

4. CS 5km (pool)
Bellinzona, 15.5.2010

gara 1
15.5.10

Donne, 5000m Stile Libero

14 anni e più vecchi
Lista resulti

Record svizzero 5km donne 57:17.27 MATTHEY Iris LYN 1.5.09

Pointi: FINA 2009

Rango			An			Tempo	Pt.	
1.	MATTHEY Iris		88	Lancy-Natation		58:03.77		
	100m: 1:06.82	1:06.82	1400m: 16:14.97	1:09.83	2700m: 31:22.20	1:10.23	4000m: 46:30.14	1:09.44
	200m: 2:16.98	1:10.16	1500m: 17:24.24	1:09.27	2800m: 32:32.79	1:10.59	4100m: 47:39.47	1:09.33
	300m: 3:27.73	1:10.75	1600m: 18:33.91	1:09.67	2900m: 33:43.03	1:10.24	4200m: 48:49.05	1:09.58
	400m: 4:37.68	1:09.95	1700m: 19:43.30	1:09.39	3000m: 34:53.66	1:10.63	4300m: 49:58.65	1:09.60
	500m: 5:48.37	1:10.69	1800m: 20:53.27	1:09.97	3100m: 36:04.17	1:10.51	4400m: 51:08.46	1:09.81
	600m: 6:59.17	1:10.80	1900m: 22:03.28	1:10.01	3200m: 37:14.20	1:10.03	4500m: 52:18.41	1:09.95
	700m: 8:09.20	1:10.03	2000m: 23:12.92	1:09.64	3300m: 38:23.96	1:09.76	4600m: 53:27.68	1:09.27
	800m: 9:18.68	1:09.48	2100m: 24:22.54	1:09.62	3400m: 39:33.74	1:09.78	4700m: 54:38.00	1:10.32
	900m: 10:28.13	1:09.45	2200m: 25:32.34	1:09.80	3500m: 40:43.08	1:09.34	4800m: 55:48.05	1:10.05
	1000m: 11:37.31	1:09.18	2300m: 26:42.03	1:09.69	3600m: 41:52.51	1:09.43	4900m: 56:57.54	1:09.49
	1100m: 12:46.58	1:09.27	2400m: 27:52.07	1:10.04	3700m: 43:01.63	1:09.12	5000m: 58:03.77	1:06.23
	1200m: 13:55.74	1:09.16	2500m: 29:01.82	1:09.75	3800m: 44:10.96	1:09.33		
	1300m: 15:05.14	1:09.40	2600m: 30:11.97	1:10.15	3900m: 45:20.70	1:09.74		
2.	HASSLER Julia		93	SC Unterland		59:38.09		
	100m: 1:06.93	1:06.93	1400m: 16:22.72	1:11.30	2700m: 31:53.43	1:11.73	4000m: 47:35.84	1:12.76
	200m: 2:17.17	1:10.24	1500m: 17:33.79	1:11.07	2800m: 33:05.30	1:11.87	4100m: 48:48.09	1:12.25
	300m: 3:27.93	1:10.76	1600m: 18:45.38	1:11.59	2900m: 34:17.44	1:12.14	4200m: 49:59.33	1:11.24
	400m: 4:37.98	1:10.05	1700m: 19:56.74	1:11.36	3000m: 35:29.32	1:11.88	4300m: 51:11.01	1:11.68
	500m: 5:48.54	1:10.56	1800m: 21:08.18	1:11.44	3100m: 36:41.45	1:12.13	4400m: 52:23.45	1:12.44
	600m: 6:58.80	1:10.26	1900m: 22:19.76	1:11.58	3200m: 37:54.05	1:12.60	4500m: 53:36.32	1:12.87
	700m: 8:09.14	1:10.34	2000m: 23:31.28	1:11.52	3300m: 39:06.82	1:12.77	4600m: 54:48.81	1:12.49
	800m: 9:19.11	1:09.97	2100m: 24:42.80	1:11.52	3400m: 40:19.19	1:12.37	4700m: 56:01.68	1:12.87
	900m: 10:28.84	1:09.73	2200m: 25:54.32	1:11.52	3500m: 41:31.67	1:12.48	4800m: 57:14.26	1:12.58
	1000m: 11:39.04	1:10.20	2300m: 27:06.03	1:11.71	3600m: 42:44.16	1:12.49	4900m: 58:26.49	1:12.23
	1100m: 12:49.42	1:10.38	2400m: 28:17.91	1:11.88	3700m: 43:57.19	1:13.03	5000m: 59:38.09	1:11.60
	1200m: 14:00.31	1:10.89	2500m: 29:29.72	1:11.81	3800m: 45:10.13	1:12.94		
	1300m: 15:11.42	1:11.11	2600m: 30:41.70	1:11.98	3900m: 46:23.08	1:12.95		
3.	CODA Claudia		95	A Club Swimming Team Savosa SA		1:02:37.07		
	100m: 1:11.42	1:11.42	1400m: 17:26.99	1:15.06	2700m: 33:47.05	1:14.43	4000m: 50:09.93	1:15.68
	200m: 2:26.86	1:15.44	1500m: 18:41.83	1:14.84	2800m: 35:02.27	1:15.22	4100m: 51:25.11	1:15.18
	300m: 3:42.29	1:15.43	1600m: 19:56.86	1:15.03	2900m: 36:17.16	1:14.89	4200m: 52:40.10	1:14.99
	400m: 4:58.13	1:15.84	1700m: 21:12.50	1:15.64	3000m: 37:32.45	1:15.29	4300m: 53:55.62	1:15.52
	500m: 6:13.17	1:15.04	1800m: 22:28.17	1:15.67	3100m: 38:47.54	1:15.09	4400m: 55:11.24	1:15.62
	600m: 7:27.88	1:14.71	1900m: 23:43.95	1:15.78	3200m: 40:03.25	1:15.71	4500m: 56:26.75	1:15.51
	700m: 8:42.67	1:14.79	2000m: 24:59.72	1:15.77	3300m: 41:18.55	1:15.30	4600m: 57:41.45	1:14.70
	800m: 9:57.55	1:14.88	2100m: 26:15.02	1:15.30	3400m: 42:34.12	1:15.57	4700m: 58:56.47	1:15.02
	900m: 11:12.28	1:14.73	2200m: 27:30.98	1:15.96	3500m: 43:50.30	1:16.18	4800m: 1:00:10.69	1:14.22
	1000m: 12:27.07	1:14.79	2300m: 28:46.72	1:15.74	3600m: 45:06.00	1:15.70	4900m: 1:01:24.95	1:14.26
	1100m: 13:41.87	1:14.80	2400m: 30:02.28	1:15.56	3700m: 46:22.51	1:16.51	5000m: 1:02:37.07	1:12.12
	1200m: 14:56.94	1:15.07	2500m: 31:17.93	1:15.65	3800m: 47:38.35	1:15.84		
	1300m: 16:11.93	1:14.99	2600m: 32:32.62	1:14.69	3900m: 48:54.25	1:15.90		
4.	CAMERON Sheena		92	Vevey-Natation		1:04:43.12		
	100m: 1:08.66	1:08.66	1400m: 17:39.84	1:17.02	2700m: 34:26.79	1:17.43	4000m: 51:29.86	1:18.67
	200m: 2:21.95	1:13.29	1500m: 18:57.10	1:17.26	2800m: 35:44.64	1:17.85	4100m: 52:48.83	1:18.97
	300m: 3:36.40	1:14.45	1600m: 20:13.95	1:16.85	2900m: 37:02.90	1:18.26	4200m: 54:08.66	1:19.83
	400m: 4:51.87	1:15.47	1700m: 21:31.50	1:17.55	3000m: 38:20.95	1:18.05	4300m: 55:28.27	1:19.61
	500m: 6:08.02	1:16.15	1800m: 22:48.61	1:17.11	3100m: 39:39.22	1:18.27	4400m: 56:48.56	1:20.29
	600m: 7:24.58	1:16.56	1900m: 24:05.89	1:17.28	3200m: 40:58.93	1:19.71	4500m: 58:08.53	1:19.97
	700m: 8:41.79	1:17.21	2000m: 25:23.35	1:17.46	3300m: 42:17.29	1:18.36	4600m: 59:28.21	1:19.68
	800m: 9:58.23	1:16.44	2100m: 26:40.86	1:17.51	3400m: 43:35.22	1:17.93	4700m: 1:00:49.04	1:20.83
	900m: 11:14.67	1:16.44	2200m: 27:58.61	1:17.75	3500m: 44:54.00	1:18.78	4800m: 1:02:08.38	1:19.34
	1000m: 12:31.59	1:16.92	2300m: 29:15.99	1:17.38	3600m: 46:13.23	1:19.23	4900m: 1:03:27.87	1:19.49
	1100m: 13:48.57	1:16.98	2400m: 30:33.19	1:17.20	3700m: 47:31.94	1:18.71	5000m: 1:04:43.12	1:15.25
	1200m: 15:05.88	1:17.31	2500m: 31:50.86	1:17.67	3800m: 48:50.78	1:18.84		
	1300m: 16:22.82	1:16.94	2600m: 33:09.36	1:18.50	3900m: 50:11.19	1:20.41		

4. CS 5km (pool)
Bellinzona, 15.5.2010

gara 1, Donne, 5000m Stile Libero, 14 anni e più vecchi

Rango			An			Tempo			Pt.
5.	LÜTZELSCHWAB Irina		95	Schwimmclub Liestal		1:05:13.43			
	100m: 1:15.19	1:15.19	1400m: 18:09.69	1:18.02	2700m: 35:03.04	1:18.39	4000m: 52:03.15	1:19.11	
	200m: 2:35.51	1:20.32	1500m: 19:27.56	1:17.87	2800m: 36:21.73	1:18.69	4100m: 53:22.05	1:18.90	
	300m: 3:54.54	1:19.03	1600m: 20:45.12	1:17.56	2900m: 37:40.84	1:19.11	4200m: 54:40.99	1:18.94	
	400m: 5:12.70	1:18.16	1700m: 22:02.78	1:17.66	3000m: 38:58.77	1:17.93	4300m: 56:01.06	1:20.07	
	500m: 6:31.09	1:18.39	1800m: 23:20.13	1:17.35	3100m: 40:17.04	1:18.27	4400m: 57:20.79	1:19.73	
	600m: 7:49.37	1:18.28	1900m: 24:38.27	1:18.14	3200m: 41:35.01	1:17.97	4500m: 58:40.64	1:19.85	
	700m: 9:07.11	1:17.74	2000m: 25:55.57	1:17.30	3300m: 42:53.05	1:18.04	4600m: 59:59.70	1:19.06	
	800m: 10:24.74	1:17.63	2100m: 27:13.72	1:18.15	3400m: 44:11.13	1:18.08	4700m: 1:01:18.99	1:19.29	
	900m: 11:42.27	1:17.53	2200m: 28:31.31	1:17.59	3500m: 45:28.89	1:17.76	4800m: 1:02:38.64	1:19.65	
	1000m: 12:59.32	1:17.05	2300m: 29:49.08	1:17.77	3600m: 46:47.44	1:18.55	4900m: 1:03:58.15	1:19.51	
	1100m: 14:16.43	1:17.11	2400m: 31:07.68	1:18.60	3700m: 48:06.56	1:19.12	5000m: 1:05:13.43	1:15.28	
	1200m: 15:34.18	1:17.75	2500m: 32:26.01	1:18.33	3800m: 49:25.94	1:19.38			
	1300m: 16:51.67	1:17.49	2600m: 33:44.65	1:18.64	3900m: 50:44.04	1:18.10			
6.	BÄRENFALLER Jutta		94	Schwimmklub Bern		1:05:31.80			
	100m: 1:13.32	1:13.32	1400m: 18:12.40	1:19.05	2700m: 35:21.31	1:19.85	4000m: 52:30.13	1:18.91	
	200m: 2:30.47	1:17.15	1500m: 19:31.19	1:18.79	2800m: 36:40.84	1:19.53	4100m: 53:48.97	1:18.84	
	300m: 3:48.00	1:17.53	1600m: 20:50.25	1:19.06	2900m: 38:00.36	1:19.52	4200m: 55:07.66	1:18.69	
	400m: 5:06.06	1:18.06	1700m: 22:09.39	1:19.14	3000m: 39:19.71	1:19.35	4300m: 56:26.46	1:18.80	
	500m: 6:23.94	1:17.88	1800m: 23:28.23	1:18.84	3100m: 40:38.90	1:19.19	4400m: 57:44.73	1:18.27	
	600m: 7:42.25	1:18.31	1900m: 24:47.08	1:18.85	3200m: 41:57.84	1:18.94	4500m: 59:03.53	1:18.80	
	700m: 9:00.61	1:18.36	2000m: 26:06.16	1:19.08	3300m: 43:17.14	1:19.30	4600m: 1:00:22.08	1:18.55	
	800m: 10:19.39	1:18.78	2100m: 27:25.32	1:19.16	3400m: 44:36.19	1:19.05	4700m: 1:01:40.73	1:18.65	
	900m: 11:38.16	1:18.77	2200m: 28:44.53	1:19.21	3500m: 45:55.30	1:19.11	4800m: 1:02:59.31	1:18.58	
	1000m: 12:56.72	1:18.56	2300m: 30:03.46	1:18.93	3600m: 47:14.30	1:19.00	4900m: 1:04:17.16	1:17.85	
	1100m: 14:15.35	1:18.63	2400m: 31:22.47	1:19.01	3700m: 48:33.41	1:19.11	5000m: 1:05:31.80	1:14.64	
	1200m: 15:34.49	1:19.14	2500m: 32:41.83	1:19.36	3800m: 49:52.41	1:19.00			
	1300m: 16:53.35	1:18.86	2600m: 34:01.46	1:19.63	3900m: 51:11.22	1:18.81			
7.	WEBBER Ilona		94	SC Uster Wallisellen		1:06:23.09			
	100m: 1:16.54	1:16.54	1400m: 18:26.89	1:19.39	2700m: 35:41.84	1:19.71	4000m: 53:00.63	1:20.72	
	200m: 2:36.15	1:19.61	1500m: 19:45.92	1:19.03	2800m: 37:01.70	1:19.86	4100m: 54:21.55	1:20.92	
	300m: 3:55.95	1:19.80	1600m: 21:06.10	1:20.18	2900m: 38:20.82	1:19.12	4200m: 55:42.63	1:21.08	
	400m: 5:15.96	1:20.01	1700m: 22:25.69	1:19.59	3000m: 39:39.90	1:19.08	4300m: 57:02.65	1:20.02	
	500m: 6:35.47	1:19.51	1800m: 23:44.98	1:19.29	3100m: 40:59.32	1:19.42	4400m: 58:22.89	1:20.24	
	600m: 7:54.98	1:19.51	1900m: 25:05.10	1:20.12	3200m: 42:18.83	1:19.51	4500m: 59:42.72	1:19.83	
	700m: 9:14.12	1:19.14	2000m: 26:24.90	1:19.80	3300m: 43:37.89	1:19.06	4600m: 1:01:06.61	1:23.89	
	800m: 10:33.16	1:19.04	2100m: 27:44.04	1:19.14	3400m: 44:57.69	1:19.80	4700m: 1:02:25.53	1:18.92	
	900m: 11:52.31	1:19.15	2200m: 29:03.53	1:19.49	3500m: 46:17.52	1:19.83	4800m: 1:03:44.96	1:19.43	
	1000m: 13:10.89	1:18.58	2300m: 30:23.19	1:19.66	3600m: 47:37.80	1:20.28	4900m: 1:05:03.95	1:18.99	
	1100m: 14:29.70	1:18.81	2400m: 31:42.77	1:19.58	3700m: 48:58.60	1:20.80	5000m: 1:06:23.09	1:19.14	
	1200m: 15:48.23	1:18.53	2500m: 33:02.33	1:19.56	3800m: 50:19.23	1:20.63			
	1300m: 17:07.50	1:19.27	2600m: 34:22.13	1:19.80	3900m: 51:39.91	1:20.68			
8.	SIMS Micah		92	SC Uster Wallisellen		1:06:34.14			
	100m: 1:15.43	1:15.43	1400m: 18:27.50	1:20.38	2700m: 35:55.03	1:20.32	4000m: 53:21.99	1:18.88	
	200m: 2:35.93	1:20.50	1500m: 19:47.99	1:20.49	2800m: 37:15.23	1:20.20	4100m: 54:40.94	1:18.95	
	300m: 3:55.45	1:19.52	1600m: 21:08.52	1:20.53	2900m: 38:35.38	1:20.15	4200m: 56:01.15	1:20.21	
	400m: 5:15.07	1:19.62	1700m: 22:29.18	1:20.66	3000m: 39:55.87	1:20.49	4300m: 57:21.05	1:19.90	
	500m: 6:34.72	1:19.65	1800m: 23:50.47	1:21.29	3100m: 41:15.90	1:20.03	4400m: 58:40.56	1:19.51	
	600m: 7:53.79	1:19.07	1900m: 25:11.86	1:21.39	3200m: 42:36.39	1:20.49	4500m: 59:59.98	1:19.42	
	700m: 9:12.79	1:19.00	2000m: 26:33.27	1:21.41	3300m: 43:57.52	1:21.13	4600m: 1:01:19.28	1:19.30	
	800m: 10:31.59	1:18.80	2100m: 27:54.41	1:21.14	3400m: 45:18.75	1:21.23	4700m: 1:02:38.97	1:19.69	
	900m: 11:50.22	1:18.63	2200m: 29:13.83	1:19.42	3500m: 46:40.74	1:21.99	4800m: 1:03:58.54	1:19.57	
	1000m: 13:09.30	1:19.08	2300m: 30:33.92	1:20.09	3600m: 48:01.98	1:21.24	4900m: 1:05:17.38	1:18.84	
	1100m: 14:28.38	1:19.08	2400m: 31:54.42	1:20.50	3700m: 49:23.00	1:21.02	5000m: 1:06:34.14	1:16.76	
	1200m: 15:47.76	1:19.38	2500m: 33:14.78	1:20.36	3800m: 50:43.99	1:20.99			
	1300m: 17:07.12	1:19.36	2600m: 34:34.71	1:19.93	3900m: 52:03.11	1:19.12			

