

55. Meeting Internazionale del Castello  
Bellinzona, 30. - 31.5.2026

gara 17  
31.05.2026 - 9:00

Donne, 400m Stile Libero

13 anni e più vecchi  
Risultati Eliminatorie

Meet record 16 +	4:16.51	Flavia RIGAMONTI	SUI	Bellinzona	01.06.1999
Meet record 11 - 15	4:29.57	Francesca ARREDONDO	ITA	Bellinzona	29.05.2010
Time Standard Juniors 13 - 15: 5:00.00 / Time Standard Seniors 16 +: 4:55.00					

Rango	An	Tempo	100m	200m	300m	400m	
<b>13 - 15 anni</b>							
1.	Carolina COLOMBO	11 DDS ssd	<b>4:45.28 Q</b>	1:07.49	1:12.70	1:13.03	1:12.06
	50m: 1:07.49	150m: 2:20.19	250m: 3:33.22	350m: 4:45.28			
	100m: 1:08.66	200m: 2:22.79	300m: 3:37.26	400m: 4:50.93			
3.	Sara SONNERAT	13 DDS ssd	<b>4:52.35 Q</b>	1:09.27	1:14.62	1:15.73	1:12.73
	50m: 1:09.27	150m: 2:23.89	250m: 3:39.62	350m: 4:52.35			
	100m: 1:09.27	200m: 2:23.89	300m: 3:39.62	400m: 4:52.35			
4.	Sara SCARFONE	11 Mendrisiotto Nuoto	<b>4:53.64 Q</b>	1:10.06	1:15.35	1:15.25	1:12.98
	50m: 1:10.06	150m: 2:25.41	250m: 3:40.66	350m: 4:53.64			
	100m: 1:10.06	200m: 2:25.41	300m: 3:40.66	400m: 4:53.64			
5.	Linda DI PIETRANGELO	13 DDS ssd	<b>4:54.63 Q</b>	1:10.59	1:15.59	1:15.31	1:13.14
	50m: 1:10.59	150m: 2:26.18	250m: 3:41.49	350m: 4:54.63			
	100m: 1:10.59	200m: 2:26.18	300m: 3:41.49	400m: 4:54.63			
6.	Giorgia FRIGIONE	12 DDS ssd	<b>4:55.49 Q</b>	1:10.45	1:15.09	1:15.69	1:14.26
	50m: 1:10.45	150m: 2:25.54	250m: 3:41.23	350m: 4:55.49			
	100m: 1:10.45	200m: 2:25.54	300m: 3:41.23	400m: 4:55.49			
7.	Nicole FORTINA	13 Mendrisiotto Nuoto	<b>4:58.41 Q</b>	1:11.08	1:16.57	1:16.59	1:14.17
	50m: 1:11.08	150m: 2:27.65	250m: 3:44.24	350m: 4:58.41			
	100m: 1:11.08	200m: 2:27.65	300m: 3:44.24	400m: 4:58.41			
8.	Laura VANETTI	11 DDS ssd	<b>4:59.61 Q</b>	1:10.62	1:16.36	1:16.62	1:16.01
	50m: 1:10.62	150m: 2:26.98	250m: 3:43.60	350m: 4:59.61			
	100m: 1:10.62	200m: 2:26.98	300m: 3:43.60	400m: 4:59.61			
9.	Giulia REALINI	13 Mendrisiotto Nuoto	<b>4:59.87 R</b>	1:11.25	1:16.00	1:16.40	1:16.22
	50m: 1:11.25	150m: 2:27.25	250m: 3:43.65	350m: 4:59.87			
	100m: 1:11.25	200m: 2:27.25	300m: 3:43.65	400m: 4:59.87			
10.	Ylenia VALSESIA	13 Mendrisiotto Nuoto	<b>5:02.26 R *</b>	1:11.47	1:17.55	1:16.50	1:16.74
	50m: 1:11.47	150m: 2:29.02	250m: 3:45.52	350m: 5:02.26			
	100m: 1:11.47	200m: 2:29.02	300m: 3:45.52	400m: 5:02.26			
11.	Cloe PAGANI	13 DDS ssd	<b>5:03.95 *</b>	1:13.63	1:18.26	1:17.31	1:14.75
	50m: 1:13.63	150m: 2:31.89	250m: 3:49.20	350m: 5:03.95			
	100m: 1:13.63	200m: 2:31.89	300m: 3:49.20	400m: 5:03.95			
12.	Debora CASONI	12 DDS ssd	<b>5:05.01 *</b>	1:10.53	1:17.52	1:19.18	1:17.78
	50m: 1:10.53	150m: 2:28.05	250m: 3:47.23	350m: 5:05.01			
	100m: 1:10.53	200m: 2:28.05	300m: 3:47.23	400m: 5:05.01			
13.	Gabriella SMITH	12 Lugano Aquatics	<b>5:05.70 *</b>	1:14.32	1:17.41	1:17.45	1:16.52
	50m: 1:14.32	150m: 2:31.73	250m: 3:49.18	350m: 5:05.70			
	100m: 1:14.32	200m: 2:31.73	300m: 3:49.18	400m: 5:05.70			
14.	Elena TAMAGNI	11 Lugano Aquatics	<b>5:07.05 *</b>	1:12.13	1:18.30	1:18.90	1:17.72
	50m: 1:12.13	150m: 2:30.43	250m: 3:49.33	350m: 5:07.05			
	100m: 1:12.13	200m: 2:30.43	300m: 3:49.33	400m: 5:07.05			
15.	Rachele DELL'OLIO	11 Forum ssd - Assago	<b>5:07.61 *</b>	1:11.52	1:19.83	1:17.63	1:18.63
	50m: 1:11.52	150m: 2:31.35	250m: 3:48.98	350m: 5:07.61			
	100m: 1:11.52	200m: 2:31.35	300m: 3:48.98	400m: 5:07.61			
16.	Marta NEGRO	12 Mendrisiotto Nuoto	<b>5:14.73 *</b>	1:14.77	1:22.32	1:19.67	1:17.97
	50m: 1:14.77	150m: 2:37.09	250m: 3:56.76	350m: 5:14.73			
	100m: 1:14.77	200m: 2:37.09	300m: 3:56.76	400m: 5:14.73			
17.	Susanna GIAMBRONE	11 Mendrisiotto Nuoto	<b>5:16.96 *</b>	1:15.37	1:21.27	1:21.24	1:19.08
	50m: 1:15.37	150m: 2:36.64	250m: 3:57.88	350m: 5:16.96			
	100m: 1:15.37	200m: 2:36.64	300m: 3:57.88	400m: 5:16.96			

