.73	616	
	50m:	31.17	31.17	150m:	1:39.40	34.38	250m:	2:48.33	34.25	350m:	3:57.30	34.42
	100m:	1:05.02	33.85	200m:	2:14.08	34.68	300m:	3:22.88	34.55	400m:	4:31.73	34.43
2.	FONTANA, Sofia		10	Turrita Nuoto						4:37.34	580	
	50m:	32.53	32.53	150m:	1:41.98	34.78	250m:	2:51.67	34.88	350m:	4:02.71	35.45
	100m:	1:07.20	34.67	200m:	2:16.79	34.81	300m:	3:27.26	35.59	400m:	4:37.34	34.63
3.	MANTEGANI, Sofia		09	Lugano Aquatics						4:39.49	566	
	50m:	32.04	32.04	150m:	1:42.16	35.31	250m:	2:53.15	35.63	350m:	4:04.41	35.78
	100m:	1:06.85	34.81	200m:	2:17.52	35.36	300m:	3:28.63	35.48	400m:	4:39.49	35.08

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gara 8, Ragazze, 400m Stile Libero, Allieve 1

Rango	An	Tempo	Pt.
4. PLACIDI, Elisa	09	A-Club Swimming Team Savosa	4:44.33 538
50m: 31.61 31.61	150m: 1:43.35 36.15	250m: 2:56.29 36.21	350m: 4:08.86 36.26
100m: 1:07.20 35.59	200m: 2:20.08 36.73	300m: 3:32.60 36.31	400m: 4:44.33 35.47
5. CROCI TORTI, Sveva	09	Mendrisiotto Nuoto	4:49.22 511
50m: 31.94 31.94	150m: 1:43.91 36.82	250m: 2:58.33 37.22	350m: 4:13.06 37.75
100m: 1:07.09 35.15	200m: 2:21.11 37.20	300m: 3:35.31 36.98	400m: 4:49.22 36.16
6. BUVOLI, Matilde	09	Turrita Nuoto	5:10.76 412
50m: 34.06 34.06	150m: 1:52.07 39.65	250m: 3:12.46 40.39	350m: 4:32.55 39.75
100m: 1:12.42 38.36	200m: 2:32.07 40.00	300m: 3:52.80 40.34	400m: 5:10.76 38.21
squal. FERRARI, Alyssa	10	Turrita Nuoto	5:11.56
<i>204 - Partenza prima del segnale di partenza</i>			
50m: 33.30 33.30	150m: 1:50.64 39.62	250m: 3:11.51 40.39	350m: 4:32.75 40.46
100m: 1:11.02 37.72	200m: 2:31.12 40.48	300m: 3:52.29 40.78	400m: 5:11.56 38.81