4. CS 5km (pool)
Bellinzona, 15.5.2010

gara 1, Donne, 5000m Stile Libero, 14 anni e più vecchi

Rango			An			Tempo	Pt.	
9.	SCHWERZMANN Fabienne		95	Schwimmclub Aarefisch		1:07:39.31		
	100m: 1:16.02	1:16.02	1400m: 18:32.33	1:20.64	2700m: 36:10.83	1:22.52	4000m: 54:07.54	1:22.87
	200m: 2:34.54	1:18.52	1500m: 19:53.30	1:20.97	2800m: 37:33.31	1:22.48	4100m: 55:29.44	1:21.90
	300m: 3:54.57	1:20.03	1600m: 21:12.94	1:19.64	2900m: 38:55.89	1:22.58	4200m: 56:50.83	1:21.39
	400m: 5:13.99	1:19.42	1700m: 22:33.47	1:20.53	3000m: 40:18.03	1:22.14	4300m: 58:12.85	1:22.02
	500m: 6:33.90	1:19.91	1800m: 23:54.10	1:20.63	3100m: 41:40.97	1:22.94	4400m: 59:35.36	1:22.51
	600m: 7:52.69	1:18.79	1900m: 25:15.31	1:21.21	3200m: 43:03.70	1:22.73	4500m: 1:00:57.43	1:22.07
	700m: 9:11.60	1:18.91	2000m: 26:36.28	1:20.97	3300m: 44:26.33	1:22.63	4600m: 1:02:18.32	1:20.89
	800m: 10:31.69	1:20.09	2100m: 27:57.59	1:21.31	3400m: 45:49.12	1:22.79	4700m: 1:03:40.08	1:21.76
	900m: 11:51.30	1:19.61	2200m: 29:19.57	1:21.98	3500m: 47:11.68	1:22.56	4800m: 1:05:00.71	1:20.63
	1000m: 13:10.83	1:19.53	2300m: 30:42.05	1:22.48	3600m: 48:35.51	1:23.83	4900m: 1:06:20.94	1:20.23
	1100m: 14:30.90	1:20.07	2400m: 32:04.62	1:22.57	3700m: 49:58.22	1:22.71	5000m: 1:07:39.31	1:18.37
	1200m: 15:51.26	1:20.36	2500m: 33:26.35	1:21.73	3800m: 51:21.21	1:22.99		
	1300m: 17:11.69	1:20.43	2600m: 34:48.31	1:21.96	3900m: 52:44.67	1:23.46		
10.	KIPFER Soline		93	Red Fish Neuchâtel		1:07:45.85		
	100m: 1:13.39	1:13.39	1400m: 18:30.69	1:20.61	2700m: 36:02.39	1:20.80	4000m: 53:52.69	1:23.87
	200m: 2:32.30	1:18.91	1500m: 19:51.99	1:21.30	2800m: 37:23.37	1:20.98	4100m: 55:16.46	1:23.77
	300m: 3:51.71	1:19.41	1600m: 21:12.95	1:20.96	2900m: 38:44.84	1:21.47	4200m: 56:39.87	1:23.41
	400m: 5:11.34	1:19.63	1700m: 22:34.46	1:21.51	3000m: 40:06.28	1:21.44	4300m: 58:02.91	1:23.04
	500m: 6:30.62	1:19.28	1800m: 23:54.95	1:20.49	3100m: 41:28.39	1:22.11	4400m: 59:26.40	1:23.49
	600m: 7:49.94	1:19.32	1900m: 25:15.33	1:20.38	3200m: 42:51.04	1:22.65	4500m: 1:00:50.56	1:24.16
	700m: 9:09.66	1:19.72	2000m: 26:35.12	1:19.79	3300m: 44:12.95	1:21.91	4600m: 1:02:14.56	1:24.00
	800m: 10:29.28	1:19.62	2100m: 27:55.23	1:20.11	3400m: 45:34.89	1:21.94	4700m: 1:03:38.32	1:23.76
	900m: 11:49.04	1:19.76	2200m: 29:16.11	1:20.88	3500m: 46:57.53	1:22.64	4800m: 1:05:01.69	1:23.37
	1000m: 13:09.17	1:20.13	2300m: 30:37.77	1:21.66	3600m: 48:19.95	1:22.42	4900m: 1:06:24.69	1:23.00
	1100m: 14:29.71	1:20.54	2400m: 31:59.98	1:22.21	3700m: 49:42.65	1:22.70	5000m: 1:07:45.85	1:21.16
	1200m: 15:49.35	1:19.64	2500m: 33:21.12	1:21.14	3800m: 51:05.39	1:22.74		
	1300m: 17:10.08	1:20.73	2600m: 34:41.59	1:20.47	3900m: 52:28.82	1:23.43		
11.	BOLZLI Nina		95	Schwimmklub Bern		1:08:07.25		
	100m: 1:16.72	1:16.72	1400m: 18:49.47	1:22.47	2700m: 36:29.53	1:21.65	4000m: 54:22.58	1:23.99
	200m: 2:38.53	1:21.81	1500m: 20:10.81	1:21.34	2800m: 37:52.06	1:22.53	4100m: 55:45.84	1:23.26
	300m: 3:59.98	1:21.45	1600m: 21:32.00	1:21.19	2900m: 39:13.56	1:21.50	4200m: 57:08.96	1:23.12
	400m: 5:21.61	1:21.63	1700m: 22:53.29	1:21.29	3000m: 40:35.82	1:22.26	4300m: 58:33.12	1:24.16
	500m: 6:42.59	1:20.98	1800m: 24:15.61	1:22.32	3100m: 41:56.82	1:21.00	4400m: 59:57.94	1:24.82
	600m: 8:05.53	1:22.94	1900m: 25:37.06	1:21.45	3200m: 43:19.43	1:22.61	4500m: 1:01:22.78	1:24.84
	700m: 9:22.15	1:16.62	2000m: 26:59.03	1:21.97	3300m: 44:40.62	1:21.19	4600m: 1:02:44.83	1:22.05
	800m: 10:42.36	1:20.21	2100m: 28:19.42	1:20.39	3400m: 46:02.14	1:21.52	4700m: 1:04:07.82	1:22.99
	900m: 12:02.96	1:20.60	2200m: 29:39.99	1:20.57	3500m: 47:25.62	1:23.48	4800m: 1:05:29.28	1:21.46
	1000m: 13:23.17	1:20.21	2300m: 31:01.79	1:21.80	3600m: 48:49.67	1:24.05	4900m: 1:06:49.58	1:20.30
	1100m: 14:43.70	1:20.53	2400m: 32:23.76	1:21.97	3700m: 50:11.66	1:21.99	5000m: 1:08:07.25	1:17.67
	1200m: 16:05.07	1:21.37	2500m: 33:46.08	1:22.32	3800m: 51:35.44	1:23.78		
	1300m: 17:27.00	1:21.93	2600m: 35:07.88	1:21.80	3900m: 52:58.59	1:23.15		
12.	HUMMER Aline		94	Schwimmclub Kreuzlingen		1:08:23.68		
	100m: 1:17.07	1:17.07	1400m: 18:42.36	1:22.32	2700m: 36:33.43	1:22.07	4000m: 54:36.39	1:22.64
	200m: 2:37.20	1:20.13	1500m: 20:03.99	1:21.63	2800m: 37:56.61	1:23.18	4100m: 56:00.10	1:23.71
	300m: 3:57.19	1:19.99	1600m: 21:26.12	1:22.13	2900m: 39:19.98	1:23.37	4200m: 57:23.47	1:23.37
	400m: 5:16.05	1:18.86	1700m: 22:48.12	1:22.00	3000m: 40:43.07	1:23.09	4300m: 58:46.94	1:23.47
	500m: 6:36.01	1:19.96	1800m: 24:10.87	1:22.75	3100m: 42:06.64	1:23.57	4400m: 1:00:10.72	1:23.78
	600m: 7:56.02	1:20.01	1900m: 25:32.84	1:21.97	3200m: 43:29.56	1:22.92	4500m: 1:01:33.39	1:22.67
	700m: 9:16.15	1:20.13	2000m: 26:53.93	1:21.09	3300m: 44:53.70	1:24.14	4600m: 1:02:56.80	1:23.41
	800m: 10:35.90	1:19.75	2100m: 28:16.17	1:22.24	3400m: 46:17.08	1:23.38	4700m: 1:04:20.19	1:23.39
	900m: 11:56.99	1:21.09	2200m: 29:39.02	1:22.85	3500m: 47:41.46	1:24.38	4800m: 1:05:43.26	1:23.07
	1000m: 13:17.27	1:20.28	2300m: 31:02.63	1:23.61	3600m: 49:04.99	1:23.53	4900m: 1:07:06.29	1:23.03
	1100m: 14:37.81	1:20.54	2400m: 32:25.20	1:22.57	3700m: 50:28.61	1:23.62	5000m: 1:08:23.68	1:17.39
	1200m: 15:58.58	1:20.77	2500m: 33:47.79	1:22.59	3800m: 51:51.28	1:22.67		
	1300m: 17:20.04	1:21.46	2600m: 35:11.36	1:23.57	3900m: 53:13.75	1:22.47		

