

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

gara 1  
11.01.2025 - 15:30

Donne, 400m Stile Libero

14 anni e più vecchi  
Risultati Finale

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

Pointi: AQUA 2024

Rango			An					Tempo	Pt.
<b>Finale A</b>									
1.	VIGANO', Renata		05	Nuotatori Milanesi				<b>4:20.17</b>	702
	50m:	30.36	30.36	150m:	1:35.35	32.77	250m:	2:41.51	33.26
	100m:	1:02.58	32.22	200m:	2:08.25	32.90	300m:	3:15.13	33.62
				350m:			400m:	3:48.53	33.40
								4:20.17	31.64
2.	CONDORELLI, Victoria		08	Nuotatori Milanesi				<b>4:20.34</b>	701
	50m:	30.64	30.64	150m:	1:36.23	32.91	250m:	2:42.02	32.64
	100m:	1:03.32	32.68	200m:	2:09.38	33.15	300m:	3:15.15	33.13
				350m:			400m:	3:48.53	33.38
								4:20.34	31.81
3.	GAZZOLA, Carlotta		06	Acqua13				<b>4:22.43</b>	684
	50m:	30.74	30.74	150m:	1:36.33	32.77	250m:	2:42.86	33.32
	100m:	1:03.56	32.82	200m:	2:09.54	33.21	300m:	3:16.21	33.35
				350m:			400m:	3:49.78	33.57
								4:22.43	32.65
4.	GIANI, Giorgia Nicole		10	Nuotatori Milanesi				<b>4:29.11</b>	634
	50m:	31.05	31.05	150m:	1:38.59	34.29	250m:	2:47.65	34.15
	100m:	1:04.30	33.25	200m:	2:13.50	34.91	300m:	3:22.33	34.68
				350m:			400m:	3:55.89	33.56
								4:29.11	33.22
5.	BONACINA, Martina		03	Acqua13				<b>4:29.48</b>	632
	50m:	31.40	31.40	150m:	1:39.30	34.27	250m:	2:47.70	34.19
	100m:	1:05.03	33.63	200m:	2:13.51	34.21	300m:	3:21.84	34.14
				350m:			400m:	3:56.74	34.90
								4:29.48	32.74
6.	FERRIAN, Sofia		09	Sport Club 12				<b>4:29.69</b>	630
	50m:	31.18	31.18	150m:	1:39.06	34.09	250m:	2:47.18	34.03
	100m:	1:04.97	33.79	200m:	2:13.15	34.09	300m:	3:21.89	34.71
				350m:			400m:	3:56.28	34.39
								4:29.69	33.41
<b>Finale B</b>									
7.	TREVISAN, Giulia		06	Nuotatori Milanesi				<b>4:28.67</b>	638
	50m:	30.89	30.89	150m:	1:37.98	33.97	250m:	2:46.41	34.12
	100m:	1:04.01	33.12	200m:	2:12.29	34.31	300m:	3:20.75	34.34
				350m:			400m:	3:55.30	34.55
								4:28.67	33.37
8.	BACCI, Greta		05	Sport Club 12				<b>4:29.26</b>	633
	50m:	31.29	31.29	150m:	1:38.65	34.14	250m:	2:47.52	34.31
	100m:	1:04.51	33.22	200m:	2:13.21	34.56	300m:	3:21.90	34.38
				350m:			400m:	3:55.98	34.08
								4:29.26	33.28
9.	DI BENEDETTO, Alessia		09	Nuotatori Milanesi				<b>4:32.23</b>	613
	50m:	30.87	30.87	150m:	1:39.07	34.60	250m:	2:48.26	34.59
	100m:	1:04.47	33.60	200m:	2:13.67	34.60	300m:	3:23.24	34.98
				350m:			400m:	3:58.18	34.94
								4:32.23	34.05
10.	CAPERNA, Valentina Giovanna		10	Acqua13				<b>4:33.97</b>	601
	50m:	31.43	31.43	150m:	1:39.23	34.19	250m:	2:48.91	34.98
	100m:	1:05.04	33.61	200m:	2:13.93	34.70	300m:	3:24.01	35.10
				350m:			400m:	3:59.47	35.46
								4:33.97	34.50
11.	D'IORIO, Micol		09	Turrita Nuoto				<b>4:34.84</b>	596
	50m:	31.64	31.64	150m:	1:39.85	34.69	250m:	2:49.56	34.87
	100m:	1:05.16	33.52	200m:	2:14.69	34.84	300m:	3:24.99	35.43
				350m:			400m:	4:00.23	35.24
								4:34.84	34.61
12.	FRASCOLI, Linda		07	Team Legnano Nuoto				<b>4:39.64</b>	565
	50m:	32.21	32.21	150m:	1:42.17	35.23	250m:	2:53.63	35.77
	100m:	1:06.94	34.73	200m:	2:17.86	35.69	300m:	3:29.14	35.51
				350m:			400m:	4:04.75	35.61
								4:39.64	34.89