

gara 31

Donne, 400m Stile Libero

12 anni e più vecchi

30.06.2024 - 14:55

Risultati

Recordi RSI	4:09.29	RIGAMONTI, Flavia	AST	Austin (USA)	06.06.2008
Record Campionato Elite D	4:27.95	MARCOLI, Sharon	NSL	Tenero	18.06.2022
Record Campionato A1 D	4:34.35	STORNETTA, Maria Fernanda	AST	Tenero	06.07.2019
Record Campionato A2 D	4:43.13	CODA, Claudia	ATLA	Tenero	28.06.2008
Record Campionato A3 D	4:58.54	CENA, Benedetta	AST	Tenero	27.06.2009
Vincitore 2023 Elite D	4:36.54	STORNETTA, Maria Fernanda	NSL	Tenero	02.07.2023
Vincitore 2023 A1 D	4:35.35	PAPPAIS, Suami	AST	Tenero	02.07.2023
Vincitore 2023 A2 D	4:57.46	FONTANA, Sofia	TURR	Tenero	02.07.2023
Vincitore 2023 A3 D	5:25.23	GIAMBRONE, Susanna	NUM	Tenero	02.07.2023

Limiti A3 D A3 D: 6:47.66 / Limiti A2 D A2 D: 6:37.72 / Limiti A1 D A1 D: 6:10.39 / Limiti Elite D Elite D: 5:53.13

Rango An Tempo 100m 200m 300m 400m

Allieve 3

1. CHOUKHMANE, Nisrine	12	Turrita Nuoto	5:46.91	1:22.66	1:29.27	1:28.44	1:26.54
50m: 39.00	39.00	150m: 2:07.71	45.05	250m: 3:36.52	44.59	350m: 5:04.90	44.53
100m: 1:22.66	43.66	200m: 2:51.93	44.22	300m: 4:20.37	43.85	400m: 5:46.91	42.01
2. MALLAMACI, Ester	12	Lugano Aquatics	6:13.35	1:27.91	1:35.69	1:36.50	1:33.25
50m: 41.33	41.33	150m: 2:15.36	47.45	250m: 3:51.81	48.21	350m: 5:27.75	47.65
100m: 1:27.91	46.58	200m: 3:03.60	48.24	300m: 4:40.10	48.29	400m: 6:13.35	45.60

Allieve 2

1. BRUGGER, Aline	11	Lugano Aquatics	4:57.09	1:09.91	1:15.27	1:17.86	1:14.05
50m: 33.12	33.12	150m: 1:47.06	37.15	250m: 3:02.98	37.80	350m: 4:20.69	37.65
100m: 1:09.91	36.79	200m: 2:25.18	38.12	300m: 3:43.04	40.06	400m: 4:57.09	36.40
2. TAMAGNI, Elena	11	Lugano Aquatics	5:07.49	1:13.10	1:18.75	1:19.08	1:16.56
50m: 34.91	34.91	150m: 1:51.90	38.80	250m: 3:11.47	39.62	350m: 4:30.45	39.52
100m: 1:13.10	38.19	200m: 2:31.85	39.95	300m: 3:50.93	39.46	400m: 5:07.49	37.04
3. MONIGHETTI, Gaia	11	Turrita Nuoto	5:10.60	1:14.47	1:19.31	1:19.64	1:17.18
50m: 35.21	35.21	150m: 1:53.99	39.52	250m: 3:13.35	39.57	350m: 4:32.79	39.37
100m: 1:14.47	39.26	200m: 2:33.78	39.79	300m: 3:53.42	40.07	400m: 5:10.60	37.81
4. SCARFONE, Sara	11	Mendrisiotto Nuoto	5:25.52	1:17.97	1:23.27	1:23.09	1:21.19
50m: 36.89	36.89	150m: 1:59.63	41.66	250m: 3:22.91	41.67	350m: 4:46.25	41.92
100m: 1:17.97	41.08	200m: 2:41.24	41.61	300m: 4:04.33	41.42	400m: 5:25.52	39.27