4. CS 5km (pool)
Bellinzona, 15.5.2010

gara 1, Donne, 5000m Stile Libero, 14 anni e più vecchi

Rango			An			Tempo	Pt.	
13.	RIHS Miriam		94	Schwimmclub Kreuzlingen		1:09:22.68		
	100m: 1:16.86	1:16.86	1400m: 19:05.71	1:23.09	2700m: 37:11.29	1:22.49	4000m: 55:23.47	1:24.42
	200m: 2:39.00	1:22.14	1500m: 20:29.16	1:23.45	2800m: 38:33.13	1:21.84	4100m: 56:48.55	1:25.08
	300m: 3:59.20	1:20.20	1600m: 21:52.38	1:23.22	2900m: 39:56.58	1:23.45	4200m: 58:13.28	1:24.73
	400m: 5:20.28	1:21.08	1700m: 23:15.95	1:23.57	3000m: 41:20.26	1:23.68	4300m: 59:36.84	1:23.56
	500m: 6:42.55	1:22.27	1800m: 24:40.17	1:24.22	3100m: 42:43.86	1:23.60	4400m: 1:01:02.28	1:25.44
	600m: 8:03.89	1:21.34	1900m: 26:04.84	1:24.67	3200m: 44:08.40	1:24.54	4500m: 1:02:28.49	1:26.21
	700m: 9:26.22	1:22.33	2000m: 27:29.23	1:24.39	3300m: 45:32.19	1:23.79	4600m: 1:03:51.69	1:23.20
	800m: 10:48.98	1:22.76	2100m: 28:52.78	1:23.55	3400m: 46:56.31	1:24.12	4700m: 1:05:15.87	1:24.18
	900m: 12:11.10	1:22.12	2200m: 30:15.33	1:22.55	3500m: 48:20.04	1:23.73	4800m: 1:06:38.93	1:23.06
	1000m: 13:33.47	1:22.37	2300m: 31:38.66	1:23.33	3600m: 49:44.07	1:24.03	4900m: 1:08:02.33	1:23.40
	1100m: 14:56.63	1:23.16	2400m: 33:02.55	1:23.89	3700m: 51:09.23	1:25.16	5000m: 1:09:22.68	1:20.35
	1200m: 16:19.71	1:23.08	2500m: 34:25.62	1:23.07	3800m: 52:34.07	1:24.84		
	1300m: 17:42.62	1:22.91	2600m: 35:48.80	1:23.18	3900m: 53:59.05	1:24.98		
14.	PICCO Amanda		94	Società Nuoto Bellinzona		1:09:35.50		
	100m: 1:15.61	1:15.61	1400m: 19:06.74	1:23.68	2700m: 37:13.18	1:23.85	4000m: 55:33.08	1:24.74
	200m: 2:37.46	1:21.85	1500m: 20:30.31	1:23.57	2800m: 38:37.58	1:24.40	4100m: 56:57.67	1:24.59
	300m: 3:58.85	1:21.39	1600m: 21:54.16	1:23.85	2900m: 40:02.46	1:24.88	4200m: 58:22.05	1:24.38
	400m: 5:20.34	1:21.49	1700m: 23:17.90	1:23.74	3000m: 41:27.19	1:24.73	4300m: 59:46.13	1:24.08
	500m: 6:42.72	1:22.38	1800m: 24:41.68	1:23.78	3100m: 42:51.63	1:24.44	4400m: 1:01:11.07	1:24.94
	600m: 8:05.33	1:22.61	1900m: 26:06.26	1:24.58	3200m: 44:15.89	1:24.26	4500m: 1:02:34.92	1:23.85
	700m: 9:27.54	1:22.21	2000m: 27:29.78	1:23.52	3300m: 45:40.67	1:24.78	4600m: 1:03:59.57	1:24.65
	800m: 10:49.17	1:21.63	2100m: 28:53.07	1:23.29	3400m: 47:05.26	1:24.59	4700m: 1:05:24.24	1:24.67
	900m: 12:11.81	1:22.64	2200m: 30:15.94	1:22.87	3500m: 48:29.94	1:24.68	4800m: 1:06:48.88	1:24.64
	1000m: 13:34.20	1:22.39	2300m: 31:39.32	1:23.38	3600m: 49:54.47	1:24.53	4900m: 1:08:13.16	1:24.28
	1100m: 14:57.03	1:22.83	2400m: 33:02.81	1:23.49	3700m: 51:18.72	1:24.25	5000m: 1:09:35.50	1:22.34
	1200m: 16:20.24	1:23.21	2500m: 34:26.08	1:23.27	3800m: 52:43.20	1:24.48		
	1300m: 17:43.06	1:22.82	2600m: 35:49.33	1:23.25	3900m: 54:08.34	1:25.14		
15.	HANDSCHIN Jasmin		94	Schwimmclub Liestal		1:10:07.47		
	100m: 1:17.57	1:17.57	1400m: 19:24.79	1:23.69	2700m: 37:31.28	1:20.87	4000m: 56:02.15	1:25.97
	200m: 2:41.36	1:23.79	1500m: 20:48.59	1:23.80	2800m: 38:57.90	1:26.62	4100m: 57:29.94	1:27.79
	300m: 4:04.72	1:23.36	1600m: 22:11.20	1:22.61	2900m: 40:22.46	1:24.56	4200m: 58:54.31	1:24.37
	400m: 5:28.10	1:23.38	1700m: 23:36.73	1:25.53	3000m: 41:48.33	1:25.87	4300m: 1:00:20.51	1:26.20
	500m: 6:51.82	1:23.72	1800m: 25:01.04	1:24.31	3100m: 43:14.11	1:25.78	4400m: 1:01:46.75	1:26.24
	600m: 8:15.90	1:24.08	1900m: 26:24.74	1:23.70	3200m: 44:39.95	1:25.84	4500m: 1:03:10.71	1:23.96
	700m: 9:40.15	1:24.25	2000m: 27:49.53	1:24.79	3300m: 46:02.07	1:22.12	4600m: 1:04:36.37	1:25.66
	800m: 11:04.52	1:24.37	2100m: 29:13.33	1:23.80	3400m: 47:27.73	1:25.66	4700m: 1:06:00.95	1:24.58
	900m: 12:28.99	1:24.47	2200m: 30:36.71	1:23.38	3500m: 48:53.94	1:26.21	4800m: 1:07:25.64	1:24.69
	1000m: 13:51.71	1:22.72	2300m: 32:01.68	1:24.97	3600m: 50:20.10	1:26.16	4900m: 1:08:50.00	1:24.36
	1100m: 15:15.40	1:23.69	2400m: 33:24.19	1:22.51	3700m: 51:43.06	1:22.96	5000m: 1:10:07.47	1:17.47
	1200m: 16:38.95	1:23.55	2500m: 34:46.06	1:21.87	3800m: 53:10.69	1:27.63		
	1300m: 18:01.10	1:22.15	2600m: 36:10.41	1:24.35	3900m: 54:36.18	1:25.49		
16.	DAVID Tessa		94	Società Nuoto Bellinzona		1:10:09.68		
	100m: 1:17.24	1:17.24	1400m: 19:20.97	1:23.80	2700m: 37:34.48	1:23.47	4000m: 56:05.20	1:27.59
	200m: 2:39.19	1:21.95	1500m: 20:44.94	1:23.97	2800m: 38:59.34	1:24.86	4100m: 57:31.88	1:26.68
	300m: 4:00.50	1:21.31	1600m: 22:08.38	1:23.44	2900m: 40:25.36	1:26.02	4200m: 58:56.57	1:24.69
	400m: 5:21.78	1:21.28	1700m: 23:32.62	1:24.24	3000m: 41:50.74	1:25.38	4300m: 1:00:22.04	1:25.47
	500m: 6:43.08	1:21.30	1800m: 24:56.69	1:24.07	3100m: 43:16.43	1:25.69	4400m: 1:01:48.38	1:26.34
	600m: 8:05.70	1:22.62	1900m: 26:20.47	1:23.78	3200m: 44:42.02	1:25.59	4500m: 1:03:12.04	1:23.66
	700m: 9:30.18	1:24.48	2000m: 27:44.18	1:23.71	3300m: 46:08.95	1:26.93	4600m: 1:04:36.01	1:23.97
	800m: 10:55.50	1:25.32	2100m: 29:08.05	1:23.87	3400m: 47:33.84	1:24.89	4700m: 1:06:00.81	1:24.80
	900m: 12:20.72	1:25.22	2200m: 30:31.45	1:23.40	3500m: 48:58.17	1:24.33	4800m: 1:07:25.75	1:24.94
	1000m: 13:45.49	1:24.77	2300m: 31:56.97	1:25.52	3600m: 50:21.51	1:23.34	4900m: 1:08:50.06	1:24.31
	1100m: 15:09.46	1:23.97	2400m: 33:22.18	1:25.21	3700m: 51:46.94	1:25.43	5000m: 1:10:09.68	1:19.62
	1200m: 16:33.41	1:23.95	2500m: 34:47.00	1:24.82	3800m: 53:12.97	1:26.03		
	1300m: 17:57.17	1:23.76	2600m: 36:11.01	1:24.01	3900m: 54:37.61	1:24.64		

4. CS 5km (pool)
Bellinzona, 15.5.2010

gara 1, Donne, 5000m Stile Libero, 14 anni e più vecchi

Rango			An			Tempo	Pt.	
17.	KUSTER Larissa		93	Red Fish Neuchâtel		1:10:17.54		
	100m: 1:19.75	1:19.75	1400m: 19:25.97	1:24.34	2700m: 37:42.50	1:24.85	4000m: 56:10.16	1:26.49
	200m: 2:43.53	1:23.78	1500m: 20:49.97	1:24.00	2800m: 39:06.95	1:24.45	4100m: 57:35.76	1:25.60
	300m: 4:06.36	1:22.83	1600m: 22:14.07	1:24.10	2900m: 40:31.19	1:24.24	4200m: 59:01.75	1:25.99
	400m: 5:29.84	1:23.48	1700m: 23:38.35	1:24.28	3000m: 41:55.87	1:24.68	4300m: 1:00:27.83	1:26.08
	500m: 6:52.58	1:22.74	1800m: 25:02.19	1:23.84	3100m: 43:20.12	1:24.25	4400m: 1:01:53.68	1:25.85
	600m: 8:15.89	1:23.31	1900m: 26:25.90	1:23.71	3200m: 44:44.68	1:24.56	4500m: 1:03:18.73	1:25.05
	700m: 9:38.91	1:23.02	2000m: 27:50.04	1:24.14	3300m: 46:09.45	1:24.77	4600m: 1:04:44.06	1:25.33
	800m: 11:01.91	1:23.00	2100m: 29:14.76	1:24.72	3400m: 47:34.97	1:25.52	4700m: 1:06:08.57	1:24.51
	900m: 12:25.45	1:23.54	2200m: 30:39.54	1:24.78	3500m: 49:00.44	1:25.47	4800m: 1:07:33.87	1:25.30
	1000m: 13:49.46	1:24.01	2300m: 32:03.41	1:23.87	3600m: 50:26.14	1:25.70	4900m: 1:08:58.36	1:24.49
	1100m: 15:13.58	1:24.12	2400m: 33:28.02	1:24.61	3700m: 51:52.02	1:25.88	5000m: 1:10:17.54	1:19.18
	1200m: 16:37.40	1:23.82	2500m: 34:53.17	1:25.15	3800m: 53:17.76	1:25.74		
	1300m: 18:01.63	1:24.23	2600m: 36:17.65	1:24.48	3900m: 54:43.67	1:25.91		
18.	PICCO Fabiana		92	Società Nuoto Bellinzona		1:10:17.87		
	100m: 1:19.65	1:19.65	1400m: 19:26.13	1:24.55	2700m: 37:42.76	1:24.73	4000m: 56:10.19	1:26.50
	200m: 2:42.92	1:23.27	1500m: 20:50.45	1:24.32	2800m: 39:07.12	1:24.36	4100m: 57:35.84	1:25.65
	300m: 4:06.66	1:23.74	1600m: 22:14.40	1:23.95	2900m: 40:31.43	1:24.31	4200m: 59:01.85	1:26.01
	400m: 5:29.93	1:23.27	1700m: 23:38.66	1:24.26	3000m: 41:56.01	1:24.58	4300m: 1:00:27.59	1:25.74
	500m: 6:53.11	1:23.18	1800m: 25:02.68	1:24.02	3100m: 43:20.30	1:24.29	4400m: 1:01:53.88	1:26.29
	600m: 8:16.13	1:23.02	1900m: 26:26.13	1:23.45	3200m: 44:45.02	1:24.72	4500m: 1:03:19.23	1:25.35
	700m: 9:39.51	1:23.38	2000m: 27:49.84	1:23.71	3300m: 46:09.50	1:24.48	4600m: 1:04:44.22	1:24.99
	800m: 11:02.23	1:22.72	2100m: 29:14.73	1:24.89	3400m: 47:35.19	1:25.69	4700m: 1:06:09.03	1:24.81
	900m: 12:26.15	1:23.92	2200m: 30:39.20	1:24.47	3500m: 49:00.69	1:25.50	4800m: 1:07:33.70	1:24.67
	1000m: 13:49.83	1:23.68	2300m: 32:03.59	1:24.39	3600m: 50:26.47	1:25.78	4900m: 1:08:58.02	1:24.32
	1100m: 15:13.66	1:23.83	2400m: 33:28.41	1:24.82	3700m: 51:52.27	1:25.80	5000m: 1:10:17.87	1:19.85
	1200m: 16:37.49	1:23.83	2500m: 34:53.38	1:24.97	3800m: 53:17.91	1:25.64		
	1300m: 18:01.58	1:24.09	2600m: 36:18.03	1:24.65	3900m: 54:43.69	1:25.78		
19.	BÜLA Lucile		93	Vevey-Natation		1:10:45.82		
	100m: 1:16.34	1:16.34	1400m: 19:27.12	1:24.47	2700m: 38:33.35	1:25.21	4000m: 56:48.58	1:24.87
	200m: 2:39.24	1:22.90	1500m: 20:51.40	1:24.28	2800m: 39:57.02	1:23.67	4100m: 58:13.46	1:24.88
	300m: 4:04.29	1:25.05	1600m: 22:19.19	1:27.79	2900m: 41:20.67	1:23.65	4200m: 59:37.02	1:23.56
	400m: 5:29.91	1:25.62	1700m: 23:47.48	1:28.29	3000m: 42:44.46	1:23.79	4300m: 1:01:02.31	1:25.29
	500m: 6:54.11	1:24.20	1800m: 25:14.28	1:26.80	3100m: 44:08.47	1:24.01	4400m: 1:02:28.50	1:26.19
	600m: 8:18.52	1:24.41	1900m: 26:43.86	1:29.58	3200m: 45:32.65	1:24.18	4500m: 1:03:51.94	1:23.44
	700m: 9:42.10	1:23.58	2000m: 28:12.55	1:28.69	3300m: 46:56.54	1:23.89	4600m: 1:05:15.83	1:23.89
	800m: 11:06.57	1:24.47	2100m: 29:41.47	1:28.92	3400m: 48:20.35	1:23.81	4700m: 1:06:39.27	1:23.44
	900m: 12:30.15	1:23.58	2200m: 31:09.99	1:28.52	3500m: 49:44.57	1:24.22	4800m: 1:08:02.75	1:23.48
	1000m: 13:53.38	1:23.23	2300m: 32:38.81	1:28.82	3600m: 51:09.49	1:24.92	4900m: 1:09:25.04	1:22.29
	1100m: 15:15.86	1:22.48	2400m: 34:08.26	1:29.45	3700m: 52:34.36	1:24.87	5000m: 1:10:45.82	1:20.78
	1200m: 16:39.02	1:23.16	2500m: 35:38.99	1:30.73	3800m: 53:59.43	1:25.07		
	1300m: 18:02.65	1:23.63	2600m: 37:08.14	1:29.15	3900m: 55:23.71	1:24.28		
20.	SIGRIST Aline		95	Schwimmverein Emmen		1:12:08.06		
	100m: 1:18.78	1:18.78	1400m: 19:48.07	1:25.55	2700m: 38:32.89	1:26.92	4000m: 57:36.61	1:28.42
	200m: 2:43.15	1:24.37	1500m: 21:13.63	1:25.56	2800m: 40:00.12	1:27.23	4100m: 59:04.11	1:27.50
	300m: 4:08.01	1:24.86	1600m: 22:39.74	1:26.11	2900m: 41:27.24	1:27.12	4200m: 1:00:32.06	1:27.95
	400m: 5:33.08	1:25.07	1700m: 24:05.68	1:25.94	3000m: 42:55.26	1:28.02	4300m: 1:02:00.17	1:28.11
	500m: 6:58.42	1:25.34	1800m: 25:31.84	1:26.16	3100m: 44:23.11	1:27.85	4400m: 1:03:28.21	1:28.04
	600m: 8:23.87	1:25.45	1900m: 26:57.75	1:25.91	3200m: 45:50.76	1:27.65	4500m: 1:04:56.37	1:28.16
	700m: 9:49.33	1:25.46	2000m: 28:23.55	1:25.80	3300m: 47:18.68	1:27.92	4600m: 1:06:23.92	1:27.55
	800m: 11:14.99	1:25.66	2100m: 29:50.29	1:26.74	3400m: 48:46.68	1:28.00	4700m: 1:07:51.60	1:27.68
	900m: 12:40.36	1:25.37	2200m: 31:17.48	1:27.19	3500m: 50:14.43	1:27.75	4800m: 1:09:19.05	1:27.45
	1000m: 14:05.56	1:25.20	2300m: 32:44.45	1:26.97	3600m: 51:42.86	1:28.43	4900m: 1:10:46.21	1:27.16
	1100m: 15:31.52	1:25.96	2400m: 34:11.65	1:27.20	3700m: 53:11.38	1:28.52	5000m: 1:12:08.06	1:21.85
	1200m: 16:57.05	1:25.53	2500m: 35:38.48	1:26.83	3800m: 54:39.62	1:28.24		
	1300m: 18:22.52	1:25.47	2600m: 37:05.97	1:27.49	3900m: 56:08.19	1:28.57		

