

gara 15

Donne, 400m Mista

12 anni e più vecchi

29.06.2024 - 15:55

Risultati

Recordi RSI	4:57.65	RIGAMONTI, Flavia	ATLA	Genève	07.03.1997
Record Campionato Elite D	5:10.18	DE MARCHI, Anaïs	NSL	Locarno	23.06.2013
Record Campionato A1 D	5:15.11	DE MARCHI, Anaïs	NSL	Tenero	11.07.2010
Record Campionato A2 D	5:22.31	DE MARCHI, Anaïs	NSL	Tenero	29.06.2008
Record Campionato A3 D	6:13.09	CROCI TORTI, Gaia	NUM	Tenero	01.07.2023
Vincitore 2023 Elite D	5:21.65	ROSSI, Elisabetta	NUM	Tenero	01.07.2023
Vincitore 2023 A1 D	5:17.90	D'IORIO, Micol	TURR	Tenero	01.07.2023
Vincitore 2023 A2 D	6:05.91	FERRARI, Alyssa	TURR	Tenero	01.07.2023
Vincitore 2023 A3 D	6:13.09	CROCI TORTI, Gaia	NUM	Tenero	01.07.2023

Limiti A3 D A3 D: 7:39.33 / Limiti A2 D A2 D: 7:28.12 / Limiti A1 D A1 D: 6:57.33 / Limiti Elite D Elite D: 6:37.89

Rango	An	Tempo	100m	200m	300m	400m			
<b>Allieve 3</b>									
malato	DE CONTO, Sveva	12	Lugano Aquatics						
<b>Allieve 2</b>									
1.	MONIGHETTI, Gaia	11	Turrita Nuoto	<b>5:48.69</b>	1:17.92	1:33.92	1:38.96	1:17.89	
	50m: 36.08	36.08	150m: 2:05.35	47.43	250m: 3:40.95	49.11	350m: 5:10.55	39.75	
	100m: 1:17.92	41.84	200m: 2:51.84	46.49	300m: 4:30.80	49.85	400m: 5:48.69	38.14	
2.	CROCI TORTI, Gaia	11	Mendrisiotto Nuoto	<b>5:59.39</b>	1:23.13	1:31.27	1:46.20	1:18.79	
	50m: 37.76	37.76	150m: 2:09.11	45.98	250m: 3:46.79	52.39	350m: 5:20.28	39.68	
	100m: 1:23.13	45.37	200m: 2:54.40	45.29	300m: 4:40.60	53.81	400m: 5:59.39	39.11	
malato	MENEGHETTI, Margherita	11	Lugano Aquatics						
<b>Allieve 1</b>									
1.	D'IORIO, Micol	09	Turrita Nuoto	<b>5:19.86</b>	1:09.56	1:22.37	1:36.96	1:10.97	
	50m: 31.77	31.77	150m: 1:51.36	41.80	250m: 3:19.10	47.17	350m: 4:44.71	35.82	
	100m: 1:09.56	37.79	200m: 2:31.93	40.57	300m: 4:08.89	49.79	400m: 5:19.86	35.15	
2.	ALMEIDA, Pauline	10	A-Club Swimming Team Savc	<b>5:22.25</b>	1:11.96	1:21.46	1:37.15	1:11.68	
	50m: 33.02	33.02	150m: 1:53.35	41.39	250m: 3:22.38	48.96	350m: 4:46.15	35.58	
	100m: 1:11.96	38.94	200m: 2:33.42	40.07	300m: 4:10.57	48.19	400m: 5:22.25	36.10	
3.	CROCI TORTI, Sveva	09	Mendrisiotto Nuoto	<b>5:43.48</b>	1:22.25	1:27.14	1:40.40	1:13.69	
	50m: 37.64	37.64	150m: 2:06.16	43.91	250m: 3:39.30	49.91	350m: 5:07.41	37.62	
	100m: 1:22.25	44.61	200m: 2:49.39	43.23	300m: 4:29.79	50.49	400m: 5:43.48	36.07	
4.	LARGHI, Emma	09	A-Club Swimming Team Savc	<b>5:53.32</b>	1:22.90	1:29.39	1:39.01	1:22.02	
	50m: 38.51	38.51	150m: 2:07.77	44.87	250m: 3:41.62	49.33	350m: 5:11.34	40.04	
	100m: 1:22.90	44.39	200m: 2:52.29	44.52	300m: 4:31.30	49.68	400m: 5:53.32	41.98	
5.	GRENHO, Alicya	10	A-Club Swimming Team Savc	<b>6:01.53</b>	1:21.86	1:31.17	1:45.27	1:23.23	
	50m: 36.80	36.80	150m: 2:07.86	46.00	250m: 3:44.48	51.45	350m: 5:21.15	42.85	
	100m: 1:21.86	45.06	200m: 2:53.03	45.17	300m: 4:38.30	53.82	400m: 6:01.53	40.38	
6.	SOMENZI, Elena	09	A-Club Swimming Team Savc	<b>6:01.76</b>	1:31.21	1:31.44	1:41.29	1:17.82	
	50m: 41.58	41.58	150m: 2:17.62	46.41	250m: 3:53.56	50.91	350m: 5:23.67	39.73	
	100m: 1:31.21	49.63	200m: 3:02.65	45.03	300m: 4:43.94	50.38	400m: 6:01.76	38.09	
<b>Elite</b>									
1.	BERTSCHI, Amélie	05	A-Club Swimming Team Savc	<b>5:05.59</b>	RC	1:08.70	1:19.36	1:29.06	1:08.47
	CT								
	50m: 31.90	31.90	150m: 1:49.02	40.32	250m: 3:12.47	44.41	350m: 4:31.63	34.51	
	100m: 1:08.70	36.80	200m: 2:28.06	39.04	300m: 3:57.12	44.65	400m: 5:05.59	33.96	
2.	ROSSI, Elisabetta	07	Mendrisiotto Nuoto	<b>5:12.99</b>	1:12.67	1:20.82	1:29.69	1:09.81	
	50m: 33.92	33.92	150m: 1:53.38	40.71	250m: 3:18.06	44.57	350m: 4:38.25	35.07	
	100m: 1:12.67	38.75	200m: 2:33.49	40.11	300m: 4:03.18	45.12	400m: 5:12.99	34.74	
3.	BORSA, Matilde	08	A-Club Swimming Team Savc	<b>5:17.45</b>	1:12.73	1:24.02	1:29.09	1:11.61	
	50m: 33.51	33.51	150m: 1:55.25	42.52	250m: 3:20.85	44.10	350m: 4:42.29	36.45	
	100m: 1:12.73	39.22	200m: 2:36.75	41.50	300m: 4:05.84	44.99	400m: 5:17.45	35.16	