Allieve 1

1. D'ORIO, Micol	09	Turrita Nuoto	4:40.89	1:06.81	1:11.21	1:11.82	1:11.05
50m: 31.55	31.55	150m: 1:41.86	35.05	250m: 2:53.55	35.53	350m: 4:05.34	35.50
100m: 1:06.81	35.26	200m: 2:18.02	36.16	300m: 3:29.84	36.29	400m: 4:40.89	35.55
2. PLACIDI, Elisa	09	A-Club Swimming Team Savc	4:43.12	1:07.88	1:12.39	1:12.43	1:10.42
50m: 32.22	32.22	150m: 1:43.91	36.03	250m: 2:56.26	35.99	350m: 4:08.67	35.97
100m: 1:07.88	35.66	200m: 2:20.27	36.36	300m: 3:32.70	36.44	400m: 4:43.12	34.45
3. FONTANA, Sofia	10	Turrita Nuoto	4:43.74	1:08.78	1:12.04	1:11.88	1:11.04
50m: 32.98	32.98	150m: 1:44.71	35.93	250m: 2:56.70	35.88	350m: 4:08.92	36.22
100m: 1:08.78	35.80	200m: 2:20.82	36.11	300m: 3:32.70	36.00	400m: 4:43.74	34.82
4. ALMEIDA, Pauline	10	A-Club Swimming Team Savc	4:52.80	1:09.57	1:14.32	1:15.05	1:13.86
50m: 33.08	33.08	150m: 1:46.90	37.33	250m: 3:01.44	37.55	350m: 4:16.40	37.46
100m: 1:09.57	36.49	200m: 2:23.89	36.99	300m: 3:38.94	37.50	400m: 4:52.80	36.40
5. CROCI TORTI, Sveva	09	Mendrisiotto Nuoto	4:58.71	1:10.53	1:16.78	1:17.03	1:14.37
50m: 33.37	33.37	150m: 1:48.44	37.91	250m: 3:05.67	38.36	350m: 4:22.45	38.11
100m: 1:10.53	37.16	200m: 2:27.31	38.87	300m: 3:44.34	38.67	400m: 4:58.71	36.26
6. CARTON, Annalia	10	A-Club Swimming Team Savc	5:07.72	1:11.98	1:19.73	1:19.26	1:16.75
50m: 33.94	33.94	150m: 1:51.77	39.79	250m: 3:11.24	39.53	350m: 4:30.17	39.20
100m: 1:11.98	38.04	200m: 2:31.71	39.94	300m: 3:50.97	39.73	400m: 5:07.72	37.55
7. FERRARI, Alyssa	10	Turrita Nuoto	5:09.72	1:12.14	1:18.15	1:19.66	1:19.77
50m: 34.01	34.01	150m: 1:50.89	38.75	250m: 3:10.12	39.83	350m: 4:30.18	40.23
100m: 1:12.14	38.13	200m: 2:30.29	39.40	300m: 3:49.95	39.83	400m: 5:09.72	39.54

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Elite

1. BERTSCHI, Amélie CT	05	A-Club Swimming Team Savc	4:27.01	RC	1:04.03	1:07.63	1:08.11	1:07.24
50m: 30.56	30.56	150m: 1:37.41	33.38	250m: 2:45.38	33.72	350m: 3:53.51	33.74	
100m: 1:04.03	33.47	200m: 2:11.66	34.25	300m: 3:19.77	34.39	400m: 4:27.01	33.50	
2. ROSSI, Elisabetta	07	Mendrisiotto Nuoto	4:34.51		1:05.90	1:10.05	1:09.56	1:09.00
50m: 31.63	31.63	150m: 1:40.88	34.98	250m: 2:50.38	34.43	350m: 4:00.53	35.02	
100m: 1:05.90	34.27	200m: 2:15.95	35.07	300m: 3:25.51	35.13	400m: 4:34.51	33.98	
3. PAPAIS, Suami	08	A-Club Swimming Team Savc	4:40.78		1:07.27	1:10.74	1:11.52	1:11.25
50m: 31.82	31.82	150m: 1:42.14	34.87	250m: 2:53.07	35.06	350m: 4:05.71	36.18	
100m: 1:07.27	35.45	200m: 2:18.01	35.87	300m: 3:29.53	36.46	400m: 4:40.78	35.07	
4. MILAN, Emma	08	Mendrisiotto Nuoto	4:45.59		1:08.32	1:13.50	1:13.93	1:09.84
50m: 32.41	32.41	150m: 1:45.18	36.86	250m: 2:58.91	37.09	350m: 4:12.19	36.44	
100m: 1:08.32	35.91	200m: 2:21.82	36.64	300m: 3:35.75	36.84	400m: 4:45.59	33.40	
5. SCARFONE, Sofia	07	Mendrisiotto Nuoto	4:47.11		1:09.64	1:13.88	1:12.66	1:10.93
50m: 32.89	32.89	150m: 1:46.76	37.12	250m: 2:59.65	36.13	350m: 4:12.23	36.05	
100m: 1:09.64	36.75	200m: 2:23.52	36.76	300m: 3:36.18	36.53	400m: 4:47.11	34.88	
6. LANINI, Amanda	08	Nuoto Sport Locarno	4:56.43		1:09.99	1:16.04	1:15.80	1:14.60
50m: 33.29	33.29	150m: 1:47.99	38.00	250m: 3:03.74	37.71	350m: 4:19.38	37.55	
100m: 1:09.99	36.70	200m: 2:26.03	38.04	300m: 3:41.83	38.09	400m: 4:56.43	37.05	