4. CS 5km (pool)
Bellinzona, 15.5.2010

gara 1, Donne, 5000m Stile Libero, 14 anni e più vecchi

Rango	An	Tempo	Pt.
21. DELCÒ Sofia	93	Società Nuoto Bellinzona	1:13:24.99
100m: 1:18.67	1:18.67	1400m: 19:49.46	1:25.64
200m: 2:43.07	1:24.40	1500m: 21:15.54	1:26.08
300m: 4:07.53	1:24.46	1600m: 22:40.77	1:25.23
400m: 5:32.94	1:25.41	1700m: 24:07.33	1:26.56
500m: 6:58.78	1:25.84	1800m: 25:33.63	1:26.30
600m: 8:23.99	1:25.21	1900m: 27:01.12	1:27.49
700m: 9:49.50	1:25.51	2000m: 28:29.46	1:28.34
800m: 11:15.46	1:25.96	2100m: 29:58.35	1:28.89
900m: 12:40.85	1:25.39	2200m: 31:27.01	1:28.66
1000m: 14:06.16	1:25.31	2300m: 32:56.51	1:29.50
1100m: 15:32.37	1:26.21	2400m: 34:25.48	1:28.97
1200m: 16:57.77	1:25.40	2500m: 35:53.34	1:27.86
1300m: 18:23.82	1:26.05	2600m: 37:22.32	1:28.98
		2700m: 38:52.18	1:29.86
		2800m: 40:22.23	1:30.05
		2900m: 41:50.58	1:28.35
		3000m: 43:17.31	1:26.73
		3100m: 44:45.52	1:28.21
		3200m: 46:16.30	1:30.78
		3300m: 47:47.03	1:30.73
		3400m: 49:18.77	1:31.74
		3500m: 50:49.75	1:30.98
		3600m: 52:20.12	1:30.37
		3700m: 53:51.04	1:30.92
		3800m: 55:22.17	1:31.13
		3900m: 56:52.48	1:30.31
		4000m: 58:23.12	1:30.64
		4100m: 59:52.64	1:29.52
		4200m: 1:01:22.08	1:29.44
		4300m: 1:02:53.24	1:31.16
		4400m: 1:04:25.60	1:32.36
		4500m: 1:05:56.55	1:30.95
		4600m: 1:07:27.30	1:30.75
		4700m: 1:08:58.03	1:30.73
		4800m: 1:10:28.87	1:30.84
		4900m: 1:11:57.13	1:28.26
		5000m: 1:13:24.99	1:27.86
22. BORIC Ivana	93	Società Nuoto Bellinzona	1:14:11.16
100m: 1:15.90	1:15.90	1400m: 19:21.90	1:26.96
200m: 2:36.29	1:20.39	1500m: 20:49.01	1:27.11
300m: 3:57.76	1:21.47	1600m: 22:13.11	1:24.10
400m: 5:20.38	1:22.62	1700m: 23:39.20	1:26.09
500m: 6:42.84	1:22.46	1800m: 25:04.62	1:25.42
600m: 8:04.16	1:21.32	1900m: 26:34.56	1:29.94
700m: 9:25.69	1:21.53	2000m: 28:03.21	1:28.65
800m: 10:48.78	1:23.09	2100m: 29:33.08	1:29.87
900m: 12:12.61	1:23.83	2200m: 31:03.14	1:30.06
1000m: 13:37.77	1:25.16	2300m: 32:32.95	1:29.81
1100m: 15:03.20	1:25.43	2400m: 34:03.13	1:30.18
1200m: 16:28.15	1:24.95	2500m: 35:33.22	1:30.09
1300m: 17:54.94	1:26.79	2600m: 37:01.45	1:28.23
		2700m: 38:30.69	1:29.24
		2800m: 39:58.51	1:27.82
		2900m: 41:27.83	1:29.32
		3000m: 42:57.89	1:30.06
		3100m: 44:26.21	1:28.32
		3200m: 45:56.96	1:30.75
		3300m: 47:27.76	1:30.80
		3400m: 49:00.13	1:32.37
		3500m: 50:31.24	1:31.11
		3600m: 52:04.34	1:33.10
		3700m: 53:36.53	1:32.19
		3800m: 55:10.36	1:33.83
		3900m: 56:46.06	1:35.70
		4000m: 58:21.60	1:35.54
		4100m: 59:59.04	1:37.44
		4200m: 1:01:35.16	1:36.12
		4300m: 1:03:12.85	1:37.69
		4400m: 1:04:50.86	1:38.01
		4500m: 1:06:26.14	1:35.28
		4600m: 1:08:00.54	1:34.40
		4700m: 1:09:33.19	1:32.65
		4800m: 1:11:06.29	1:33.10
		4900m: 1:12:39.08	1:32.79
		5000m: 1:14:11.16	1:32.08
abb. STEENBERGEN Michanne	92	Schwimmverein Emmen	
100m: 1:14.26	1:14.26	1400m:	
200m: 2:34.80	1:20.54	1500m:	
300m: 3:55.55	1:20.75	1600m:	
400m:		1700m:	
500m: 6:40.08		1800m:	
600m: 8:02.21	1:22.13	1900m:	
700m: 9:25.10	1:22.89	2000m:	
800m: 10:48.13	1:23.03	2100m:	
900m: 12:10.87	1:22.74	2200m:	
1000m: 13:32.50	1:21.63	2300m:	
1100m:		2400m:	
1200m:		2500m:	
1300m:		2600m:	
		2700m:	
		2800m:	
		2900m:	
		3000m:	
		3100m:	
		3200m:	
		3300m:	
		3400m:	
		3500m:	
		3600m:	
		3700m:	
		3800m:	
		3900m:	
		4000m:	
		4100m:	
		4200m:	
		4300m:	
		4400m:	
		4500m:	
		4600m:	
		4700m:	
		4800m:	
		4900m:	
		5000m:	
abb. VAN HOEF Pauline	96	Schwimmclub Kreuzlingen	
100m: 1:21.04	1:21.04	1400m: 20:55.99	1:32.52
200m: 2:49.19	1:28.15	1500m: 22:29.49	1:33.50
300m: 4:16.89	1:27.70	1600m: 24:03.46	1:33.97
400m: 5:45.49	1:28.60	1700m: 25:39.04	1:35.58
500m: 7:15.08	1:29.59	1800m: 27:13.17	1:34.13
600m: 8:44.37	1:29.29	1900m: 28:46.23	1:33.06
700m: 10:14.56	1:30.19	2000m: 30:17.63	1:31.40
800m: 11:46.22	1:31.66	2100m: 31:52.03	1:34.40
900m: 13:16.35	1:30.13	2200m: 33:29.18	1:37.15
1000m: 14:47.01	1:30.66	2300m: 35:00.24	1:31.06
1100m: 16:18.93	1:31.92	2400m: 36:35.49	1:35.25
1200m: 17:51.31	1:32.38	2500m: 38:10.71	1:35.22
1300m: 19:23.47	1:32.16	2600m: 39:46.11	1:35.40
		2700m: 41:20.58	1:34.47
		2800m: 42:54.84	1:34.26
		2900m: 44:29.40	1:34.56
		3000m: 46:05.28	1:35.88
		3100m: 47:40.48	1:35.20
		3200m: 49:17.18	1:36.70
		3300m: 50:53.68	1:36.50
		3400m: 52:30.63	1:36.95
		3500m: 54:06.56	1:35.93
		3600m: 55:40.92	1:34.36
		3700m: 57:18.15	1:37.23
		3800m: 58:55.84	1:37.69
		3900m: 1:00:32.64	1:36.80
		4000m: 1:02:09.35	1:36.71
		4100m: 1:03:43.21	1:33.86
		4200m: 1:05:17.92	1:34.71
		4300m: 1:06:52.50	1:34.58
		4400m: 1:08:26.94	1:34.44
		4500m: 1:09:59.52	1:32.58
		4600m: 1:11:32.09	1:32.57
		4700m: 1:13:03.58	1:31.49
		4800m: 1:14:33.89	1:30.31

4. CS 5km (pool)
Bellinzona, 15.5.2010

gara 2
15.5.10

Uomini, 5000m Stile Libero

14 anni e più vecchi
Lista risultati

Record svizzero 5km uomini 55:28.38 LIESS Alexandre SCUW Bellinzona 17.5.08

Pointi: FINA 2009

Rango	An	Tempo	Pt.
1. SIGRIST Stefan	87	SC Schaffhausen	54:29.52
<i>Nuovo record svizzero</i>			
100m: 1:03.94 1:03.94	1400m: 15:28.62 1:05.35	2700m: 29:47.11 1:05.77	4000m: 43:51.62 1:04.71
200m: 2:10.92 1:06.98	1500m: 16:34.09 1:05.47	2800m: 30:53.30 1:06.19	4100m: 44:55.82 1:04.20
300m: 3:18.06 1:07.14	1600m: 17:40.19 1:06.10	2900m: 31:58.81 1:05.51	4200m: 46:00.23 1:04.41
400m: 4:24.40 1:06.34	1700m: 18:46.38 1:06.19	3000m: 33:04.18 1:05.37	4300m: 47:05.01 1:04.78
500m: 5:30.80 1:06.40	1800m: 19:52.45 1:06.07	3100m: 34:08.98 1:04.80	4400m: 48:09.78 1:04.77
600m: 6:36.93 1:06.13	1900m: 20:59.03 1:06.58	3200m: 35:14.01 1:05.03	4500m: 49:14.56 1:04.78
700m: 7:44.10 1:07.17	2000m: 22:04.87 1:05.84	3300m: 36:18.47 1:04.46	4600m: 50:18.32 1:03.76
800m: 8:50.69 1:06.59	2100m: 23:11.17 1:06.30	3400m: 37:23.26 1:04.79	4700m: 51:22.44 1:04.12
900m: 9:57.72 1:07.03	2200m: 24:16.92 1:05.75	3500m: 38:28.15 1:04.89	4800m: 52:26.54 1:04.10
1000m: 11:04.42 1:06.70	2300m: 25:23.08 1:06.16	3600m: 39:32.49 1:04.34	4900m: 53:29.94 1:03.40
1100m: 12:10.73 1:06.31	2400m: 26:29.22 1:06.14	3700m: 40:37.17 1:04.68	5000m: 54:29.52 59.58
1200m: 13:17.08 1:06.35	2500m: 27:35.58 1:06.36	3800m: 41:41.82 1:04.65	
1300m: 14:23.27 1:06.19	2600m: 28:41.34 1:05.76	3900m: 42:46.91 1:05.09	
2. MITROVIC Jovan	91	A Club Swimming Team Savosa SA	55:24.11
100m: 1:04.94 1:04.94	1400m: 15:37.81 1:06.98	2700m: 30:08.29 1:06.34	4000m: 44:27.91 1:05.82
200m: 2:12.64 1:07.70	1500m: 16:45.01 1:07.20	2800m: 31:15.08 1:06.79	4100m: 45:33.36 1:05.45
300m: 3:20.52 1:07.88	1600m: 17:52.38 1:07.37	2900m: 32:22.31 1:07.23	4200m: 46:39.26 1:05.90
400m: 4:27.92 1:07.40	1700m: 18:59.28 1:06.90	3000m: 33:29.17 1:06.86	4300m: 47:45.48 1:06.22
500m: 5:35.26 1:07.34	1800m: 20:06.11 1:06.83	3100m: 34:35.56 1:06.39	4400m: 48:51.34 1:05.86
600m: 6:42.77 1:07.51	1900m: 21:13.38 1:07.27	3200m: 35:42.23 1:06.67	4500m: 49:57.55 1:06.21
700m: 7:50.02 1:07.25	2000m: 22:20.63 1:07.25	3300m: 36:48.73 1:06.50	4600m: 51:03.28 1:05.73
800m: 8:56.97 1:06.95	2100m: 23:27.54 1:06.91	3400m: 37:54.70 1:05.97	4700m: 52:09.09 1:05.81
900m: 10:03.89 1:06.92	2200m: 24:34.79 1:07.25	3500m: 39:00.58 1:05.88	4800m: 53:15.11 1:06.02
1000m: 11:10.65 1:06.76	2300m: 25:41.42 1:06.63	3600m: 40:06.08 1:05.50	4900m: 54:21.21 1:06.10
1100m: 12:17.44 1:06.79	2400m: 26:48.42 1:07.00	3700m: 41:11.50 1:05.42	5000m: 55:24.11 1:02.90
1200m: 13:24.31 1:06.87	2500m: 27:55.16 1:06.74	3800m: 42:16.75 1:05.25	
1300m: 14:30.83 1:06.52	2600m: 29:01.95 1:06.79	3900m: 43:22.09 1:05.34	
3. BIANCHI Eugenio	89	Lugano Nuoto Pallanuoto	55:56.97
100m: 1:04.87 1:04.87	1400m: 15:30.28 1:06.33	2700m: 29:57.58 1:07.75	4000m: 44:34.98 1:08.39
200m: 2:11.41 1:06.54	1500m: 16:36.40 1:06.12	2800m: 31:05.03 1:07.45	4100m: 45:43.00 1:08.02
300m: 3:18.27 1:06.86	1600m: 17:42.43 1:06.03	2900m: 32:12.55 1:07.52	4200m: 46:51.73 1:08.73
400m: 4:24.91 1:06.64	1700m: 18:48.43 1:06.00	3000m: 33:19.90 1:07.35	4300m: 48:00.28 1:08.55
500m: 5:31.12 1:06.21	1800m: 19:54.50 1:06.07	3100m: 34:27.19 1:07.29	4400m: 49:08.83 1:08.55
600m: 6:37.63 1:06.51	1900m: 21:01.04 1:06.54	3200m: 35:34.42 1:07.23	4500m: 50:17.50 1:08.67
700m: 7:44.40 1:06.77	2000m: 22:07.83 1:06.79	3300m: 36:42.04 1:07.62	4600m: 51:26.21 1:08.71
800m: 8:51.26 1:06.86	2100m: 23:14.54 1:06.71	3400m: 37:49.66 1:07.62	4700m: 52:34.68 1:08.47
900m: 9:58.07 1:06.81	2200m: 24:21.33 1:06.79	3500m: 38:57.47 1:07.81	4800m: 53:43.38 1:08.70
1000m: 11:04.89 1:06.82	2300m: 25:28.29 1:06.96	3600m: 40:05.22 1:07.75	4900m: 54:51.03 1:07.65
1100m: 12:11.08 1:06.19	2400m: 26:35.42 1:07.13	3700m: 41:12.28 1:07.06	5000m: 55:56.97 1:05.94
1200m: 13:17.46 1:06.38	2500m: 27:42.48 1:07.06	3800m: 42:18.62 1:06.34	
1300m: 14:23.95 1:06.49	2600m: 28:49.83 1:07.35	3900m: 43:26.59 1:07.97	
4. LIESS Alexandre	91	SC Uster Wallisellen	57:01.88
100m: 1:03.69 1:03.69	1400m: 15:30.31 1:06.54	2700m: 30:14.75 1:09.23	4000m: 45:19.63 1:10.11
200m: 2:10.59 1:06.90	1500m: 16:37.50 1:07.19	2800m: 31:23.82 1:09.07	4100m: 46:29.20 1:09.57
300m: 3:17.91 1:07.32	1600m: 17:44.40 1:06.90	2900m: 32:32.89 1:09.07	4200m: 47:39.27 1:10.07
400m: 4:24.59 1:06.68	1700m: 18:51.85 1:07.45	3000m: 33:42.14 1:09.25	4300m: 48:50.49 1:11.22
500m: 5:31.07 1:06.48	1800m: 19:59.33 1:07.48	3100m: 34:51.74 1:09.60	4400m: 50:01.42 1:10.93
600m: 6:37.64 1:06.57	1900m: 21:06.66 1:07.33	3200m: 36:01.51 1:09.77	4500m: 51:12.30 1:10.88
700m: 7:44.25 1:06.61	2000m: 22:14.13 1:07.47	3300m: 37:10.91 1:09.40	4600m: 52:22.80 1:10.50
800m: 8:50.56 1:06.31	2100m: 23:22.42 1:08.29	3400m: 38:20.09 1:09.18	4700m: 53:33.50 1:10.70
900m: 9:57.40 1:06.84	2200m: 24:30.24 1:07.82	3500m: 39:29.53 1:09.44	4800m: 54:43.15 1:09.65
1000m: 11:04.41 1:07.01	2300m: 25:39.17 1:08.93	3600m: 40:39.56 1:10.03	4900m: 55:53.28 1:10.13
1100m: 12:10.69 1:06.28	2400m: 26:47.69 1:08.52	3700m: 41:49.72 1:10.16	5000m: 57:01.88 1:08.60
1200m: 13:17.31 1:06.62	2500m: 27:56.68 1:08.99	3800m: 42:59.64 1:09.92	
1300m: 14:23.77 1:06.46	2600m: 29:05.52 1:08.84	3900m: 44:09.52 1:09.88	

