

gara 17

Donne, 400m Mista

Assoluti

14.03.2026 - 16:30

Risultati

Recordi RSI	4:49.52	CZAPLICKI, Agata	ATLA	Lugano	06.02.1999
Record Campionato Elite	4:53.77	BERTSCHI, Amélie	AST	Chiasso	15.03.2025
Record Campionato A1	5:03.68	ZOLLINGER, Chiara	AST	Lugano	27.02.2011
Record Campionato A2	5:19.32	DE MARCHI, Anaïs	NSL	Bellinzona	17.02.2008
Vincitore 2025 Elite	4:53.77	BERTSCHI, Amélie	AST	Chiasso	15.03.2025
Vincitore 2025 A1	5:19.80	MENEGHETTI, Margherita	LUGA	Chiasso	15.03.2025
Vincitore 2025 A2	5:45.79	VALSESIA, Ylenia	NUM	Chiasso	15.03.2025

Pointi: AQUA 2025

Rango	An	Tempo	Pt.		
12 - 15 anni					
1.	MONIGHETTI, Gaia	11	Turrita Nuoto	5:09.11	564
	50m: 32.66 32.66	150m: 1:50.94 41.52	250m: 3:15.84 43.77	350m: 4:35.49 36.07	
	100m: 1:09.42 36.76	200m: 2:32.07 41.13	300m: 3:59.42 43.58	400m: 5:09.11 33.62	
2.	MENEGHETTI, Margherita	11	Lugano Aquatics	5:15.01	533
	50m: 32.08 32.08	150m: 1:51.59 42.72	250m: 3:16.39 43.48	350m: 4:38.57 37.60	
	100m: 1:08.87 36.79	200m: 2:32.91 41.32	300m: 4:00.97 44.58	400m: 5:15.01 36.44	
3.	MAZZA, Melissa	11	Lugano Aquatics	5:20.71	505
	50m: 34.80 34.80	150m: 1:57.74 41.01	250m: 3:23.18 45.04	350m: 4:44.85 37.05	
	100m: 1:16.73 41.93	200m: 2:38.14 40.40	300m: 4:07.80 44.62	400m: 5:20.71 35.86	
4.	VALSESIA, Ylenia	13	Mendrisiotto Nuoto	5:22.41	497
	50m: 34.75 34.75	150m: 1:56.23 41.66	250m: 3:22.92 45.45	350m: 4:46.02 37.19	
	100m: 1:14.57 39.82	200m: 2:37.47 41.24	300m: 4:08.83 45.91	400m: 5:22.41 36.39	
5.	CHOUKHMANE, Nisrine	12	Turrita Nuoto	5:44.46	407
	50m: 35.68 35.68	150m: 2:01.10 43.68	250m: 3:35.26 50.87	350m: 5:06.71 38.86	
	100m: 1:17.42 41.74	200m: 2:44.39 43.29	300m: 4:27.85 52.59	400m: 5:44.46 37.75	

Elite

1.	BERTSCHI, Amélie	05	A-Club Swimming Team Savosa	4:53.81	657
	<i>Campionessa Ticinese Assoluta</i>				
	50m: 30.87 30.87	150m: 1:44.47 37.86	250m: 3:04.21 42.46	350m: 4:21.68 33.81	
	100m: 1:06.61 35.74	200m: 2:21.75 37.28	300m: 3:47.87 43.66	400m: 4:53.81 32.13	
2.	D'IORIO, Micol	09	Turrita Nuoto	5:05.72	583
	50m: 31.83 31.83	150m: 1:48.75 40.53	250m: 3:12.37 44.56	350m: 4:32.72 35.74	
	100m: 1:08.22 36.39	200m: 2:27.81 39.06	300m: 3:56.98 44.61	400m: 5:05.72 33.00	
3.	ALMEIDA, Pauline	10	A-Club Swimming Team Savosa	5:14.32	536
	50m: 31.97 31.97	150m: 1:50.64 41.06	250m: 3:15.41 44.75	350m: 4:38.03 36.95	
	100m: 1:09.58 37.61	200m: 2:30.66 40.02	300m: 4:01.08 45.67	400m: 5:14.32 36.29	
4.	PLACIDI, Elisa	09	A-Club Swimming Team Savosa	5:16.01	528
	50m: 33.60 33.60	150m: 1:52.69 40.99	250m: 3:19.86 46.32	350m: 4:41.57 35.23	
	100m: 1:11.70 38.10	200m: 2:33.54 40.85	300m: 4:06.34 46.48	400m: 5:16.01 34.44	
5.	FONTANA, Sofia	10	Turrita Nuoto	5:16.34	526
	50m: 35.37 35.37	150m: 1:57.17 40.56	250m: 3:22.33 46.87	350m: 4:43.11 35.29	
	100m: 1:16.61 41.24	200m: 2:35.46 38.29	300m: 4:07.82 45.49	400m: 5:16.34 33.23	
6.	MILAN, Emma	08	Mendrisiotto Nuoto	5:23.33	493
	50m: 33.54 33.54	150m: 1:54.94 42.12	250m: 3:23.45 47.78	350m: 4:47.85 36.18	
	100m: 1:12.82 39.28	200m: 2:35.67 40.73	300m: 4:11.67 48.22	400m: 5:23.33 35.48	
7.	GERBER, Lea	09	Lugano Aquatics	5:30.41	462
	50m: 33.70 33.70	150m: 1:56.59 43.68	250m: 3:26.50 48.02	350m: 4:53.36 38.36	
	100m: 1:12.91 39.21	200m: 2:38.48 41.89	300m: 4:15.00 48.50	400m: 5:30.41 37.05	