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Rango	An	Tempo	100m	200m	300m	400m		
4.	MENABALLI, Arianna	06 Lugano Aquatics	<b>5:20.20</b>	1:09.00	1:24.83	1:34.04	1:12.33	
	50m: 32.07	32.07	150m: 1:51.89	42.89	250m: 3:21.19	47.36	350m: 4:44.58	36.71
	100m: 1:09.00	36.93	200m: 2:33.83	41.94	300m: 4:07.87	46.68	400m: 5:20.20	35.62
5.	MILAN, Emma	08 Mendrisiotto Nuoto	<b>5:26.66</b>	1:12.47	1:25.66	1:36.20	1:12.33	
	50m: 33.39	33.39	150m: 1:55.02	42.55	250m: 3:26.66	48.53	350m: 4:52.58	38.25
	100m: 1:12.47	39.08	200m: 2:38.13	43.11	300m: 4:14.33	47.67	400m: 5:26.66	34.08
6.	SCARFONE, Sofia	07 Mendrisiotto Nuoto	<b>5:37.37</b>	1:20.13	1:24.24	1:38.77	1:14.23	
	50m: 36.42	36.42	150m: 2:02.63	42.50	250m: 3:33.66	49.29	350m: 5:01.20	38.06
	100m: 1:20.13	43.71	200m: 2:44.37	41.74	300m: 4:23.14	49.48	400m: 5:37.37	36.17
7.	LANINI, Rebecca	06 Nuoto Sport Locarno	<b>5:41.61</b>	1:21.63	1:25.02	1:36.87	1:18.09	
	50m: 37.31	37.31	150m: 2:04.93	43.30	250m: 3:34.59	47.94	350m: 5:03.59	40.07
	100m: 1:21.63	44.32	200m: 2:46.65	41.72	300m: 4:23.52	48.93	400m: 5:41.61	38.02