4. CS 5km (pool)
Bellinzona, 15.5.2010

gara 2, Uomini, 5000m Stile Libero, 14 anni e più vecchi

Rango			An			Tempo			Pt.
5.	BAILLOD Julien		80	SC Uster Wallisellen		57:39.26			
	100m: 1:04.47	1:04.47	1400m: 15:58.40	1:09.31	2700m: 31:02.95	1:09.26	4000m: 46:08.75	1:09.63	
	200m: 2:11.66	1:07.19	1500m: 17:07.77	1:09.37	2800m: 32:12.62	1:09.67	4100m: 47:18.23	1:09.48	
	300m: 3:19.21	1:07.55	1600m: 18:17.26	1:09.49	2900m: 33:22.25	1:09.63	4200m: 48:28.00	1:09.77	
	400m: 4:26.96	1:07.75	1700m: 19:27.19	1:09.93	3000m: 34:31.60	1:09.35	4300m: 49:37.28	1:09.28	
	500m: 5:35.06	1:08.10	1800m: 20:37.06	1:09.87	3100m: 35:40.93	1:09.33	4400m: 50:46.68	1:09.40	
	600m: 6:43.51	1:08.45	1900m: 21:47.04	1:09.98	3200m: 36:50.96	1:10.03	4500m: 51:55.95	1:09.27	
	700m: 7:52.63	1:09.12	2000m: 22:56.84	1:09.80	3300m: 38:00.73	1:09.77	4600m: 53:05.59	1:09.64	
	800m: 9:01.66	1:09.03	2100m: 24:06.52	1:09.68	3400m: 39:10.10	1:09.37	4700m: 54:14.85	1:09.26	
	900m: 10:11.27	1:09.61	2200m: 25:15.90	1:09.38	3500m: 40:19.85	1:09.75	4800m: 55:23.80	1:08.95	
	1000m: 11:20.90	1:09.63	2300m: 26:25.43	1:09.53	3600m: 41:29.67	1:09.82	4900m: 56:32.61	1:08.81	
	1100m: 12:30.32	1:09.42	2400m: 27:35.23	1:09.80	3700m: 42:39.39	1:09.72	5000m: 57:39.26	1:06.65	
	1200m: 13:39.58	1:09.26	2500m: 28:44.40	1:09.17	3800m: 43:49.50	1:10.11			
	1300m: 14:49.09	1:09.51	2600m: 29:53.69	1:09.29	3900m: 44:59.12	1:09.62			
6.	HOHL Martin		83	Schwimmklub Bern		58:54.38			
	100m: 1:04.48	1:04.48	1400m: 15:57.46	1:09.29	2700m: 31:11.65	1:10.82	4000m: 46:48.04	1:12.97	
	200m: 2:12.33	1:07.85	1500m: 17:06.78	1:09.32	2800m: 32:23.24	1:11.59	4100m: 48:00.41	1:12.37	
	300m: 3:20.29	1:07.96	1600m: 18:16.83	1:10.05	2900m: 33:34.91	1:11.67	4200m: 49:13.46	1:13.05	
	400m: 4:28.58	1:08.29	1700m: 19:27.03	1:10.20	3000m: 34:46.49	1:11.58	4300m: 50:26.68	1:13.22	
	500m: 5:36.99	1:08.41	1800m: 20:37.37	1:10.34	3100m: 35:58.15	1:11.66	4400m: 51:39.58	1:12.90	
	600m: 6:45.46	1:08.47	1900m: 21:47.32	1:09.95	3200m: 37:09.94	1:11.79	4500m: 52:52.53	1:12.95	
	700m: 7:54.07	1:08.61	2000m: 22:57.54	1:10.22	3300m: 38:21.03	1:11.09	4600m: 54:05.76	1:13.23	
	800m: 9:02.73	1:08.66	2100m: 24:07.58	1:10.04	3400m: 39:32.99	1:11.96	4700m: 55:18.21	1:12.45	
	900m: 10:11.48	1:08.75	2200m: 25:18.06	1:10.48	3500m: 40:44.81	1:11.82	4800m: 56:30.68	1:12.47	
	1000m: 11:20.35	1:08.87	2300m: 26:28.53	1:10.47	3600m: 41:57.18	1:12.37	4900m: 57:42.83	1:12.15	
	1100m: 12:29.57	1:09.22	2400m: 27:39.50	1:10.97	3700m: 43:09.81	1:12.63	5000m: 58:54.38	1:11.55	
	1200m: 13:38.56	1:08.99	2500m: 28:50.33	1:10.83	3800m: 44:22.19	1:12.38			
	1300m: 14:48.17	1:09.61	2600m: 30:00.83	1:10.50	3900m: 45:35.07	1:12.88			
7.	FEBO Jean-Baptiste		92	CN Plan-les-Ouates		59:46.37			
	100m: 1:07.95	1:07.95	1400m: 16:35.69	1:11.24	2700m: 32:06.50	1:12.35	4000m: 47:46.79	1:11.89	
	200m: 2:19.23	1:11.28	1500m: 17:47.51	1:11.82	2800m: 33:18.79	1:12.29	4100m: 48:58.71	1:11.92	
	300m: 3:31.03	1:11.80	1600m: 18:59.05	1:11.54	2900m: 34:31.40	1:12.61	4200m: 50:11.60	1:12.89	
	400m: 4:42.86	1:11.83	1700m: 20:09.76	1:10.71	3000m: 35:43.05	1:11.65	4300m: 51:24.70	1:13.10	
	500m: 5:54.87	1:12.01	1800m: 21:20.90	1:11.14	3100m: 36:54.40	1:11.35	4400m: 52:37.29	1:12.59	
	600m: 7:05.67	1:10.80	1900m: 22:32.17	1:11.27	3200m: 38:06.32	1:11.92	4500m: 53:49.67	1:12.38	
	700m: 8:17.64	1:11.97	2000m: 23:44.09	1:11.92	3300m: 39:18.01	1:11.69	4600m: 55:02.03	1:12.36	
	800m: 9:28.50	1:10.86	2100m: 24:55.03	1:10.94	3400m: 40:30.76	1:12.75	4700m: 56:13.88	1:11.85	
	900m: 10:39.48	1:10.98	2200m: 26:06.46	1:11.43	3500m: 41:43.02	1:12.26	4800m: 57:25.71	1:11.83	
	1000m: 11:50.70	1:11.22	2300m: 27:18.48	1:12.02	3600m: 42:55.86	1:12.84	4900m: 58:37.34	1:11.63	
	1100m: 13:01.91	1:11.21	2400m: 28:30.11	1:11.63	3700m: 44:09.06	1:13.20	5000m: 59:46.37	1:09.03	
	1200m: 14:13.50	1:11.59	2500m: 29:42.05	1:11.94	3800m: 45:22.03	1:12.97			
	1300m: 15:24.45	1:10.95	2600m: 30:54.15	1:12.10	3900m: 46:34.90	1:12.87			
8.	STAUB Ivo-Flurin		95	Schwimmklub Bern		1:00:44.11			
	100m: 1:06.62	1:06.62	1400m: 16:47.11	1:12.89	2700m: 32:44.04	1:14.44	4000m: 48:42.27	1:12.62	
	200m: 2:18.59	1:11.97	1500m: 17:59.86	1:12.75	2800m: 33:59.23	1:15.19	4100m: 49:55.26	1:12.99	
	300m: 3:30.58	1:11.99	1600m: 19:12.79	1:12.93	2900m: 35:13.86	1:14.63	4200m: 51:07.39	1:12.13	
	400m: 4:42.59	1:12.01	1700m: 20:26.58	1:13.79	3000m: 36:27.76	1:13.90	4300m: 52:20.25	1:12.86	
	500m: 5:54.97	1:12.38	1800m: 21:39.43	1:12.85	3100m: 37:42.04	1:14.28	4400m: 53:32.85	1:12.60	
	600m: 7:07.22	1:12.25	1900m: 22:52.52	1:13.09	3200m: 38:55.82	1:13.78	4500m: 54:46.25	1:13.40	
	700m: 8:18.85	1:11.63	2000m: 24:05.31	1:12.79	3300m: 40:09.91	1:14.09	4600m: 55:58.89	1:12.64	
	800m: 9:31.35	1:12.50	2100m: 25:19.33	1:14.02	3400m: 41:23.85	1:13.94	4700m: 57:11.89	1:13.00	
	900m: 10:44.05	1:12.70	2200m: 26:32.82	1:13.49	3500m: 42:37.52	1:13.67	4800m: 58:25.22	1:13.33	
	1000m: 11:56.23	1:12.18	2300m: 27:46.19	1:13.37	3600m: 43:50.66	1:13.14	4900m: 59:37.26	1:12.04	
	1100m: 13:08.71	1:12.48	2400m: 29:00.22	1:14.03	3700m: 45:04.17	1:13.51	5000m: 1:00:44.11	1:06.85	
	1200m: 14:21.31	1:12.60	2500m: 30:15.13	1:14.91	3800m: 46:17.07	1:12.90			
	1300m: 15:34.22	1:12.91	2600m: 31:29.60	1:14.47	3900m: 47:29.65	1:12.58			

4. CS 5km (pool)
Bellinzona, 15.5.2010

gara 2, Uomini, 5000m Stile Libero, 14 anni e più vecchi

Rango				An				Tempo	Pt.			
9.	BAUER Gian Carlo			92	SC Uster Wallisellen			1:00:46.64				
	100m:	1:09.38	1:09.38	1400m:	16:43.00	1:12.54	2700m:	32:26.69	1:12.88	4000m:	48:27.25	1:13.66
	200m:	2:21.08	1:11.70	1500m:	17:55.21	1:12.21	2800m:	33:40.53	1:13.84	4100m:	49:41.50	1:14.25
	300m:	3:32.18	1:11.10	1600m:	19:07.82	1:12.61	2900m:	34:54.05	1:13.52	4200m:	50:55.55	1:14.05
	400m:	4:43.23	1:11.05	1700m:	20:20.03	1:12.21	3000m:	36:08.29	1:14.24	4300m:	52:09.72	1:14.17
	500m:	5:54.41	1:11.18	1800m:	21:31.74	1:11.71	3100m:	37:22.48	1:14.19	4400m:	53:23.95	1:14.23
	600m:	7:06.29	1:11.88	1900m:	22:43.50	1:11.76	3200m:	38:36.62	1:14.14	4500m:	54:38.24	1:14.29
	700m:	8:18.14	1:11.85	2000m:	23:56.64	1:13.14	3300m:	39:50.30	1:13.68	4600m:	55:52.41	1:14.17
	800m:	9:30.21	1:12.07	2100m:	25:09.54	1:12.90	3400m:	41:04.45	1:14.15	4700m:	57:06.42	1:14.01
	900m:	10:42.01	1:11.80	2200m:	26:22.55	1:13.01	3500m:	42:17.98	1:13.53	4800m:	58:20.58	1:14.16
	1000m:	11:54.05	1:12.04	2300m:	27:35.29	1:12.74	3600m:	43:31.99	1:14.01	4900m:	59:34.81	1:14.23
	1100m:	13:06.38	1:12.33	2400m:	28:48.21	1:12.92	3700m:	44:45.79	1:13.80	5000m:	1:00:46.64	1:11.83
	1200m:	14:18.15	1:11.77	2500m:	30:01.03	1:12.82	3800m:	45:59.51	1:13.72			
	1300m:	15:30.46	1:12.31	2600m:	31:13.81	1:12.78	3900m:	47:13.59	1:14.08			
10.	FAVERO Dante			92	Nuoto Sport Locarno			1:01:15.31				
	100m:	1:10.96	1:10.96	1400m:	17:12.00	1:14.55	2700m:	33:15.07	1:14.00	4000m:	49:10.05	1:13.84
	200m:	2:24.79	1:13.83	1500m:	18:25.76	1:13.76	2800m:	34:28.56	1:13.49	4100m:	50:23.50	1:13.45
	300m:	3:38.86	1:14.07	1600m:	19:40.66	1:14.90	2900m:	35:41.41	1:12.85	4200m:	51:37.59	1:14.09
	400m:	4:54.05	1:15.19	1700m:	20:55.52	1:14.86	3000m:	36:54.30	1:12.89	4300m:	52:51.84	1:14.25
	500m:	6:08.34	1:14.29	1800m:	22:10.57	1:15.05	3100m:	38:08.01	1:13.71	4400m:	54:05.41	1:13.57
	600m:	7:22.45	1:14.11	1900m:	23:24.47	1:13.90	3200m:	39:21.63	1:13.62	4500m:	55:18.69	1:13.28
	700m:	8:36.07	1:13.62	2000m:	24:37.20	1:12.73	3300m:	40:36.15	1:14.52	4600m:	56:31.26	1:12.57
	800m:	9:49.06	1:12.99	2100m:	25:51.91	1:14.71	3400m:	41:50.03	1:13.88	4700m:	57:44.04	1:12.78
	900m:	11:02.53	1:13.47	2200m:	27:05.26	1:13.35	3500m:	43:03.69	1:13.66	4800m:	58:56.44	1:12.40
	1000m:	12:15.69	1:13.16	2300m:	28:18.94	1:13.68	3600m:	44:17.59	1:13.90	4900m:	1:00:08.17	1:11.73
	1100m:	13:29.00	1:13.31	2400m:	29:33.01	1:14.07	3700m:	45:30.56	1:12.97	5000m:	1:01:15.31	1:07.14
	1200m:	14:43.25	1:14.25	2500m:	30:46.92	1:13.91	3800m:	46:42.92	1:12.36			
	1300m:	15:57.45	1:14.20	2600m:	32:01.07	1:14.15	3900m:	47:56.21	1:13.29			
11.	BRUDER Andrea			95	Schwimmclub Aarefisch			1:01:35.44				
	100m:	1:07.27	1:07.27	1400m:	17:10.50	1:13.08	2700m:	33:12.51	1:13.67	4000m:	49:11.99	1:18.17
	200m:	2:20.24	1:12.97	1500m:	18:25.20	1:14.70	2800m:	34:26.48	1:13.97	4100m:	50:27.16	1:15.17
	300m:	3:33.76	1:13.52	1600m:	19:37.79	1:12.59	2900m:	35:40.13	1:13.65	4200m:	51:43.21	1:16.05
	400m:	4:48.39	1:14.63	1700m:	20:48.93	1:11.14	3000m:	36:54.48	1:14.35	4300m:	52:58.35	1:15.14
	500m:	6:03.54	1:15.15	1800m:	22:05.71	1:16.78	3100m:	38:07.85	1:13.37	4400m:	54:12.72	1:14.37
	600m:	7:17.48	1:13.94	1900m:	23:18.05	1:12.34	3200m:	39:20.79	1:12.94	4500m:	55:28.80	1:16.08
	700m:	8:31.84	1:14.36	2000m:	24:32.45	1:14.40	3300m:	40:34.23	1:13.44	4600m:	56:43.03	1:14.23
	800m:	9:46.17	1:14.33	2100m:	25:48.24	1:15.79	3400m:	41:47.34	1:13.11	4700m:	57:57.02	1:13.99
	900m:	11:00.68	1:14.51	2200m:	27:02.30	1:14.06	3500m:	43:01.36	1:14.02	4800m:	59:11.44	1:14.42
	1000m:	12:14.88	1:14.20	2300m:	28:16.10	1:13.80	3600m:	44:15.23	1:13.87	4900m:	1:00:25.00	1:13.56
	1100m:	13:29.06	1:14.18	2400m:	29:30.69	1:14.59	3700m:	45:29.24	1:14.01	5000m:	1:01:35.44	1:10.44
	1200m:	14:43.39	1:14.33	2500m:	30:43.96	1:13.27	3800m:	46:40.06	1:10.82			
	1300m:	15:57.42	1:14.03	2600m:	31:58.84	1:14.88	3900m:	47:53.82	1:13.76			
12.	FREGOSI Luca			93	A Club Swimming Team Savosa SA			1:01:40.77				
	100m:	1:10.85	1:10.85	1400m:	17:09.47	1:13.68	2700m:	33:14.14	1:14.32	4000m:	49:20.70	1:14.19
	200m:	2:25.58	1:14.73	1500m:	18:23.22	1:13.75	2800m:	34:28.47	1:14.33	4100m:	50:35.02	1:14.32
	300m:	3:39.48	1:13.90	1600m:	19:37.06	1:13.84	2900m:	35:43.02	1:14.55	4200m:	51:48.80	1:13.78
	400m:	4:54.00	1:14.52	1700m:	20:51.22	1:14.16	3000m:	36:57.58	1:14.56	4300m:	53:03.21	1:14.41
	500m:	6:08.11	1:14.11	1800m:	22:05.54	1:14.32	3100m:	38:11.91	1:14.33	4400m:	54:17.56	1:14.35
	600m:	7:21.19	1:13.08	1900m:	23:19.98	1:14.44	3200m:	39:26.38	1:14.47	4500m:	55:32.08	1:14.52
	700m:	8:34.35	1:13.16	2000m:	24:34.42	1:14.44	3300m:	40:41.20	1:14.82	4600m:	56:46.29	1:14.21
	800m:	9:47.36	1:13.01	2100m:	25:48.42	1:14.00	3400m:	41:55.70	1:14.50	4700m:	58:00.46	1:14.17
	900m:	11:01.01	1:13.65	2200m:	27:02.95	1:14.53	3500m:	43:10.18	1:14.48	4800m:	59:14.85	1:14.39
	1000m:	12:14.32	1:13.31	2300m:	28:17.06	1:14.11	3600m:	44:24.10	1:13.92	4900m:	1:00:28.56	1:13.71
	1100m:	13:28.44	1:14.12	2400m:	29:31.25	1:14.19	3700m:	45:38.04	1:13.94	5000m:	1:01:40.77	1:12.21
	1200m:	14:42.27	1:13.83	2500m:	30:45.38	1:14.13	3800m:	46:52.22	1:14.18			
	1300m:	15:55.79	1:13.52	2600m:	31:59.82	1:14.44	3900m:	48:06.51	1:14.29			

