

45. Meeting Internazionale del Ceresio
Lugano, 11. - 12.1.2025

gara 1
11.01.2025 - 8:30

Donne, 400m Stile Libero

14 anni e più vecchi
Risultati Eliminatorie

Vincitore 2024 4:14.38 VIGANO', Renata ITA Lugano 13.01.2024
Record manifestazione 4:09.00 RODÀ, Veronica SFT Lugano 01.01.2000

TL Ceresio2025 : 5:13.92

Pointi: AQUA 2024

Rango	An	Tempo	Pt.
1. CONDORELLI, Victoria	08 Nuotatori Milanesi	4:23.36	677 A
50m: 31.10 31.10	150m: 1:38.08 33.68	250m: 2:44.97 33.21	350m: 3:51.26 33.36
100m: 1:04.40 33.30	200m: 2:11.76 33.68	300m: 3:17.90 32.93	400m: 4:23.36 32.10
2. VIGANO', Renata	05 Nuotatori Milanesi	4:27.58	645 A
50m: 30.47 30.47	150m: 1:37.16 33.45	250m: 2:45.75 34.27	350m: 3:53.94 33.94
100m: 1:03.71 33.24	200m: 2:11.48 34.32	300m: 3:20.00 34.25	400m: 4:27.58 33.64
3. GAZZOLA, Carlotta	06 Acqua13	4:27.70	645 A
50m: 31.35 31.35	150m: 1:37.92 33.56	250m: 2:45.65 33.87	350m: 3:54.39 34.22
100m: 1:04.36 33.01	200m: 2:11.78 33.86	300m: 3:20.17 34.52	400m: 4:27.70 33.31
4. BONACINA, Martina	03 Acqua13	4:28.25	641 A
50m: 31.32 31.32	150m: 1:39.23 34.17	250m: 2:47.49 33.97	350m: 3:55.61 34.35
100m: 1:05.06 33.74	200m: 2:13.52 34.29	300m: 3:21.26 33.77	400m: 4:28.25 32.64
5. GIANI, Giorgia Nicole	10 Nuotatori Milanesi	4:29.08	635 A
50m: 30.94 30.94	150m: 1:39.44 34.59	250m: 2:48.05 34.14	350m: 3:55.67 33.65
100m: 1:04.85 33.91	200m: 2:13.91 34.47	300m: 3:22.02 33.97	400m: 4:29.08 33.41
6. FERRIAN, Sofia	09 Sport Club 12	4:30.53	625 A
50m: 31.56 31.56	150m: 1:39.52 34.22	250m: 2:47.89 34.08	350m: 3:56.85 34.67
100m: 1:05.30 33.74	200m: 2:13.81 34.29	300m: 3:22.18 34.29	400m: 4:30.53 33.68
7. TREVISAN, Giulia	06 Nuotatori Milanesi	4:32.21	613 B
50m: 30.84 30.84	150m: 1:38.07 34.11	250m: 2:47.68 35.03	350m: 3:58.14 35.14
100m: 1:03.96 33.12	200m: 2:12.65 34.58	300m: 3:23.00 35.32	400m: 4:32.21 34.07
8. CAPUANO, Giulia	06 Mendrisiotto-Nuoto	4:32.68	610 B
50m: 30.86 30.86	150m: 1:38.75 34.03	250m: 2:47.02 34.31	350m: 3:57.36 35.28
100m: 1:04.72 33.86	200m: 2:12.71 33.96	300m: 3:22.08 35.06	400m: 4:32.68 35.32
9. DI BENEDETTO, Alessia	09 Nuotatori Milanesi	4:32.74	609 B
50m: 31.08 31.08	150m: 1:39.42 34.49	250m: 2:48.97 34.60	350m: 3:58.80 35.02
100m: 1:04.93 33.85	200m: 2:14.37 34.95	300m: 3:23.78 34.81	400m: 4:32.74 33.94
10. BACCI, Greta	05 Sport Club 12	4:32.96	608 B
50m: 31.23 31.23	150m: 1:39.27 34.26	250m: 2:48.48 34.52	350m: 3:58.57 35.21
100m: 1:05.01 33.78	200m: 2:13.96 34.69	300m: 3:23.36 34.88	400m: 4:32.96 34.39
11. D'ORIO, Micol	09 Turrita Nuoto	4:33.80	602 B
50m: 30.93 30.93	150m: 1:40.30 35.04	250m: 2:50.19 34.77	350m: 3:59.81 34.61
100m: 1:05.26 34.33	200m: 2:15.42 35.12	300m: 3:25.20 35.01	400m: 4:33.80 33.99
12. FRASCOLI, Linda	07 Team Legnano Nuoto	4:33.82	602 B
50m: 31.69 31.69	150m: 1:40.15 34.60	250m: 2:49.91 34.97	350m: 3:59.96 35.23
100m: 1:05.55 33.86	200m: 2:14.94 34.79	300m: 3:24.73 34.82	400m: 4:33.82 33.86
13. CAPERNA, Valentina Giovanna	10 Acqua13	4:34.54	598 R
50m: 31.70 31.70	150m: 1:39.89 34.30	250m: 2:49.32 34.78	350m: 3:59.79 35.63
100m: 1:05.59 33.89	200m: 2:14.54 34.65	300m: 3:24.16 34.84	400m: 4:34.54 34.75
14. BOSETTI, Matilde	07 Team Legnano Nuoto	4:35.02	594 R
50m: 32.31 32.31	150m: 1:41.35 34.58	250m: 2:49.99 34.34	350m: 4:00.25 35.29
100m: 1:06.77 34.46	200m: 2:15.65 34.30	300m: 3:24.96 34.97	400m: 4:35.02 34.77
15. BONACINA, Valeria	08 Acqua13	4:35.70	590
50m: 32.11 32.11	150m: 1:41.88 35.25	250m: 2:52.39 35.28	350m: 4:02.36 34.54
100m: 1:06.63 34.52	200m: 2:17.11 35.23	300m: 3:27.82 35.43	400m: 4:35.70 33.34
16. GUALDI, Aurora	10 BLU SSD	4:35.97	588
50m: 31.55 31.55	150m: 1:40.65 34.88	250m: 2:50.79 35.01	350m: 4:01.00 35.14
100m: 1:05.77 34.22	200m: 2:15.78 35.13	300m: 3:25.86 35.07	400m: 4:35.97 34.97

