

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

gara 18

Donne, 400m Mista

14 anni e più vecchi

12.01.2025 - 10:05

Risultati Eliminatorie

Vincitore 2024	4:52.64	BRANCA, Elisa	ITA	Lugano	14.01.2024
Record manifestazione	4:44.91	PAINI, Elisa	ASTV	Lugano	15.01.2005

TL Ceresio2025 : 5:51.43

Pointi: AQUA 2024

Rango				An					Tempo	Pt.		
1.	FASANI, Chiara			03	Nuotatori Milanesi				<b>4:56.09</b>	668	A	
	50m:	31.28	31.28	150m:	1:46.50	39.07	250m:	3:05.01	40.24	350m:	4:22.20	35.63
	100m:	1:07.43	36.15	200m:	2:24.77	38.27	300m:	3:46.57	41.56	400m:	4:56.09	33.89
2.	BOSCHIROLI, Lara			04	Team Legnano Nuoto				<b>5:07.10</b>	599	A	
	50m:	32.36	32.36	150m:	1:50.17	40.06	250m:	3:11.74	42.34	350m:	4:32.15	35.81
	100m:	1:10.11	37.75	200m:	2:29.40	39.23	300m:	3:56.34	44.60	400m:	5:07.10	34.95
3.	VENTURUZZO, Daniela			11	Acqua13				<b>5:07.99</b>	594	A	
	50m:	31.46	31.46	150m:	1:46.58	38.43	250m:	3:08.15	43.33	350m:	4:30.57	37.93
	100m:	1:08.15	36.69	200m:	2:24.82	38.24	300m:	3:52.64	44.49	400m:	5:07.99	37.42
4.	D'ORIO, Micol			09	Turrita Nuoto				<b>5:09.54</b>	585	A	
	50m:	32.97	32.97	150m:	1:50.60	40.86	250m:	3:15.15	46.40	350m:	4:36.09	36.24
	100m:	1:09.74	36.77	200m:	2:28.75	38.15	300m:	3:59.85	44.70	400m:	5:09.54	33.45
5.	GUALDI, Aurora			10	BLU SSD				<b>5:10.66</b>	579	A	
	50m:	32.80	32.80	150m:	1:52.68	41.89	250m:	3:15.78	43.03	350m:	4:35.62	35.31
	100m:	1:10.79	37.99	200m:	2:32.75	40.07	300m:	4:00.31	44.53	400m:	5:10.66	35.04
6.	BERRA, Adele			11	Team Legnano Nuoto				<b>5:12.06</b>	571	A	
	50m:	34.09	34.09	150m:	1:52.95	39.81	250m:	3:15.17	42.99	350m:	4:36.64	36.96
	100m:	1:13.14	39.05	200m:	2:32.18	39.23	300m:	3:59.68	44.51	400m:	5:12.06	35.42
7.	VENTURUZZO, Martina			08	Acqua13				<b>5:12.14</b>	570	B	
	50m:	31.61	31.61	150m:	1:49.47	41.08	250m:	3:15.29	45.00	350m:	4:37.01	36.18
	100m:	1:08.39	36.78	200m:	2:30.29	40.82	300m:	4:00.83	45.54	400m:	5:12.14	35.13
8.	FERRIAN, Sofia			09	Sport Club 12				<b>5:12.66</b>	568	B	
	50m:	33.19	33.19	150m:	1:52.00	40.32	250m:	3:17.22	45.15	350m:	4:38.41	35.04
	100m:	1:11.68	38.49	200m:	2:32.07	40.07	300m:	4:03.37	46.15	400m:	5:12.66	34.25
9.	PINNA, Giorgia			09	Acqua13				<b>5:12.74</b>	567	B	
	50m:	33.21	33.21	150m:	1:49.68	38.01	250m:	3:13.37	46.25	350m:	4:36.94	37.56
	100m:	1:11.67	38.46	200m:	2:27.12	37.44	300m:	3:59.38	46.01	400m:	5:12.74	35.80
10.	PEROLARI, Federica			09	BLU SSD				<b>5:14.75</b>	556	B	
	50m:	33.52	33.52	150m:	1:53.25	41.95	250m:	3:18.86	45.35	350m:	4:40.67	36.43
	100m:	1:11.30	37.78	200m:	2:33.51	40.26	300m:	4:04.24	45.38	400m:	5:14.75	34.08
11.	MANZATO, Elisa			08	Sporting Club 63				<b>5:15.04</b>	555	B	
	50m:	34.19	34.19	150m:	1:54.10	42.53	250m:	3:19.75	44.86	350m:	4:40.58	36.11
	100m:	1:11.57	37.38	200m:	2:34.89	40.79	300m:	4:04.47	44.72	400m:	5:15.04	34.46
12.	COSCIA, Giulia			09	Phoenix Asd				<b>5:16.26</b>	548	B	
	50m:	33.27	33.27	150m:	1:51.72	38.68	250m:	3:17.35	47.25	350m:	4:41.05	36.18
	100m:	1:13.04	39.77	200m:	2:30.10	38.38	300m:	4:04.87	47.52	400m:	5:16.26	35.21
13.	RESELLI, Sveva Costanza Maria			08	Team Legnano Nuoto				<b>5:16.60</b>	547	R	
	50m:	33.70	33.70	150m:	1:54.06	41.64	250m:	3:19.36	44.27	350m:	4:40.38	36.88
	100m:	1:12.42	38.72	200m:	2:35.09	41.03	300m:	4:03.50	44.14	400m:	5:16.60	36.22
14.	FOSSA, Carlotta			11	Sport Club 12				<b>5:16.71</b>	546	R	
	50m:	33.47	33.47	150m:	1:53.07	41.59	250m:	3:18.10	44.14	350m:	4:40.09	37.70
	100m:	1:11.48	38.01	200m:	2:33.96	40.89	300m:	4:02.39	44.29	400m:	5:16.71	36.62
15.	POLOSA, Veronica Ida			08	Acqua13				<b>5:17.14</b>	544		
	50m:	32.10	32.10	150m:	1:51.26	41.61	250m:	3:17.07	44.51	350m:	4:40.37	37.41
	100m:	1:09.65	37.55	200m:	2:32.56	41.30	300m:	4:02.96	45.89	400m:	5:17.14	36.77
16.	MENABALLI, Arianna			06	Lugano Aquatics				<b>5:21.60</b>	521		
	50m:	32.81	32.81	150m:	1:52.33	41.71	250m:	3:21.30	46.65	350m:	4:45.73	37.46
	100m:	1:10.62	37.81	200m:	2:34.65	42.32	300m:	4:08.27	46.97	400m:	5:21.60	35.87