Assolute

1. BERTSCHI, Amelie	05	A-Club Swimming Team Savosa	4:20.37 701 RC
50m: 30.09 30.09	150m: 1:35.81 33.04	250m: 2:42.21 33.25	350m: 3:48.38 33.03
100m: 1:02.77 32.68	200m: 2:08.96 33.15	300m: 3:15.35 33.14	400m: 4:20.37 31.99
2. PAPAIS, Suami	08	A-Club Swimming Team Savosa	4:28.76 637
50m: 31.13 31.13	150m: 1:38.10 33.83	250m: 2:47.06 34.54	350m: 3:55.74 34.14
100m: 1:04.27 33.14	200m: 2:12.52 34.42	300m: 3:21.60 34.54	400m: 4:28.76 33.02
3. CAPUANO, Giulia	06	Mendrisiotto Nuoto	4:30.08 628
50m: 30.35 30.35	150m: 1:40.59 35.37	250m: 2:49.38 34.11	350m: 3:57.29 33.85
100m: 1:05.22 34.87	200m: 2:15.27 34.68	300m: 3:23.44 34.06	400m: 4:30.08 32.79
4. CRAMERI, Nastassja	98	Turrita Nuoto	4:32.47 611
50m: 31.41 31.41	150m: 1:39.70 34.39	250m: 2:48.56 34.37	350m: 3:58.38 34.96
100m: 1:05.31 33.90	200m: 2:14.19 34.49	300m: 3:23.42 34.86	400m: 4:32.47 34.09
5. ROSSI, Elisabetta	07	Mendrisiotto Nuoto	4:33.46 605
50m: 30.51 30.51	150m: 1:38.02 34.18	250m: 2:47.43 34.85	350m: 3:57.74 35.27
100m: 1:03.84 33.33	200m: 2:12.58 34.56	300m: 3:22.47 35.04	400m: 4:33.46 35.72
6. SCARFONE, Sofia	07	Mendrisiotto Nuoto	4:36.35 586
50m: 31.73 31.73	150m: 1:40.80 34.78	250m: 2:51.04 34.78	350m: 4:02.02 35.85
100m: 1:06.02 34.29	200m: 2:16.26 35.46	300m: 3:26.17 35.13	400m: 4:36.35 34.33
ROCCO, Ginevra Sofia	06	Lugano Aquatics	4:36.35 586
50m: 31.73 31.73	150m: 1:40.70 34.67	250m: 2:50.36 35.01	350m: 4:01.75 35.61
100m: 1:06.03 34.30	200m: 2:15.35 34.65	300m: 3:26.14 35.78	400m: 4:36.35 34.60
8. MENABALLI, Arianna	06	Lugano Aquatics	4:36.93 582
50m: 31.45 31.45	150m: 1:41.02 35.06	250m: 2:51.17 34.95	350m: 4:02.40 35.75
100m: 1:05.96 34.51	200m: 2:16.22 35.20	300m: 3:26.65 35.48	400m: 4:36.93 34.53
9. BONOLI, Agata	06	Mendrisiotto Nuoto	4:42.86 546
50m: 32.57 32.57	150m: 1:44.67 36.08	250m: 2:56.66 35.98	350m: 4:08.85 36.14
100m: 1:08.59 36.02	200m: 2:20.68 36.01	300m: 3:32.71 36.05	400m: 4:42.86 34.01
10. MILAN, Emma	08	Mendrisiotto Nuoto	4:45.36 532
50m: 31.69 31.69	150m: 1:42.24 35.82	250m: 2:55.11 36.43	350m: 4:10.00 37.29
100m: 1:06.42 34.73	200m: 2:18.68 36.44	300m: 3:32.71 37.60	400m: 4:45.36 35.36
11. EL BAZ, Sofia	08	Lugano Aquatics	4:50.25 506
50m: 32.52 32.52	150m: 1:44.40 36.43	250m: 2:57.91 37.27	350m: 4:12.63 37.69
100m: 1:07.97 35.45	200m: 2:20.64 36.24	300m: 3:34.94 37.03	400m: 4:50.25 37.62
12. LUPICA, Sophie	07	Lugano Aquatics	4:55.56 479
50m: 33.31 33.31	150m: 1:46.79 37.12	250m: 3:01.97 37.66	350m: 4:18.28 38.12
100m: 1:09.67 36.36	200m: 2:24.31 37.52	300m: 3:40.16 38.19	400m: 4:55.56 37.28
13. MONTORFANO, Carlotta	08	Mendrisiotto Nuoto	4:56.96 472
50m: 33.14 33.14	150m: 1:47.15 37.52	250m: 3:02.89 37.92	350m: 4:19.12 38.11
100m: 1:09.63 36.49	200m: 2:24.97 37.82	300m: 3:41.01 38.12	400m: 4:56.96 37.84

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gara 8, Donne, 400m Stile Libero, Assolute

Rango			An						Tempo	Pt.		
14.	FASCE, Ludovica		08		Lugano Aquatics				5:10.50	413		
	50m:	33.88	33.88	150m:	1:51.37	39.32	250m:	3:11.08	40.01	350m:	4:31.55	40.23
	100m:	1:12.05	38.17	200m:	2:31.07	39.70	300m:	3:51.32	40.24	400m:	5:10.50	38.95
15.	BUVOLI, Amélie		06		Turrita Nuoto				5:25.41	359		
	50m:	35.86	35.86	150m:	1:56.81	41.08	250m:	3:20.34	42.16	350m:	4:44.86	42.05
	100m:	1:15.73	39.87	200m:	2:38.18	41.37	300m:	4:02.81	42.47	400m:	5:25.41	40.55