



gara 2
24.03.2024 - 9:05

Ragazze, 400m Stile Libero

Allieve 4
Risultati

Record Ticinese	4:03.73	RIGAMONTI, Flavia	TAL	Debrecen (HUN)	15.12.2007
Record Campionato	5:21.13	PAPAI, Suami	AST	Bellinzona	16.03.2019
Vincitore 2023	6:00.42	MARIOTTI, Rebecca	LUG	Bellinzona	20.03.2022

Limiti A4 : 7:20.25

Pointi: FINA 2024

Rango			An							Tempo	Pt.
1.	VALSESIA, Ylenia		13	Mendrisiotto Nuoto						5:13.70	RC
	50m:	35.08 35.08	150m:	1:54.09	40.07	250m:	3:15.21	40.64	350m:	4:36.02	40.27
	100m:	1:14.02 38.94	200m:	2:34.57	40.48	300m:	3:55.75	40.54	400m:	5:13.70	37.68
2.	FORTINA, Nicole		13	Mendrisiotto Nuoto						5:22.15	
	50m:	35.89 35.89	150m:	1:56.58	41.17	250m:	3:20.12	41.90	350m:	4:43.62	41.68
	100m:	1:15.41 39.52	200m:	2:38.22	41.64	300m:	4:01.94	41.82	400m:	5:22.15	38.53
3.	PELLANDA, Esmeralda		13	Nuoto Sport Locarno						5:34.92	
	50m:	36.33 36.33	150m:	1:59.50	42.86	250m:	3:25.61	43.26	350m:	4:51.85	43.42
	100m:	1:16.64 40.31	200m:	2:42.35	42.85	300m:	4:08.43	42.82	400m:	5:34.92	43.07
4.	SALVETTI, Ginevra		13	A-Club Swimming Team Savosa						5:51.61	
	50m:	37.35 37.35	150m:	2:05.54	45.13	250m:	3:37.06	45.69	350m:	5:08.30	45.52
	100m:	1:20.41 43.06	200m:	2:51.37	45.83	300m:	4:22.78	45.72	400m:	5:51.61	43.31
5.	ESPOSITO, Chiara		13	Lugano Aquatics						6:01.04	
	50m:	40.64 40.64	150m:	2:10.12	45.22	250m:	3:42.60	47.91	350m:	5:16.22	47.78
	100m:	1:24.90 44.26	200m:	2:54.69	44.57	300m:	4:28.44	45.84	400m:	6:01.04	44.82
6.	MANIGLIO, Maria		13	Lugano Aquatics						6:12.83	
	50m:	41.80 41.80	150m:	2:14.30	47.26	250m:	3:50.79	48.28	350m:	5:28.05	48.54
	100m:	1:27.04 45.24	200m:	3:02.51	48.21	300m:	4:39.51	48.72	400m:	6:12.83	44.78
7.	TURNATURI, Giorgia		13	Nuoto Sport Locarno						7:01.29	
	50m:	43.55 43.55	150m:	2:25.13	51.60	250m:	4:14.59	55.92	350m:	6:05.31	54.59
	100m:	1:33.53 49.98	200m:	3:18.67	53.54	300m:	5:10.72	56.13	400m:	7:01.29	55.98