55. Meeting Internazionale del Castello  
Bellinzona, 30. - 31.5.2026

gara 17, Donne, 400m Stile Libero, Eliminatorie

16 anni e più vecchi

1. Arianna REDAELLI	08	In Sport Rane Rosse	<b>4:30.40</b> Q	1:04.71	1:10.17	1:10.17	1:05.35
50m:		150m:	250m:	350m:			
100m: 1:04.71		200m: 2:14.88	300m: 3:25.05	400m: 4:30.40			
2. Amélie BERTSCHI	05	A-Club ST Savosa SA	<b>4:31.09</b> Q	1:04.93	1:10.22	1:08.30	1:07.64
50m:		150m:	250m:	350m:			
100m: 1:04.93		200m: 2:15.15	300m: 3:23.45	400m: 4:31.09			
3. Suami PAPAIS	08	A-Club ST Savosa SA	<b>4:38.95</b> Q	1:06.93	1:09.97	1:11.35	1:10.70
50m:		150m:	250m:	350m:			
100m: 1:06.93		200m: 2:16.90	300m: 3:28.25	400m: 4:38.95			
4. Greta CORTI	10	In Sport Rane Rosse	<b>4:41.12</b> Q	1:07.12	1:11.80	1:11.94	1:10.26
50m:		150m:	250m:	350m:			
100m: 1:07.12		200m: 2:18.92	300m: 3:30.86	400m: 4:41.12			
5. Micol D'ORIO	09	Turrita Nuoto	<b>4:41.69</b> Q	1:09.19	1:13.09	1:11.80	1:07.61
50m:		150m:	250m:	350m:			
100m: 1:09.19		200m: 2:22.28	300m: 3:34.08	400m: 4:41.69			
6. Anna BERNO	04	Società Canottieri Milano	<b>4:46.49</b> Q	1:07.81	1:12.62	1:13.04	1:13.02
50m:		150m:	250m:	350m:			
100m: 1:07.81		200m: 2:20.43	300m: 3:33.47	400m: 4:46.49			
7. Viola FAGGI	07	In Sport Rane Rosse	<b>4:51.40</b> Q	1:09.37	1:14.31	1:13.95	1:13.77
50m:		150m:	250m:	350m:			
100m: 1:09.37		200m: 2:23.68	300m: 3:37.63	400m: 4:51.40			
8. Jessica GILLIERON	08	Mendrisiotto Nuoto	<b>4:53.39</b> Q	1:07.75	1:15.27	1:16.13	1:14.24
50m:		150m:	250m:	350m:			
100m: 1:07.75		200m: 2:23.02	300m: 3:39.15	400m: 4:53.39			
9. Anita PAGLIARA	07	Team Legnano Nuoto	<b>4:53.75</b> R	1:08.85	1:15.49	1:15.24	1:14.17
50m:		150m:	250m:	350m:			
100m: 1:08.85		200m: 2:24.34	300m: 3:39.58	400m: 4:53.75			
10. Vittoria CASTIGLIONI	09	Team Legnano Nuoto	<b>4:56.45</b> R *	1:10.22	1:15.46	1:16.04	1:14.73
50m:		150m:	250m:	350m:			
100m: 1:10.22		200m: 2:25.68	300m: 3:41.72	400m: 4:56.45			
11. Dalila SAMA'	08	Forum ssd - Assago	<b>5:12.90</b> *	1:13.91	1:19.88	1:20.37	1:18.74
50m:		150m:	250m:	350m:			
100m: 1:13.91		200m: 2:33.79	300m: 3:54.16	400m: 5:12.90			
12. Marialuce ARRIGONI	10	In Sport Rane Rosse	<b>5:18.60</b> *	1:13.26	1:20.40	1:23.54	1:21.40
50m:		150m:	250m:	350m:			
100m: 1:13.26		200m: 2:33.66	300m: 3:57.20	400m: 5:18.60			