

gara 33

Donne, 400m Stile Libero

11 anni e più vecchi

16.03.2025 - 15:40

Risultati

Record Campionato Elite	4:20.37	BERTSCHI, Amélie	AST	Chiasso	09.03.2024
Record Campionato A1D	4:25.51	ZOLLINGER, Chiara	AST	Bellinzona	11.02.2012
Record Campionato A2	4:40.42	DELLA, Bruna Alice	AST	Bellinzona	16.02.2008
Record Campionato A3	4:51.10	DE LUCA, Sofia	LUGA	Bellinzona	15.03.2014
Vincitore 2024 Elite	4:20.37	BERTSCHI, Amelie	AST	Chiasso	09.03.2024
Vincitore 2024 A1D	4:31.73	D'IORIO, Micol	TURR	Chiasso	09.03.2024
Vincitore 2024 13	4:41.43	MARIOTTI, Rebecca	LUGA	Chiasso	09.03.2024
Vincitore 2024 12	5:14.80	DE CONTO, Sveva	LUGA	Chiasso	09.03.2024
Vincitore 2024 A3	5:13.70	VALSESIA, Ylenia	NUM	Bellinzona	24.03.2024

Limiti A3 A3: 7:15.32 / Limiti A2 A2: 6:29.14 / Limiti A1 A1D: 6:02.40 / Limiti Elite Elite: 5:45.52

Pointi: AQUA 2024

Rango An Tempo Pt.

Allieve 3

1. RUSCA, Sara	14	A-Club Swimming Team Savosa	5:23.58	365
50m: 35.85 35.85	150m: 1:59.34 42.31	250m: 3:22.66 41.40	350m: 4:46.27 41.54	
100m: 1:17.03 41.18	200m: 2:41.26 41.92	300m: 4:04.73 42.07	400m: 5:23.58 37.31	

Allieve 2

1. DE CONTO, Sveva	12	Lugano Aquatics	4:54.18	486
50m: 34.27 34.27	150m: 1:49.00 37.03	250m: 3:02.86 37.46	350m: 4:17.56 37.23	
100m: 1:11.97 37.70	200m: 2:25.40 36.40	300m: 3:40.33 37.47	400m: 4:54.18 36.62	
2. VALSESIA, Ylenia	13	Mendrisiotto Nuoto	4:58.83	463
50m: 34.41 34.41	150m: 1:49.85 38.01	250m: 3:05.42 37.51	350m: 4:21.83 38.36	
100m: 1:11.84 37.43	200m: 2:27.91 38.06	300m: 3:43.47 38.05	400m: 4:58.83 37.00	
3. FORTINA, Nicole	13	Mendrisiotto Nuoto	4:59.75	459
50m: 34.72 34.72	150m: 1:50.44 37.70	250m: 3:07.14 37.88	350m: 4:23.76 38.29	
100m: 1:12.74 38.02	200m: 2:29.26 38.82	300m: 3:45.47 38.33	400m: 4:59.75 35.99	
4. PELLANDA, Esmeralda	13	Nuoto Sport Locarno	4:59.95	458
50m: 34.84 34.84	150m: 1:50.67 38.16	250m: 3:06.82 38.24	350m: 4:23.60 38.46	
100m: 1:12.51 37.67	200m: 2:28.58 37.91	300m: 3:45.14 38.32	400m: 4:59.95 36.35	
5. CHOUKHMANE, Nisrine	12	Turrita Nuoto	5:00.72	455
50m: 34.67 34.67	150m: 1:50.30 38.12	250m: 3:07.03 38.59	350m: 4:23.64 38.20	
100m: 1:12.18 37.51	200m: 2:28.44 38.14	300m: 3:45.44 38.41	400m: 5:00.72 37.08	
6. MAGGIONI, Victoria	13	A-Club Swimming Team Savosa	5:19.93	377
50m: 35.50 35.50	150m: 1:56.22 40.28	250m: 3:17.43 40.47	350m: 4:40.45 41.52	
100m: 1:15.94 40.44	200m: 2:36.96 40.74	300m: 3:58.93 41.50	400m: 5:19.93 39.48	
7. MINA, Olivia	13	Turrita Nuoto	5:30.39	343
50m: 37.49 37.49	150m: 2:01.87 41.97	250m: 3:25.73 42.30	350m: 4:50.12 41.88	
100m: 1:19.90 42.41	200m: 2:43.43 41.56	300m: 4:08.24 42.51	400m: 5:30.39 40.27	
8. MANIGLIO, Maria	13	Lugano Aquatics	5:44.50	302
50m: 37.10 37.10	150m: 2:02.51 42.94	250m: 3:31.79 44.97	350m: 5:01.63 44.91	
100m: 1:19.57 42.47	200m: 2:46.82 44.31	300m: 4:16.72 44.93	400m: 5:44.50 42.87	

