

gara 16

Ragazze, 400m Mista

2010 e più giovane

22.11.2025 - 11:25

Risultati

Swiss National Records	4:33.51	UGOLKOVA, Maria	SCU	Budapest (HUN)	08.10.2021
Swiss Junior Team Championships	4:57.96	MÜLLER, Marianne	SUI	Chiasso	03.12.2016

Pointi: AQUA 2025

Rango	An				Tempo				Pt.
1. ALMEIDA, Pauline	10				A-Club Swimming Team 1				5:07.67 572
50m: 32.57 32.57	150m: 1:49.83	39.76	250m: 3:13.86	44.50	350m: 4:33.53	34.80			
100m: 1:10.07 37.50	200m: 2:29.36	39.53	300m: 3:58.73	44.87	400m: 5:07.67	34.14			
2. MONIGHETTI, Gaia	11				Turrita Nuoto 1				5:11.19 553
50m: 32.86 32.86	150m: 1:51.45	41.46	250m: 3:17.13	44.27	350m: 4:37.38	35.88			
100m: 1:09.99 37.13	200m: 2:32.86	41.41	300m: 4:01.50	44.37	400m: 5:11.19	33.81			
3. MENEGHETTI, Margherita	11				Lugano Aquatics 1				5:24.42 488
50m: 33.57 33.57	150m: 1:55.85	43.39	250m: 3:22.52	44.98	350m: 4:47.35	38.98			
100m: 1:12.46 38.89	200m: 2:37.54	41.69	300m: 4:08.37	45.85	400m: 5:24.42	37.07			
4. VALSESIA, Ylenia	13				Mendrisiotto Nuoto 1				5:36.50 437
50m: 35.88 35.88	150m: 2:01.03	42.83	250m: 3:30.99	48.51	350m: 4:59.35	39.62			
100m: 1:18.20 42.32	200m: 2:42.48	41.45	300m: 4:19.73	48.74	400m: 5:36.50	37.15			
5. TAMAGNI, Elena	11				Lugano Aquatics 2				5:45.85 403
50m: 35.50 35.50	150m: 2:04.64	47.03	250m: 3:37.87	48.42	350m: 5:08.42	40.69			
100m: 1:17.61 42.11	200m: 2:49.45	44.81	300m: 4:27.73	49.86	400m: 5:45.85	37.43			
6. PELLANDA, Esmeralda	13				Nuoto Sport Locarno 1				5:46.22 401
50m: 38.28 38.28	150m: 2:06.96	42.52	250m: 3:40.47	52.44	350m: 5:10.81	37.36			
100m: 1:24.44 46.16	200m: 2:48.03	41.07	300m: 4:33.45	52.98	400m: 5:46.22	35.41			
7. MINA, Olivia	13				Turrita Nuoto 2				6:03.47 347
50m: 38.98 38.98	150m: 2:12.44	48.42	250m: 3:49.06	50.05	350m: 5:23.86	42.44			
100m: 1:24.02 45.04	200m: 2:59.01	46.57	300m: 4:41.42	52.36	400m: 6:03.47	39.61			