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Rango					An					Tempo	Pt.	
17.	BRUNELLA, Chiara				06	Sport Club 12				<b>5:23.08</b>	514	
	50m:	34.33	34.33	150m:	1:55.94	43.16	250m:	3:23.45	45.53	350m:	4:46.56	37.52
	100m:	1:12.78	38.45	200m:	2:37.92	41.98	300m:	4:09.04	45.59	400m:	5:23.08	36.52
18.	CITRINI, Chiara				11	Nuotatori Milanesi				<b>5:23.13</b>	514	
	50m:	34.17	34.17	150m:	1:58.10	41.90	250m:	3:24.42	45.44	350m:	4:47.52	36.85
	100m:	1:16.20	42.03	200m:	2:38.98	40.88	300m:	4:10.67	46.25	400m:	5:23.13	35.61
19.	PONGOLI, Denise				11	Phoenix Asd				<b>5:27.62</b>	493	
	50m:	33.23	33.23	150m:	1:54.81	42.80	250m:	3:24.97	45.77	350m:	4:50.38	37.72
	100m:	1:12.01	38.78	200m:	2:39.20	44.39	300m:	4:12.66	47.69	400m:	5:27.62	37.24
20.	MILAN, Emma				08	Mendrisiotto-Nuoto				<b>5:27.63</b>	493	
	50m:	33.43	33.43	150m:	1:55.63	42.16	250m:	3:25.55	47.47	350m:	4:51.13	37.41
	100m:	1:13.47	40.04	200m:	2:38.08	42.45	300m:	4:13.72	48.17	400m:	5:27.63	36.50
21.	CAPERNA, Valentina Giovanna				10	Acqua13				<b>5:27.93</b>	492	
	50m:	33.96	33.96	150m:	1:55.88	44.01	250m:	3:23.53	45.46	350m:	4:50.20	38.90
	100m:	1:11.87	37.91	200m:	2:38.07	42.19	300m:	4:11.30	47.77	400m:	5:27.93	37.73
22.	SCHILLIRÒ, Giada				10	Sport Club 12				<b>5:29.82</b>	483	
	50m:	33.98	33.98	150m:	1:57.80	43.78	250m:	3:27.76	47.59	350m:	4:53.23	37.41
	100m:	1:14.02	40.04	200m:	2:40.17	42.37	300m:	4:15.82	48.06	400m:	5:29.82	36.59
23.	MENEGHETTI, Margherita				11	Lugano Aquatics				<b>5:32.46</b>	472	
	50m:	34.38	34.38	150m:	1:58.48	44.29	250m:	3:28.91	46.75	350m:	4:54.74	39.77
	100m:	1:14.19	39.81	200m:	2:42.16	43.68	300m:	4:14.97	46.06	400m:	5:32.46	37.72
24.	LAZZARIN, Lisa				09	Phoenix Asd				<b>5:38.89</b>	446	
	50m:	37.27	37.27	150m:	2:03.08	43.43	250m:	3:35.06	49.62	350m:	5:02.36	37.69
	100m:	1:19.65	42.38	200m:	2:45.44	42.36	300m:	4:24.67	49.61	400m:	5:38.89	36.53
25.	MECIC, Emma				07	Nuoto Sport Locarno				<b>5:43.05</b>	430	
	50m:	36.60	36.60	150m:	2:02.19	42.37	250m:	3:35.03	51.59	350m:	5:06.22	38.55
	100m:	1:19.82	43.22	200m:	2:43.44	41.25	300m:	4:27.67	52.64	400m:	5:43.05	36.83
26.	BONFANTI, Serena				10	In Sport Rane Rosse				<b>5:43.65</b>	427	
	50m:	32.94	32.94	150m:	1:56.32	44.31	250m:	3:30.26	50.26	350m:	5:02.17	40.90
	100m:	1:12.01	39.07	200m:	2:40.00	43.68	300m:	4:21.27	51.01	400m:	5:43.65	41.48