Allieve 1

1. FONTANA, Sofia	10	Turrita Nuoto	4:31.28	619
50m: 31.37 31.37	150m: 1:39.77 34.35	250m: 2:48.64 34.34	350m: 3:57.59 34.68	
100m: 1:05.42 34.05	200m: 2:14.30 34.53	300m: 3:22.91 34.27	400m: 4:31.28 33.69	
2. BRUGGER, Aline	11	Lugano Aquatics	4:46.40	526
50m: 32.52 32.52	150m: 1:43.12 35.68	250m: 2:56.42 36.64	350m: 4:10.83 37.16	
100m: 1:07.44 34.92	200m: 2:19.78 36.66	300m: 3:33.67 37.25	400m: 4:46.40 35.57	

gara 33, Ragazze, 400m Stile Libero, Allieve 1

Rango	An	Tempo	Pt.
3. TAMAGNI, Elena	11	4:52.42	494
50m: 32.98 32.98	150m: 1:46.44 37.15	250m: 3:01.18 37.34	350m: 4:16.07 37.44
100m: 1:09.29 36.31	200m: 2:23.84 37.40	300m: 3:38.63 37.45	400m: 4:52.42 36.35
4. SCARFONE, Sara	11	4:53.42	489
50m: 33.36 33.36	150m: 1:46.93 37.07	250m: 3:01.57 37.33	350m: 4:17.00 37.69
100m: 1:09.86 36.50	200m: 2:24.24 37.31	300m: 3:39.31 37.74	400m: 4:53.42 36.42
5. MONTEIRO DA SILVA, Alissa	11	4:56.52	474
50m: 33.58 33.58	150m: 1:49.03 38.24	250m: 3:04.79 37.94	350m: 4:20.44 37.76
100m: 1:10.79 37.21	200m: 2:26.85 37.82	300m: 3:42.68 37.89	400m: 4:56.52 36.08
6. GIAMBRONE, Susanna	11	5:13.54	401
50m: 34.40 34.40	150m: 1:52.94 40.38	250m: 3:14.24 40.58	350m: 4:35.81 40.55
100m: 1:12.56 38.16	200m: 2:33.66 40.72	300m: 3:55.26 41.02	400m: 5:13.54 37.73

Elite

1. BERTSCHI, Amèlie	05	4:19.54	707	RC
<i>CAMPIONESSA CANTONALE TICINESE</i>				
50m: 29.83 29.83	150m: 1:35.52 33.14	250m: 2:41.73 32.83	350m: 3:47.58 32.90	
100m: 1:02.38 32.55	200m: 2:08.90 33.38	300m: 3:14.68 32.95	400m: 4:19.54 31.96	
2. ROSSI, Elisabetta	07	4:25.01	664	
50m: 30.32 30.32	150m: 1:36.05 33.20	250m: 2:42.98 33.41	350m: 3:51.19 34.24	
100m: 1:02.85 32.53	200m: 2:09.57 33.52	300m: 3:16.95 33.97	400m: 4:25.01 33.82	
3. PAPAIS, Suami	08	4:29.42	632	
50m: 30.52 30.52	150m: 1:37.57 33.94	250m: 2:45.92 34.57	350m: 3:56.03 34.99	
100m: 1:03.63 33.11	200m: 2:11.35 33.78	300m: 3:21.04 35.12	400m: 4:29.42 33.39	
4. ANDREANI, Elisa	09	4:30.79	623	
50m: 30.57 30.57	150m: 1:38.73 34.64	250m: 2:47.37 34.17	350m: 3:57.25 34.76	
100m: 1:04.09 33.52	200m: 2:13.20 34.47	300m: 3:22.49 35.12	400m: 4:30.79 33.54	
5. SCARFONE, Sofia	07	4:35.13	594	
50m: 31.52 31.52	150m: 1:40.19 34.73	250m: 2:50.40 34.79	350m: 4:01.40 35.48	
100m: 1:05.46 33.94	200m: 2:15.61 35.42	300m: 3:25.92 35.52	400m: 4:35.13 33.73	
6. MILAN, Emma	08	4:43.39	543	
50m: 31.55 31.55	150m: 1:41.62 35.75	250m: 2:54.27 36.30	350m: 4:07.61 36.73	
100m: 1:05.87 34.32	200m: 2:17.97 36.35	300m: 3:30.88 36.61	400m: 4:43.39 35.78	
7. LANINI, Amanda	08	4:44.91	535	
50m: 31.78 31.78	150m: 1:43.04 36.20	250m: 2:55.95 36.76	350m: 4:08.89 36.24	
100m: 1:06.84 35.06	200m: 2:19.19 36.15	300m: 3:32.65 36.70	400m: 4:44.91 36.02	
8. LUPICA, Sophie	07	4:47.59	520	
50m: 32.34 32.34	150m: 1:44.18 36.16	250m: 2:57.59 36.71	350m: 4:11.27 36.91	
100m: 1:08.02 35.68	200m: 2:20.88 36.70	300m: 3:34.36 36.77	400m: 4:47.59 36.32	
9. MONTORFANO, Carlotta	08	4:51.75	498	
50m: 33.53 33.53	150m: 1:46.90 36.96	250m: 3:00.70 37.01	350m: 4:14.77 37.06	
100m: 1:09.94 36.41	200m: 2:23.69 36.79	300m: 3:37.71 37.01	400m: 4:51.75 36.98	
10. CROCI TORTI, Sveva	09	4:57.61	469	
50m: 33.14 33.14	150m: 1:47.21 37.59	250m: 3:03.45 38.63	350m: 4:20.65 38.46	
100m: 1:09.62 36.48	200m: 2:24.82 37.61	300m: 3:42.19 38.74	400m: 4:57.61 36.96	