4. CS 5km (pool)
Bellinzona, 15.5.2010

gara 2, Uomini, 5000m Stile Libero, 14 anni e più vecchi

Rango			An					Tempo	Pt.
13.	AEBERSOLD Jan-This		93	Schwimmklub Langenthal				1:02:03.54	
	100m: 1:09.24	1:09.24	1400m: 17:12.19	1:14.22	2700m: 33:20.26	1:14.18	4000m: 49:42.16	1:18.16	
	200m: 2:22.20	1:12.96	1500m: 18:26.58	1:14.39	2800m: 34:35.21	1:14.95	4100m: 50:56.08	1:13.92	
	300m: 3:36.56	1:14.36	1600m: 19:40.77	1:14.19	2900m: 35:50.54	1:15.33	4200m: 52:11.38	1:15.30	
	400m: 4:51.66	1:15.10	1700m: 20:55.48	1:14.71	3000m: 37:05.29	1:14.75	4300m: 53:27.31	1:15.93	
	500m: 6:05.86	1:14.20	1800m: 22:09.87	1:14.39	3100m: 38:20.10	1:14.81	4400m: 54:43.19	1:15.88	
	600m: 7:20.01	1:14.15	1900m: 23:24.61	1:14.74	3200m: 39:35.12	1:15.02	4500m: 55:59.08	1:15.89	
	700m: 8:34.30	1:14.29	2000m: 24:38.87	1:14.26	3300m: 40:50.81	1:15.69	4600m: 57:11.61	1:12.53	
	800m: 9:47.93	1:13.63	2100m: 25:52.55	1:13.68	3400m: 42:06.17	1:15.36	4700m: 58:25.72	1:14.11	
	900m: 11:02.04	1:14.11	2200m: 27:07.95	1:15.40	3500m: 43:22.03	1:15.86	4800m: 59:39.76	1:14.04	
	1000m: 12:16.18	1:14.14	2300m: 28:22.49	1:14.54	3600m: 44:37.42	1:15.39	4900m: 1:00:53.40	1:13.64	
	1100m: 13:29.56	1:13.38	2400m: 29:37.46	1:14.97	3700m: 45:53.17	1:15.75	5000m: 1:02:03.54	1:10.14	
	1200m: 14:43.81	1:14.25	2500m: 30:51.97	1:14.51	3800m: 47:08.59	1:15.42			
	1300m: 15:57.97	1:14.16	2600m: 32:06.08	1:14.11	3900m: 48:24.00	1:15.41			
14.	MEHRDAD Elias		92	Lausanne Natation				1:02:05.97	
	100m: 1:08.37	1:08.37	1400m: 17:17.84	1:16.31	2700m: 33:38.83	1:15.06	4000m: 49:50.89	1:14.12	
	200m: 2:23.17	1:14.80	1500m: 18:32.71	1:14.87	2800m: 34:54.56	1:15.73	4100m: 51:05.69	1:14.80	
	300m: 3:38.34	1:15.17	1600m: 19:48.54	1:15.83	2900m: 36:09.38	1:14.82	4200m: 52:20.57	1:14.88	
	400m: 4:53.41	1:15.07	1700m: 21:04.16	1:15.62	3000m: 37:23.53	1:14.15	4300m: 53:36.16	1:15.59	
	500m: 6:07.59	1:14.18	1800m: 22:20.70	1:16.54	3100m: 38:38.33	1:14.80	4400m: 54:51.36	1:15.20	
	600m: 7:22.29	1:14.70	1900m: 23:35.92	1:15.22	3200m: 39:52.80	1:14.47	4500m: 56:05.59	1:14.23	
	700m: 8:36.63	1:14.34	2000m: 24:52.18	1:16.26	3300m: 41:07.95	1:15.15	4600m: 57:18.47	1:12.88	
	800m: 9:50.85	1:14.22	2100m: 26:08.05	1:15.87	3400m: 42:23.04	1:15.09	4700m: 58:31.04	1:12.57	
	900m: 11:04.56	1:13.71	2200m: 27:24.43	1:16.38	3500m: 43:39.03	1:15.99	4800m: 59:44.25	1:13.21	
	1000m: 12:18.17	1:13.61	2300m: 28:39.17	1:14.74	3600m: 44:53.12	1:14.09	4900m: 1:00:58.11	1:13.86	
	1100m: 13:31.98	1:13.81	2400m: 29:54.25	1:15.08	3700m: 46:07.40	1:14.28	5000m: 1:02:05.97	1:07.86	
	1200m: 14:46.44	1:14.46	2500m: 31:08.84	1:14.59	3800m: 47:22.48	1:15.08			
	1300m: 16:01.53	1:15.09	2600m: 32:23.77	1:14.93	3900m: 48:36.77	1:14.29			
15.	CICCONE Fabio		95	Schwimmclub Aarefisch				1:02:38.28	
	100m: 1:09.03	1:09.03	1400m: 17:30.30	1:14.80	2700m: 33:41.51	1:13.85	4000m: 50:00.71	1:15.95	
	200m: 2:22.67	1:13.64	1500m: 18:45.41	1:15.11	2800m: 34:56.54	1:15.03	4100m: 51:17.07	1:16.36	
	300m: 3:36.45	1:13.78	1600m: 20:01.54	1:16.13	2900m: 36:11.97	1:15.43	4200m: 52:34.16	1:17.09	
	400m: 4:51.28	1:14.83	1700m: 21:16.83	1:15.29	3000m: 37:27.96	1:15.99	4300m: 53:50.83	1:16.67	
	500m: 6:07.05	1:15.77	1800m: 22:32.44	1:15.61	3100m: 38:44.30	1:16.34	4400m: 55:07.58	1:16.75	
	600m: 7:22.61	1:15.56	1900m: 23:47.83	1:15.39	3200m: 40:00.99	1:16.69	4500m: 56:24.92	1:17.34	
	700m: 8:39.21	1:16.60	2000m: 25:03.79	1:15.96	3300m: 41:17.49	1:16.50	4600m: 57:40.19	1:15.27	
	800m: 9:59.18	1:19.97	2100m: 26:19.21	1:15.42	3400m: 42:33.77	1:16.28	4700m: 58:55.21	1:15.02	
	900m: 11:11.53	1:12.35	2200m: 27:33.25	1:14.04	3500m: 43:50.69	1:16.92	4800m: 1:00:10.84	1:15.63	
	1000m: 12:27.68	1:16.15	2300m: 28:46.73	1:13.48	3600m: 45:04.47	1:13.78	4900m: 1:01:26.83	1:15.99	
	1100m: 13:45.08	1:17.40	2400m: 30:00.98	1:14.25	3700m: 46:17.16	1:12.69	5000m: 1:02:38.28	1:11.45	
	1200m: 15:00.49	1:15.41	2500m: 31:14.20	1:13.22	3800m: 47:30.11	1:12.95			
	1300m: 16:15.50	1:15.01	2600m: 32:27.66	1:13.46	3900m: 48:44.76	1:14.65			
16.	LASSUEUR Steve		93	Vevey-Natation				1:03:23.61	
	100m: 1:07.62	1:07.62	1400m: 17:41.82	1:15.89	2700m: 34:17.54	1:16.72	4000m: 50:46.73	1:15.92	
	200m: 2:25.14	1:17.52	1500m: 18:58.72	1:16.90	2800m: 35:33.23	1:15.69	4100m: 52:03.31	1:16.58	
	300m: 3:43.62	1:18.48	1600m: 20:14.79	1:16.07	2900m: 36:49.80	1:16.57	4200m: 53:19.27	1:15.96	
	400m: 5:01.30	1:17.68	1700m: 21:31.77	1:16.98	3000m: 38:06.09	1:16.29	4300m: 54:34.84	1:15.57	
	500m: 6:18.32	1:17.02	1800m: 22:48.63	1:16.86	3100m: 39:22.48	1:16.39	4400m: 55:50.19	1:15.35	
	600m: 7:34.54	1:16.22	1900m: 24:05.81	1:17.18	3200m: 40:38.91	1:16.43	4500m: 57:05.84	1:15.65	
	700m: 8:50.65	1:16.11	2000m: 25:22.53	1:16.72	3300m: 41:54.56	1:15.65	4600m: 58:21.14	1:15.30	
	800m: 10:06.30	1:15.65	2100m: 26:39.12	1:16.59	3400m: 43:10.47	1:15.91	4700m: 59:36.20	1:15.06	
	900m: 11:22.16	1:15.86	2200m: 27:55.37	1:16.25	3500m: 44:26.74	1:16.27	4800m: 1:00:52.20	1:16.00	
	1000m: 12:38.06	1:15.90	2300m: 29:12.24	1:16.87	3600m: 45:42.89	1:16.15	4900m: 1:02:08.71	1:16.51	
	1100m: 13:53.38	1:15.32	2400m: 30:28.25	1:16.01	3700m: 46:59.17	1:16.28	5000m: 1:03:23.61	1:14.90	
	1200m: 15:09.26	1:15.88	2500m: 31:44.48	1:16.23	3800m: 48:14.83	1:15.66			
	1300m: 16:25.93	1:16.67	2600m: 33:00.82	1:16.34	3900m: 49:30.81	1:15.98			