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Rango				An						Tempo	Pt.	
17.	COSCIA, Giulia			09	Phoenix Asd					4:36.32	586	
	50m:	31.40	31.40	150m:	1:40.20	34.52	250m:	2:50.82	35.37	350m:	4:01.60	35.58
	100m:	1:05.68	34.28	200m:	2:15.45	35.25	300m:	3:26.02	35.20	400m:	4:36.32	34.72
18.	MARIOTTI, Rebecca			11	Lugano Aquatics					4:36.40	586	
	50m:	30.65	30.65	150m:	1:40.12	35.50	250m:	2:49.90	34.19	350m:	4:01.47	35.85
	100m:	1:04.62	33.97	200m:	2:15.71	35.59	300m:	3:25.62	35.72	400m:	4:36.40	34.93
19.	PEROLARI, Federica			09	BLU SSD					4:36.42	585	
	50m:	32.51	32.51	150m:	1:41.88	34.90	250m:	2:52.25	35.14	350m:	4:02.80	35.10
	100m:	1:06.98	34.47	200m:	2:17.11	35.23	300m:	3:27.70	35.45	400m:	4:36.42	33.62
20.	GRASSI, Emma Corinna			08	Nuotatori Milanesi					4:38.52	572	
	50m:	32.89	32.89	150m:	1:43.19	35.50	250m:	2:54.54	35.25	350m:	4:04.46	35.18
	100m:	1:07.69	34.80	200m:	2:19.29	36.10	300m:	3:29.28	34.74	400m:	4:38.52	34.06
21.	CITRINI, Chiara			11	Nuotatori Milanesi					4:39.62	566	
	50m:	31.73	31.73	150m:	1:41.60	35.48	250m:	2:52.90	35.88	350m:	4:04.98	35.87
	100m:	1:06.12	34.39	200m:	2:17.02	35.42	300m:	3:29.11	36.21	400m:	4:39.62	34.64
22.	FERRO, Sofia			09	Acqua13					4:39.85	564	
	50m:	31.07	31.07	150m:	1:39.79	35.04	250m:	2:51.85	36.07	350m:	4:04.75	36.59
	100m:	1:04.75	33.68	200m:	2:15.78	35.99	300m:	3:28.16	36.31	400m:	4:39.85	35.10
23.	BORIN, Aurora			08	Phoenix Asd					4:40.27	562	
	50m:	31.95	31.95	150m:	1:41.68	35.40	250m:	2:53.59	35.69	350m:	4:05.49	35.99
	100m:	1:06.28	34.33	200m:	2:17.90	36.22	300m:	3:29.50	35.91	400m:	4:40.27	34.78
24.	BOSSOLO, Luna Vittoria			10	Team Legnano Nuoto					4:41.21	556	
	50m:	32.87	32.87	150m:	1:42.87	35.41	250m:	2:54.73	35.95	350m:	4:06.48	35.77
	100m:	1:07.46	34.59	200m:	2:18.78	35.91	300m:	3:30.71	35.98	400m:	4:41.21	34.73
25.	MANTEGANI, Sofia			09	Lugano Aquatics					4:41.91	552	
	50m:	32.05	32.05	150m:	1:42.23	35.30	250m:	2:54.59	36.38	350m:	4:06.66	36.38
	100m:	1:06.93	34.88	200m:	2:18.21	35.98	300m:	3:30.28	35.69	400m:	4:41.91	35.25
26.	CAPUTO, lacy			07	Team Legnano Nuoto					4:42.93	546	
	50m:	33.42	33.42	150m:	1:45.44	36.04	250m:	2:56.49	35.37	350m:	4:07.45	35.45
	100m:	1:09.40	35.98	200m:	2:21.12	35.68	300m:	3:32.00	35.51	400m:	4:42.93	35.48
27.	BOLZANI, Margherita			10	In Sport Rane Rosse					4:45.09	534	
	50m:	33.44	33.44	150m:	1:44.84	35.92	250m:	2:57.14	36.41	350m:	4:10.89	36.93
	100m:	1:08.92	35.48	200m:	2:20.73	35.89	300m:	3:33.96	36.82	400m:	4:45.09	34.20
28.	PONGOLI, Denise			11	Phoenix Asd					4:47.62	520	
	50m:	32.66	32.66	150m:	1:44.43	36.07	250m:	2:57.41	36.95	350m:	4:11.92	37.31
	100m:	1:08.36	35.70	200m:	2:20.46	36.03	300m:	3:34.61	37.20	400m:	4:47.62	35.70
29.	DE CONO, Viola			10	COMO NUOTO					4:48.54	515	
	50m:	33.19	33.19	150m:	1:45.83	36.97	250m:	2:59.89	37.05	350m:	4:13.40	36.72
	100m:	1:08.86	35.67	200m:	2:22.84	37.01	300m:	3:36.68	36.79	400m:	4:48.54	35.14
30.	CASTIGLIONI, Vittoria			09	Team Legnano Nuoto					4:48.72	514	
	50m:	33.55	33.55	150m:	1:46.05	36.45	250m:	2:59.79	36.89	350m:	4:13.78	36.81
	100m:	1:09.60	36.05	200m:	2:22.90	36.85	300m:	3:36.97	37.18	400m:	4:48.72	34.94
31.	PAGLIARA, Anita			07	Team Legnano Nuoto					4:48.94	512	
	50m:	33.85	33.85	150m:	1:46.24	36.40	250m:	2:59.47	36.76	350m:	4:12.62	36.39
	100m:	1:09.84	35.99	200m:	2:22.71	36.47	300m:	3:36.23	36.76	400m:	4:48.94	36.32
32.	MONIGHETTI, Gaia			11	Turrita Nuoto					4:51.74	498	
	50m:	34.31	34.31	150m:	1:48.04	37.22	250m:	3:01.87	36.95	350m:	4:15.88	36.77
	100m:	1:10.82	36.51	200m:	2:24.92	36.88	300m:	3:39.11	37.24	400m:	4:51.74	35.86
33.	LUPICA, Sophie			07	Lugano Aquatics					4:54.70	483	
	50m:	33.97	33.97	150m:	1:47.80	37.13	250m:	3:02.65	37.39	350m:	4:17.97	37.90
	100m:	1:10.67	36.70	200m:	2:25.26	37.46	300m:	3:40.07	37.42	400m:	4:54.70	36.73
34.	BRUGGER, Aline			11	Lugano Aquatics					4:56.06	476	
	50m:	32.24	32.24	150m:	1:45.78	37.27	250m:	3:01.39	38.17	350m:	4:19.07	39.53
	100m:	1:08.51	36.27	200m:	2:23.22	37.44	300m:	3:39.54	38.15	400m:	4:56.06	36.99

