

46. Meeting Internazionale del Ceresio
Lugano, 17. - 18.1.2026

gara 1
17.01.2026 - 15:30

Donne, 400m Stile Libero

14 anni e più vecchi
Risultati Finale

Vincitore 2025	4:20.17	VIGANO', Renata	ITA	Lugano	11.01.2025
Record manifestazione	4:09.00	RODÀ, Veronica	SFT	Lugano	01.01.2000

Pointi: AQUA 2025

Rango	An								Tempo		Pt.	
Finale A												
1.	CONDORELLI, Victoria			08	Nuotatori Milanesi					4:17.58	714	
	50m:	30.32	30.32	150m:	1:35.66	32.51	250m:	2:41.20	32.70	350m:	3:45.89	32.46
	100m:	1:03.15	32.83	200m:	2:08.50	32.84	300m:	3:13.43	32.23	400m:	4:17.58	31.69
2.	ROSSI, Elisabetta			07	Mendrisiotto-Nuoto					4:24.04	663	
	50m:	31.13	31.13	150m:	1:37.61	33.41	250m:	2:44.45	33.41	350m:	3:51.58	33.35
	100m:	1:04.20	33.07	200m:	2:11.04	33.43	300m:	3:18.23	33.78	400m:	4:24.04	32.46
3.	BOLOGNESE, Giada			02	Nuotatori Milanesi					4:24.66	658	
	50m:	30.76	30.76	150m:	1:37.04	33.33	250m:	2:43.87	33.52	350m:	3:51.58	34.01
	100m:	1:03.71	32.95	200m:	2:10.35	33.31	300m:	3:17.57	33.70	400m:	4:24.66	33.08
4.	PEROLARI, Federica			09	BLU SSD A R.L.					4:27.77	635	
	50m:	31.17	31.17	150m:	1:38.70	33.96	250m:	2:46.79	34.04	350m:	3:54.66	33.80
	100m:	1:04.74	33.57	200m:	2:12.75	34.05	300m:	3:20.86	34.07	400m:	4:27.77	33.11
5.	D'IORIO, Micol			09	Turrita Nuoto					4:29.15	626	
	50m:	30.63	30.63	150m:	1:36.64	33.09	250m:	2:43.96	33.93	350m:	3:53.65	35.13
	100m:	1:03.55	32.92	200m:	2:10.03	33.39	300m:	3:18.52	34.56	400m:	4:29.15	35.50
6.	MANZATO, Elisa			08	SC63					4:31.37	610	
	50m:	31.18	31.18	150m:	1:38.30	34.07	250m:	2:47.84	34.91	350m:	3:57.58	34.90
	100m:	1:04.23	33.05	200m:	2:12.93	34.63	300m:	3:22.68	34.84	400m:	4:31.37	33.79
Finale B												
7.	CAPERNA, Valentina Giovanna			10	Team Legnano Nuoto					4:27.51	637	
	50m:	30.52	30.52	150m:	1:36.99	33.44	250m:	2:44.47	33.96	350m:	3:53.32	34.79
	100m:	1:03.55	33.03	200m:	2:10.51	33.52	300m:	3:18.53	34.06	400m:	4:27.51	34.19
8.	JERUMS, Emily			12	SC63					4:28.92	627	
	50m:	30.52	30.52	150m:	1:37.33	33.90	250m:	2:46.13	34.53	350m:	3:55.26	34.57
	100m:	1:03.43	32.91	200m:	2:11.60	34.27	300m:	3:20.69	34.56	400m:	4:28.92	33.66
9.	LAZZARINI, Giorgia			08	Nuotatori Milanesi					4:31.96	606	
	50m:	30.66	30.66	150m:	1:38.51	34.33	250m:	2:47.83	34.73	350m:	3:57.45	34.81
	100m:	1:04.18	33.52	200m:	2:13.10	34.59	300m:	3:22.64	34.81	400m:	4:31.96	34.51
10.	FONTANA, Sofia			10	Turrita Nuoto					4:32.38	604	
	50m:	31.63	31.63	150m:	1:40.15	34.50	250m:	2:49.71	34.69	350m:	3:58.64	34.43
	100m:	1:05.65	34.02	200m:	2:15.02	34.87	300m:	3:24.21	34.50	400m:	4:32.38	33.74
11.	MANTEGANI, Sofia			09	LUGA					4:33.33	597	
	50m:	31.53	31.53	150m:	1:40.07	34.63	250m:	2:49.64	34.55	350m:	3:58.84	34.58
	100m:	1:05.44	33.91	200m:	2:15.09	35.02	300m:	3:24.26	34.62	400m:	4:33.33	34.49
12.	GIANI, Giorgia Nicole			10	Nuotatori Milanesi					4:36.02	580	
	50m:	30.94	30.94	150m:	1:39.41	34.73	250m:	2:50.13	35.44	350m:	4:00.95	35.36
	100m:	1:04.68	33.74	200m:	2:14.69	35.28	300m:	3:25.59	35.46	400m:	4:36.02	35.07