4. CS 5km (pool)
Bellinzona, 15.5.2010

gara 2, Uomini, 5000m Stile Libero, 14 anni e più vecchi

Rango			An			Tempo			Pt.
17.	MITROVIC Ivan		94	A Club Swimming Team Savosa SA		1:03:32.36			
	100m: 1:11.99	1:11.99	1400m: 17:34.04	1:14.98	2700m: 34:00.18	1:18.36	4000m: 50:45.34	1:17.03	
	200m: 2:27.35	1:15.36	1500m: 18:49.71	1:15.67	2800m: 35:20.35	1:20.17	4100m: 52:02.49	1:17.15	
	300m: 3:44.03	1:16.68	1600m: 20:05.66	1:15.95	2900m: 36:36.16	1:15.81	4200m: 53:20.11	1:17.62	
	400m: 5:01.07	1:17.04	1700m: 21:20.21	1:14.55	3000m: 37:54.06	1:17.90	4300m: 54:37.25	1:17.14	
	500m: 6:18.65	1:17.58	1800m: 22:35.15	1:14.94	3100m: 39:11.49	1:17.43	4400m: 55:54.00	1:16.75	
	600m: 7:34.00	1:15.35	1900m: 23:49.61	1:14.46	3200m: 40:29.67	1:18.18	4500m: 57:11.05	1:17.05	
	700m: 8:48.16	1:14.16	2000m: 25:05.11	1:15.50	3300m: 41:46.92	1:17.25	4600m: 58:28.21	1:17.16	
	800m: 10:03.50	1:15.34	2100m: 26:20.08	1:14.97	3400m: 43:05.45	1:18.53	4700m: 59:45.45	1:17.24	
	900m: 11:18.74	1:15.24	2200m: 27:34.76	1:14.68	3500m: 44:22.60	1:17.15	4800m: 1:01:02.95	1:17.50	
	1000m: 12:33.52	1:14.78	2300m: 28:51.26	1:16.50	3600m: 45:38.82	1:16.22	4900m: 1:02:18.67	1:15.72	
	1100m: 13:48.46	1:14.94	2400m: 30:08.15	1:16.89	3700m: 46:56.99	1:18.17	5000m: 1:03:32.36	1:13.69	
	1200m: 15:03.70	1:15.24	2500m: 31:25.45	1:17.30	3800m: 48:11.87	1:14.88			
	1300m: 16:19.06	1:15.36	2600m: 32:41.82	1:16.37	3900m: 49:28.31	1:16.44			
18.	CHARMEY Barnabé		92	Genève Natation 1885		1:03:56.92			
	100m: 1:10.34	1:10.34	1400m: 17:29.52	1:16.63	2700m: 34:27.04	1:20.76	4000m: 51:21.81	1:17.53	
	200m: 2:23.80	1:13.46	1500m: 18:46.31	1:16.79	2800m: 35:47.66	1:20.62	4100m: 52:38.24	1:16.43	
	300m: 3:37.50	1:13.70	1600m: 20:02.54	1:16.23	2900m: 37:08.49	1:20.83	4200m: 53:54.92	1:16.68	
	400m: 4:51.40	1:13.90	1700m: 21:19.17	1:16.63	3000m: 38:27.82	1:19.33	4300m: 55:11.88	1:16.96	
	500m: 6:05.01	1:13.61	1800m: 22:35.81	1:16.64	3100m: 39:44.46	1:16.64	4400m: 56:29.15	1:17.27	
	600m: 7:19.64	1:14.63	1900m: 23:54.53	1:18.72	3200m: 41:00.93	1:16.47	4500m: 57:46.62	1:17.47	
	700m: 8:34.18	1:14.54	2000m: 25:13.17	1:18.64	3300m: 42:17.22	1:16.29	4600m: 59:02.07	1:15.45	
	800m: 9:48.90	1:14.72	2100m: 26:31.74	1:18.57	3400m: 43:36.72	1:19.50	4700m: 1:00:15.44	1:13.37	
	900m: 11:04.03	1:15.13	2200m: 27:50.83	1:19.09	3500m: 44:54.85	1:18.13	4800m: 1:01:29.32	1:13.88	
	1000m: 12:21.24	1:17.21	2300m: 29:10.13	1:19.30	3600m: 46:11.27	1:16.42	4900m: 1:02:43.81	1:14.49	
	1100m: 13:38.22	1:16.98	2400m: 30:28.61	1:18.48	3700m: 47:29.20	1:17.93	5000m: 1:03:56.92	1:13.11	
	1200m: 14:55.46	1:17.24	2500m: 31:46.92	1:18.31	3800m: 48:46.87	1:17.67			
	1300m: 16:12.89	1:17.43	2600m: 33:06.28	1:19.36	3900m: 50:04.28	1:17.41			
19.	BRIOL Michael		91	Vevey-Natation		1:04:10.65			
	100m: 1:08.51	1:08.51	1400m: 17:43.90	1:15.30	2700m: 34:20.00	1:16.82	4000m: 51:01.25	1:18.33	
	200m: 2:26.42	1:17.91	1500m: 18:59.77	1:15.87	2800m: 35:36.72	1:16.72	4100m: 52:19.55	1:18.30	
	300m: 3:44.24	1:17.82	1600m: 20:15.72	1:15.95	2900m: 36:53.62	1:16.90	4200m: 53:37.60	1:18.05	
	400m: 5:02.35	1:18.11	1700m: 21:31.72	1:16.00	3000m: 38:10.97	1:17.35	4300m: 54:56.35	1:18.75	
	500m: 6:20.17	1:17.82	1800m: 22:47.78	1:16.06	3100m: 39:27.81	1:16.84	4400m: 56:15.92	1:19.57	
	600m: 7:36.71	1:16.54	1900m: 24:03.79	1:16.01	3200m: 40:44.33	1:16.52	4500m: 57:35.39	1:19.47	
	700m: 8:53.96	1:17.25	2000m: 25:20.14	1:16.35	3300m: 42:01.14	1:16.81	4600m: 58:54.61	1:19.22	
	800m: 10:08.60	1:14.64	2100m: 26:37.08	1:16.94	3400m: 43:17.77	1:16.63	4700m: 1:00:13.95	1:19.34	
	900m: 11:25.60	1:17.00	2200m: 27:54.30	1:17.22	3500m: 44:34.75	1:16.98	4800m: 1:01:33.61	1:19.66	
	1000m: 12:42.46	1:16.86	2300m: 29:11.64	1:17.34	3600m: 45:51.20	1:16.45	4900m: 1:02:53.32	1:19.71	
	1100m: 13:57.42	1:14.96	2400m: 30:28.71	1:17.07	3700m: 47:07.83	1:16.63	5000m: 1:04:10.65	1:17.33	
	1200m: 15:13.10	1:15.68	2500m: 31:45.82	1:17.11	3800m: 48:25.09	1:17.26			
	1300m: 16:28.60	1:15.50	2600m: 33:03.18	1:17.36	3900m: 49:42.92	1:17.83			
20.	MANZOCCHI Marco		94	Società Nuoto Bellinzona		1:04:21.77			
	100m: 1:08.13	1:08.13	1400m: 17:24.56	1:15.98	2700m: 34:00.76	1:18.68	4000m: 51:04.16	1:18.57	
	200m: 2:22.39	1:14.26	1500m: 18:40.45	1:15.89	2800m: 35:19.19	1:18.43	4100m: 52:24.58	1:20.42	
	300m: 3:37.84	1:15.45	1600m: 19:56.70	1:16.25	2900m: 36:37.58	1:18.39	4200m: 53:45.32	1:20.74	
	400m: 4:53.03	1:15.19	1700m: 21:13.30	1:16.60	3000m: 37:56.15	1:18.57	4300m: 55:06.02	1:20.70	
	500m: 6:08.45	1:15.42	1800m: 22:29.50	1:16.20	3100m: 39:14.80	1:18.65	4400m: 56:27.15	1:21.13	
	600m: 7:23.68	1:15.23	1900m: 23:46.13	1:16.63	3200m: 40:33.93	1:19.13	4500m: 57:46.90	1:19.75	
	700m: 8:38.80	1:15.12	2000m: 25:02.30	1:16.17	3300m: 41:53.05	1:19.12	4600m: 59:05.94	1:19.04	
	800m: 9:53.33	1:14.53	2100m: 26:19.17	1:16.87	3400m: 43:12.34	1:19.29	4700m: 1:00:26.21	1:20.27	
	900m: 11:07.99	1:14.66	2200m: 27:35.10	1:15.93	3500m: 44:31.47	1:19.13	4800m: 1:01:45.26	1:19.05	
	1000m: 12:23.12	1:15.13	2300m: 28:51.08	1:15.98	3600m: 45:50.38	1:18.91	4900m: 1:03:05.14	1:19.88	
	1100m: 13:38.37	1:15.25	2400m: 30:07.20	1:16.12	3700m: 47:09.11	1:18.73	5000m: 1:04:21.77	1:16.63	
	1200m: 14:52.70	1:14.33	2500m: 31:23.62	1:16.42	3800m: 48:27.48	1:18.37			
	1300m: 16:08.58	1:15.88	2600m: 32:42.08	1:18.46	3900m: 49:45.59	1:18.11			

4. CS 5km (pool)
Bellinzona, 15.5.2010

gara 2, Uomini, 5000m Stile Libero, 14 anni e più vecchi

Rango			An			Tempo			Pt.
21.	SCIBOZ Thomas		93	Red Fish Neuchâtel		1:04:53.24			
	100m: 1:09.07	1:09.07	1400m: 17:51.20	1:17.76	2700m: 34:50.50	1:16.78	4000m: 51:59.36	1:19.44	
	200m: 2:24.24	1:15.17	1500m: 19:09.21	1:18.01	2800m: 36:08.97	1:18.47	4100m: 53:16.77	1:17.41	
	300m: 3:41.21	1:16.97	1600m: 20:27.11	1:17.90	2900m: 37:27.86	1:18.89	4200m: 54:35.05	1:18.28	
	400m: 4:58.23	1:17.02	1700m: 21:45.47	1:18.36	3000m: 38:45.75	1:17.89	4300m: 55:53.31	1:18.26	
	500m: 6:15.67	1:17.44	1800m: 23:03.48	1:18.01	3100m: 40:04.07	1:18.32	4400m: 57:11.02	1:17.71	
	600m: 7:32.41	1:16.74	1900m: 24:22.55	1:19.07	3200m: 41:23.18	1:19.11	4500m: 58:28.19	1:17.17	
	700m: 8:48.32	1:15.91	2000m: 25:41.05	1:18.50	3300m: 42:41.75	1:18.57	4600m: 59:45.29	1:17.10	
	800m: 10:03.79	1:15.47	2100m: 27:00.66	1:19.61	3400m: 44:00.89	1:19.14	4700m: 1:01:02.92	1:17.63	
	900m: 11:22.74	1:18.95	2200m: 28:19.12	1:18.46	3500m: 45:20.13	1:19.24	4800m: 1:02:19.31	1:16.39	
	1000m: 12:39.07	1:16.33	2300m: 29:38.37	1:19.25	3600m: 46:40.55	1:20.42	4900m: 1:03:37.08	1:17.77	
	1100m: 13:57.35	1:18.28	2400m: 30:56.77	1:18.40	3700m: 48:01.79	1:21.24	5000m: 1:04:53.24	1:16.16	
	1200m: 15:15.34	1:17.99	2500m: 32:15.27	1:18.50	3800m: 49:21.19	1:19.40			
	1300m: 16:33.44	1:18.10	2600m: 33:33.72	1:18.45	3900m: 50:39.92	1:18.73			
22.	ESCHER Oliver		92	Schwimmclub Aarefisch		1:04:56.83			
	100m: 1:14.01	1:14.01	1400m: 18:07.58	1:17.51	2700m: 35:03.25	1:18.17	4000m: 52:02.82	1:17.84	
	200m: 2:31.80	1:17.79	1500m: 19:25.12	1:17.54	2800m: 36:21.40	1:18.15	4100m: 53:20.20	1:17.38	
	300m: 3:50.24	1:18.44	1600m: 20:43.58	1:18.46	2900m: 37:38.66	1:17.26	4200m: 54:37.11	1:16.91	
	400m: 5:08.44	1:18.20	1700m: 22:01.68	1:18.10	3000m: 38:56.64	1:17.98	4300m: 55:54.48	1:17.37	
	500m: 6:27.35	1:18.91	1800m: 23:19.07	1:17.39	3100m: 40:13.86	1:17.22	4400m: 57:14.22	1:19.74	
	600m: 7:44.92	1:17.57	1900m: 24:37.61	1:18.54	3200m: 41:32.82	1:18.96	4500m: 58:33.57	1:19.35	
	700m: 9:02.18	1:17.26	2000m: 25:55.93	1:18.32	3300m: 42:51.72	1:18.90	4600m: 59:50.51	1:16.94	
	800m: 10:20.25	1:18.07	2100m: 27:13.79	1:17.86	3400m: 44:11.48	1:19.76	4700m: 1:01:09.33	1:18.82	
	900m: 11:38.32	1:18.07	2200m: 28:31.19	1:17.40	3500m: 45:29.88	1:18.40	4800m: 1:02:27.62	1:18.29	
	1000m: 12:56.54	1:18.22	2300m: 29:50.11	1:18.92	3600m: 46:47.11	1:17.23	4900m: 1:03:43.84	1:16.22	
	1100m: 14:14.51	1:17.97	2400m: 31:09.17	1:19.06	3700m: 48:05.81	1:18.70	5000m: 1:04:56.83	1:12.99	
	1200m: 15:32.56	1:18.05	2500m: 32:27.35	1:18.18	3800m: 49:25.81	1:20.00			
	1300m: 16:50.07	1:17.51	2600m: 33:45.08	1:17.73	3900m: 50:44.98	1:19.17			
23.	PIETRA Alessio		94	A Club Swimming Team Savosa SA		1:05:05.81			
	100m: 1:11.26	1:11.26	1400m: 17:29.51	1:15.28	2700m: 33:54.40	1:16.16	4000m: 50:52.66	1:22.98	
	200m: 2:25.42	1:14.16	1500m: 18:44.41	1:14.90	2800m: 35:10.94	1:16.54	4100m: 52:12.03	1:19.37	
	300m: 3:41.30	1:15.88	1600m: 19:59.69	1:15.28	2900m: 36:27.31	1:16.37	4200m: 53:35.22	1:23.19	
	400m: 4:57.36	1:16.06	1700m: 21:14.49	1:14.80	3000m: 37:44.05	1:16.74	4300m: 54:59.26	1:24.04	
	500m: 6:13.58	1:16.22	1800m: 22:30.11	1:15.62	3100m: 39:01.30	1:17.25	4400m: 56:24.49	1:25.23	
	600m: 7:28.77	1:15.19	1900m: 23:45.98	1:15.87	3200m: 40:18.65	1:17.35	4500m: 57:51.04	1:26.55	
	700m: 8:44.04	1:15.27	2000m: 25:02.22	1:16.24	3300m: 41:36.24	1:17.59	4600m: 59:18.05	1:27.01	
	800m: 9:59.43	1:15.39	2100m: 26:17.81	1:15.59	3400m: 42:53.57	1:17.33	4700m: 1:00:46.59	1:28.54	
	900m: 11:14.57	1:15.14	2200m: 27:33.44	1:15.63	3500m: 44:12.01	1:18.44	4800m: 1:02:15.56	1:28.97	
	1000m: 12:29.97	1:15.40	2300m: 28:49.77	1:16.33	3600m: 45:30.63	1:18.62	4900m: 1:03:44.22	1:28.66	
	1100m: 13:44.75	1:14.78	2400m: 30:05.96	1:16.19	3700m: 46:49.96	1:19.33	5000m: 1:05:05.81	1:21.59	
	1200m: 14:59.44	1:14.69	2500m: 31:22.54	1:16.58	3800m: 48:09.94	1:19.98			
	1300m: 16:14.23	1:14.79	2600m: 32:38.24	1:15.70	3900m: 49:29.68	1:19.74			
24.	BORIC Stefan		96	Società Nuoto Bellinzona		1:05:06.12			
	100m: 1:09.24	1:09.24	1400m: 17:43.50	1:17.33	2700m: 34:48.92	1:20.53	4000m: 52:08.26	1:16.82	
	200m: 2:25.02	1:15.78	1500m: 19:01.51	1:18.01	2800m: 36:09.31	1:20.39	4100m: 53:26.35	1:18.09	
	300m: 3:40.76	1:15.74	1600m: 20:18.81	1:17.30	2900m: 37:30.12	1:20.81	4200m: 54:45.13	1:18.78	
	400m: 4:57.14	1:16.38	1700m: 21:36.81	1:18.00	3000m: 38:50.68	1:20.56	4300m: 56:03.49	1:18.36	
	500m: 6:13.38	1:16.24	1800m: 22:54.82	1:18.01	3100m: 40:11.29	1:20.61	4400m: 57:23.52	1:20.03	
	600m: 7:29.36	1:15.98	1900m: 24:13.15	1:18.33	3200m: 41:32.09	1:20.80	4500m: 58:42.45	1:18.93	
	700m: 8:45.05	1:15.69	2000m: 25:31.47	1:18.32	3300m: 42:52.58	1:20.49	4600m: 59:59.83	1:17.38	
	800m: 10:01.23	1:16.18	2100m: 26:49.93	1:18.46	3400m: 44:12.66	1:20.08	4700m: 1:01:18.40	1:18.57	
	900m: 11:18.19	1:16.96	2200m: 28:09.54	1:19.61	3500m: 45:33.51	1:20.85	4800m: 1:02:36.93	1:18.53	
	1000m: 12:35.17	1:16.98	2300m: 29:29.24	1:19.70	3600m: 46:53.51	1:20.00	4900m: 1:03:55.04	1:18.11	
	1100m: 13:52.60	1:17.43	2400m: 30:48.46	1:19.22	3700m: 48:14.20	1:20.69	5000m: 1:05:06.12	1:11.08	
	1200m: 15:09.39	1:16.79	2500m: 32:08.31	1:19.85	3800m: 49:33.65	1:19.45			
	1300m: 16:26.17	1:16.78	2600m: 33:28.39	1:20.08	3900m: 50:51.44	1:17.79			