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Rango			An					Tempo	Pt.		
35.	GIANFORCARO, Elena		10	BLU SSD				4:56.32	475		
	50m:	34.25 34.25	150m:	1:48.73	37.40	250m:	3:02.46	37.34	350m:	4:18.74	38.67
	100m:	1:11.33 37.08	200m:	2:25.12	36.39	300m:	3:40.07	37.61	400m:	4:56.32	37.58
36.	GRAGNOLATI, Sophia		11	Phoenix Asd				4:58.82	463		
	50m:	33.29 33.29	150m:	1:46.52	36.95	250m:	3:02.95	38.37	350m:	4:21.02	39.31
	100m:	1:09.57 36.28	200m:	2:24.58	38.06	300m:	3:41.71	38.76	400m:	4:58.82	37.80
37.	CROCI TORTI, Sveva		09	Mendrisiotto-Nuoto				5:03.14	444		
	50m:	34.28 34.28	150m:	1:50.72	38.62	250m:	3:08.18	38.71	350m:	4:25.96	38.73
	100m:	1:12.10 37.82	200m:	2:29.47	38.75	300m:	3:47.23	39.05	400m:	5:03.14	37.18
38.	ZANFORLIN, Matilde		09	Phoenix Asd				5:08.37	421		
	50m:	33.94 33.94	150m:	1:49.77	38.37	250m:	3:08.88	39.95	350m:	4:29.78	40.46
	100m:	1:11.40 37.46	200m:	2:28.93	39.16	300m:	3:49.32	40.44	400m:	5:08.37	38.59