

gara 28
17.05.2026 - 16:00

Donne, 400m Mista

11 anni e più vecchi
Risultati

RT	4:57.65	Rigamonti Flavia	ATLA	Genève	07.03.1997
RM 17 +	5:05.30	Gargioni Arianna	ITA	Tenero	17.06.2007
RM 11 - 16	5:07.71	Landoni Annalisa	ITA	Locarno	26.06.2005
V25 17 +	5:09.16	Bertschi Amélie	SUI	Tenero	12.05.2024
V25 11 - 16	5:13.73	Razakarivony Soannah	SUI	Tenero	12.05.2024

Pointi: AQUA 2025

Rango			An							Tempo	Pt.	
11 - 16 anni												
1.	Monighetti Gaia		11	Turrita Nuoto						5:22.30	551	
	50m:	33.49	33.49	150m:	1:56.11	44.85	250m:	3:24.22	44.29	350m:	4:47.47	36.80
	100m:	1:11.26	37.77	200m:	2:39.93	43.82	300m:	4:10.67	46.45	400m:	5:22.30	34.83
2.	Meneghetti Margherita		11	Lugano Aquatics						5:31.19	508	
	50m:	32.96	32.96	150m:	1:56.35	45.00	250m:	3:26.23	46.31	350m:	4:52.24	38.84
	100m:	1:11.35	38.39	200m:	2:39.92	43.57	300m:	4:13.40	47.17	400m:	5:31.19	38.95
3.	Fontana Sofia		10	Turrita Nuoto						5:31.84	505	
	50m:	36.04	36.04	150m:	2:02.06	43.15	250m:	3:32.94	50.42	350m:	4:57.78	35.96
	100m:	1:18.91	42.87	200m:	2:42.52	40.46	300m:	4:21.82	48.88	400m:	5:31.84	34.06
4.	Valsesia Ylenia		13	Mendrisiotto Nuoto						5:35.83	487	
	50m:	36.53	36.53	150m:	2:04.49	45.32	250m:	3:35.62	47.55	350m:	4:59.77	37.76
	100m:	1:19.17	42.64	200m:	2:48.07	43.58	300m:	4:22.01	46.39	400m:	5:35.83	36.06
5.	Polazzi Giulia		11	Polisportiva Riccion						5:37.54	480	
	50m:	35.83	35.83	150m:	2:01.45	43.73	250m:	3:33.31	48.18	350m:	5:00.71	39.42
	100m:	1:17.72	41.89	200m:	2:45.13	43.68	300m:	4:21.29	47.98	400m:	5:37.54	36.83
6.	Choukhmane Nisrine		12	Turrita Nuoto						6:00.15	395	
	50m:	36.05	36.05	150m:	2:05.53	45.44	250m:	3:45.21	55.07	350m:	5:21.57	39.46
	100m:	1:20.09	44.04	200m:	2:50.14	44.61	300m:	4:42.11	56.90	400m:	6:00.15	38.58
7.	Mina Olivia		13	Turrita Nuoto						6:04.30	382	
	50m:	36.98	36.98	150m:	2:09.53	49.55	250m:	3:50.99	54.32	350m:	5:25.51	40.48
	100m:	1:19.98	43.00	200m:	2:56.67	47.14	300m:	4:45.03	54.04	400m:	6:04.30	38.79
8.	Saxer Amelie		12	Schwimmclub Romansho						6:20.73	334	
	50m:	39.19	39.19	150m:	2:18.76	49.38	250m:	4:02.58	55.10	350m:	5:39.60	40.65
	100m:	1:29.38	50.19	200m:	3:07.48	48.72	300m:	4:58.95	56.37	400m:	6:20.73	41.13
squal.	Grob Linn		14	Schwimmclub Romansho						6:15.21		
	<i>404 - Tocco non in posizione dorsale (arrivo)</i>											
	50m:	39.49	39.49	150m:	2:18.94	50.03	250m:	4:00.09	53.48	350m:	5:35.60	42.07
	100m:	1:28.91	49.42	200m:	3:06.61	47.67	300m:	4:53.53	53.44	400m:	6:15.21	39.61

17 anni e più vecchi

1.	D'Iorio Micol		09	Turrita Nuoto						5:10.85	615	
	50m:	32.38	32.38	150m:	1:50.46	42.06	250m:	3:17.19	46.55	350m:	4:39.52	35.04
	100m:	1:08.40	36.02	200m:	2:30.64	40.18	300m:	4:04.48	47.29	400m:	5:10.85	31.33
2.	Varga Nora		09	SC Chur						5:11.06	613	
	50m:	31.96	31.96	150m:	1:48.11	39.05	250m:	3:12.55	46.40	350m:	4:36.81	36.55
	100m:	1:09.06	37.10	200m:	2:26.15	38.04	300m:	4:00.26	47.71	400m:	5:11.06	34.25
3.	Galli Ambra		08	Polisportiva Riccion						5:17.47	577	
	50m:	33.53	33.53	150m:	1:52.88	41.82	250m:	3:20.16	45.62	350m:	4:41.77	36.50
	100m:	1:11.06	37.53	200m:	2:34.54	41.66	300m:	4:05.27	45.11	400m:	5:17.47	35.70
4.	Mecic Emma		07	Nuoto Sport Locarno						5:47.52	440	
	50m:	37.04	37.04	150m:	2:04.53	42.85	250m:	3:39.15	53.10	350m:	5:10.67	38.41
	100m:	1:21.68	44.64	200m:	2:46.05	41.52	300m:	4:32.26	53.11	400m:	5:47.52	36.85

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Rango			An					Tempo	Pt.			
5.	Villa Elena		08	Csm Swim Team A.S.D.				5:52.83	420			
	50m:	34.76	34.76	150m:	2:02.31	46.64	250m:	3:35.00	47.33	350m:	5:09.40	45.33
	100m:	1:15.67	40.91	200m:	2:47.67	45.36	300m:	4:24.07	49.07	400m:	5:52.83	43.43
6.	Helfenstein Linda		04	SC Chur				6:13.03	356			
	50m:	37.76	37.76	150m:	2:14.19	49.24	250m:	3:53.75	52.62	350m:	5:31.38	44.37
	100m:	1:24.95	47.19	200m:	3:01.13	46.94	300m:	4:47.01	53.26	400m:	6:13.03	41.65