4. CS 5km (pool)
Bellinzona, 15.5.2010

gara 2, Uomini, 5000m Stile Libero, 14 anni e più vecchi

Rango			An			Tempo	Pt.	
25.	GEISER Alan		93	Vevey-Natation		1:05:57.93		
	100m: 1:07.86	1:07.86	1400m: 17:52.30	1:17.33	2700m: 35:03.62	1:20.41	4000m: 52:47.35	1:21.49
	200m: 2:25.77	1:17.91	1500m: 19:10.11	1:17.81	2800m: 36:27.92	1:24.30	4100m: 54:04.45	1:17.10
	300m: 3:43.82	1:18.05	1600m: 20:28.03	1:17.92	2900m: 37:48.73	1:20.81	4200m: 55:24.30	1:19.85
	400m: 5:01.91	1:18.09	1700m: 21:46.59	1:18.56	3000m: 39:10.21	1:21.48	4300m: 56:44.97	1:20.67
	500m: 6:19.37	1:17.46	1800m: 23:05.11	1:18.52	3100m: 40:29.85	1:19.64	4400m: 58:05.12	1:20.15
	600m: 7:36.08	1:16.71	1900m: 24:24.20	1:19.09	3200m: 41:51.00	1:21.15	4500m: 59:25.53	1:20.41
	700m: 8:53.60	1:17.52	2000m: 25:42.61	1:18.41	3300m: 43:12.66	1:21.66	4600m: 1:00:45.65	1:20.12
	800m: 10:07.99	1:14.39	2100m: 27:02.07	1:19.46	3400m: 44:34.26	1:21.60	4700m: 1:02:04.53	1:18.88
	900m: 11:25.59	1:17.60	2200m: 28:21.34	1:19.27	3500m: 45:55.76	1:21.50	4800m: 1:03:24.34	1:19.81
	1000m: 12:43.10	1:17.51	2300m: 29:42.01	1:20.67	3600m: 47:17.70	1:21.94	4900m: 1:04:43.53	1:19.19
	1100m: 14:00.91	1:17.81	2400m: 31:02.58	1:20.57	3700m: 48:40.75	1:23.05	5000m: 1:05:57.93	1:14.40
	1200m: 15:17.92	1:17.01	2500m: 32:22.65	1:20.07	3800m: 50:03.77	1:23.02		
	1300m: 16:34.97	1:17.05	2600m: 33:43.21	1:20.56	3900m: 51:25.86	1:22.09		
26.	FRIES Matthieu		94	Vevey-Natation		1:06:53.06		
	100m: 1:09.96	1:09.96	1400m: 18:05.42	1:19.40	2700m: 35:32.95	1:19.76	4000m: 53:11.64	1:21.66
	200m: 2:26.10	1:16.14	1500m: 19:25.70	1:20.28	2800m: 36:54.37	1:21.42	4100m: 54:32.79	1:21.15
	300m: 3:43.82	1:17.72	1600m: 20:45.77	1:20.07	2900m: 38:16.54	1:22.17	4200m: 55:54.86	1:22.07
	400m: 5:00.85	1:17.03	1700m: 22:06.02	1:20.25	3000m: 39:37.54	1:21.00	4300m: 57:17.16	1:22.30
	500m: 6:17.76	1:16.91	1800m: 23:26.61	1:20.59	3100m: 40:58.81	1:21.27	4400m: 58:39.10	1:21.94
	600m: 7:33.88	1:16.12	1900m: 24:48.25	1:21.64	3200m: 42:19.81	1:21.00	4500m: 1:00:00.53	1:21.43
	700m: 8:51.19	1:17.31	2000m: 26:09.28	1:21.03	3300m: 43:41.27	1:21.46	4600m: 1:01:22.76	1:22.23
	800m: 10:09.44	1:18.25	2100m: 27:30.05	1:20.77	3400m: 45:02.24	1:20.97	4700m: 1:02:45.64	1:22.88
	900m: 11:27.57	1:18.13	2200m: 28:51.49	1:21.44	3500m: 46:23.38	1:21.14	4800m: 1:04:07.38	1:21.74
	1000m: 12:46.54	1:18.97	2300m: 30:12.47	1:20.98	3600m: 47:44.79	1:21.41	4900m: 1:05:29.38	1:22.00
	1100m: 14:05.97	1:19.43	2400m: 31:33.17	1:20.70	3700m: 49:06.20	1:21.41	5000m: 1:06:53.06	1:23.68
	1200m: 15:25.98	1:20.01	2500m: 32:53.14	1:19.97	3800m: 50:28.03	1:21.83		
	1300m: 16:46.02	1:20.04	2600m: 34:13.19	1:20.05	3900m: 51:49.98	1:21.95		
27.	MOMBELLI Romano		92	Schwimmclub Solothurn		1:07:02.12		
	100m: 1:11.10	1:11.10	1400m: 18:17.93	1:19.27	2700m: 35:39.90	1:20.76	4000m: 53:19.00	1:22.34
	200m: 2:28.84	1:17.74	1500m: 19:37.61	1:19.68	2800m: 37:01.27	1:21.37	4100m: 54:41.68	1:22.68
	300m: 3:46.95	1:18.11	1600m: 20:57.89	1:20.28	2900m: 38:22.14	1:20.87	4200m: 56:05.31	1:23.63
	400m: 5:05.66	1:18.71	1700m: 22:17.91	1:20.02	3000m: 39:42.94	1:20.80	4300m: 57:27.60	1:22.29
	500m: 6:24.45	1:18.79	1800m: 23:39.35	1:21.44	3100m: 41:04.49	1:21.55	4400m: 58:49.87	1:22.27
	600m: 7:43.50	1:19.05	1900m: 24:59.25	1:19.90	3200m: 42:27.01	1:22.52	4500m: 1:00:11.92	1:22.05
	700m: 9:02.34	1:18.84	2000m: 26:18.88	1:19.63	3300m: 43:47.83	1:20.82	4600m: 1:01:34.72	1:22.80
	800m: 10:21.88	1:19.54	2100m: 27:38.56	1:19.68	3400m: 45:08.28	1:20.45	4700m: 1:02:58.33	1:23.61
	900m: 11:40.92	1:19.04	2200m: 28:58.44	1:19.88	3500m: 46:29.59	1:21.31	4800m: 1:04:21.98	1:23.65
	1000m: 13:00.69	1:19.77	2300m: 30:18.37	1:19.93	3600m: 47:50.16	1:20.57	4900m: 1:05:43.13	1:21.15
	1100m: 14:19.12	1:18.43	2400m: 31:38.33	1:19.96	3700m: 49:11.81	1:21.65	5000m: 1:07:02.12	1:18.99
	1200m: 15:39.08	1:19.96	2500m: 32:58.83	1:20.50	3800m: 50:34.27	1:22.46		
	1300m: 16:58.66	1:19.58	2600m: 34:19.14	1:20.31	3900m: 51:56.66	1:22.39		
28.	BERGER Cedric		94	Vevey-Natation		1:07:24.99		
	100m: 1:10.50	1:10.50	1400m: 18:36.15	1:21.32	2700m: 36:10.47	1:21.36	4000m: 53:51.77	1:22.37
	200m: 2:27.11	1:16.61	1500m: 19:57.30	1:21.15	2800m: 37:31.49	1:21.02	4100m: 55:15.26	1:23.49
	300m: 3:45.74	1:18.63	1600m: 21:18.12	1:20.82	2900m: 38:52.09	1:20.60	4200m: 56:38.03	1:22.77
	400m: 5:06.95	1:21.21	1700m: 22:38.72	1:20.60	3000m: 40:13.01	1:20.92	4300m: 57:59.98	1:21.95
	500m: 6:28.08	1:21.13	1800m: 23:59.12	1:20.40	3100m: 41:53.02	1:40.01	4400m: 59:22.24	1:22.26
	600m: 7:48.57	1:20.49	1900m: 25:19.62	1:20.50	3200m: 42:56.30	1:03.28	4500m: 1:00:43.87	1:21.63
	700m: 9:09.11	1:20.54	2000m: 26:40.70	1:21.08	3300m: 44:17.09	1:20.79	4600m: 1:02:04.20	1:20.33
	800m: 10:30.19	1:21.08	2100m: 28:01.51	1:20.81	3400m: 45:38.33	1:21.24	4700m: 1:03:25.47	1:21.27
	900m: 11:51.37	1:21.18	2200m: 29:23.09	1:21.58	3500m: 47:00.44	1:22.11	4800m: 1:04:45.06	1:19.59
	1000m: 13:12.18	1:20.81	2300m: 30:45.00	1:21.91	3600m: 48:22.58	1:22.14	4900m: 1:06:04.05	1:18.99
	1100m: 14:32.30	1:20.12	2400m: 32:06.62	1:21.62	3700m: 49:44.51	1:21.93	5000m: 1:07:24.99	1:20.94
	1200m: 15:53.68	1:21.38	2500m: 33:27.41	1:20.79	3800m: 51:06.95	1:22.44		
	1300m: 17:14.83	1:21.15	2600m: 34:49.11	1:21.70	3900m: 52:29.40	1:22.45		

4. CS 5km (pool)
Bellinzona, 15.5.2010

gara 2, Uomini, 5000m Stile Libero, 14 anni e più vecchi

Rango			An					Tempo	Pt.
29.	LIVIO Stephan		95	SC Uster Wallisellen				1:07:25.78	
	100m: 1:10.15	1:10.15	1400m: 18:17.83	1:20.12	2700m: 35:43.12	1:21.16	4000m: 53:26.73	1:23.27	
	200m: 2:27.33	1:17.18	1500m: 19:39.18	1:21.35	2800m: 37:03.12	1:20.00	4100m: 54:50.10	1:23.37	
	300m: 3:45.16	1:17.83	1600m: 20:56.87	1:17.69	2900m: 38:23.79	1:20.67	4200m: 56:13.62	1:23.52	
	400m: 5:03.82	1:18.66	1700m: 22:17.92	1:21.05	3000m: 39:45.24	1:21.45	4300m: 57:37.97	1:24.35	
	500m: 6:22.50	1:18.68	1800m: 23:38.26	1:20.34	3100m: 41:06.81	1:21.57	4400m: 59:02.87	1:24.90	
	600m: 7:41.39	1:18.89	1900m: 24:59.50	1:21.24	3200m: 42:28.45	1:21.64	4500m: 1:00:28.80	1:25.93	
	700m: 9:00.55	1:19.16	2000m: 26:21.37	1:21.87	3300m: 43:49.85	1:21.40	4600m: 1:01:54.39	1:25.59	
	800m: 10:20.02	1:19.47	2100m: 27:41.70	1:20.33	3400m: 45:11.24	1:21.39	4700m: 1:03:19.32	1:24.93	
	900m: 11:40.49	1:20.47	2200m: 29:01.37	1:19.67	3500m: 46:32.99	1:21.75	4800m: 1:04:42.96	1:23.64	
	1000m: 12:59.42	1:18.93	2300m: 30:21.14	1:19.77	3600m: 47:55.50	1:22.51	4900m: 1:06:06.64	1:23.68	
	1100m: 14:18.93	1:19.51	2400m: 31:41.39	1:20.25	3700m: 49:18.56	1:23.06	5000m: 1:07:25.78	1:19.14	
	1200m: 15:38.39	1:19.46	2500m: 33:01.46	1:20.07	3800m: 50:40.44	1:21.88			
	1300m: 16:57.71	1:19.32	2600m: 34:21.96	1:20.50	3900m: 52:03.46	1:23.02			
30.	AESCHIMANN Florian		96	Schwimmclub Liestal				1:07:47.30	
	100m: 1:14.40	1:14.40	1400m: 18:54.04	1:22.06	2700m: 36:41.27	1:20.80	4000m: 54:30.99	1:21.74	
	200m: 2:35.02	1:20.62	1500m: 20:16.46	1:22.42	2800m: 38:02.43	1:21.16	4100m: 55:52.07	1:21.08	
	300m: 3:56.52	1:21.50	1600m: 21:38.93	1:22.47	2900m: 39:24.18	1:21.75	4200m: 57:14.33	1:22.26	
	400m: 5:17.89	1:21.37	1700m: 23:00.90	1:21.97	3000m: 40:46.00	1:21.82	4300m: 58:36.01	1:21.68	
	500m: 6:40.14	1:22.25	1800m: 24:23.10	1:22.20	3100m: 42:08.30	1:22.30	4400m: 59:56.15	1:20.14	
	600m: 8:00.62	1:20.48	1900m: 25:44.99	1:21.89	3200m: 43:32.89	1:24.59	4500m: 1:01:16.61	1:20.46	
	700m: 9:21.93	1:21.31	2000m: 27:08.23	1:23.24	3300m: 44:55.35	1:22.46	4600m: 1:02:35.86	1:19.25	
	800m: 10:42.56	1:20.63	2100m: 28:29.42	1:21.19	3400m: 46:17.09	1:21.74	4700m: 1:03:55.66	1:19.80	
	900m: 12:05.61	1:23.05	2200m: 29:51.76	1:22.34	3500m: 47:39.11	1:22.02	4800m: 1:05:15.31	1:19.65	
	1000m: 13:26.88	1:21.27	2300m: 31:14.35	1:22.59	3600m: 49:01.36	1:22.25	4900m: 1:06:32.94	1:17.63	
	1100m: 14:48.03	1:21.15	2400m: 32:36.42	1:22.07	3700m: 50:24.49	1:23.13	5000m: 1:07:47.30	1:14.36	
	1200m: 16:10.02	1:21.99	2500m: 33:59.21	1:22.79	3800m: 51:47.21	1:22.72			
	1300m: 17:31.98	1:21.96	2600m: 35:20.47	1:21.26	3900m: 53:09.25	1:22.04			
31.	MINOTTI Stefano		91	Società Nuoto Bellinzona				1:08:32.73	
	100m: 1:12.85	1:12.85	1400m: 18:33.04	1:22.07	2700m: 36:19.88	1:24.15	4000m: 54:45.38	1:24.60	
	200m: 2:30.87	1:18.02	1500m: 19:55.67	1:22.63	2800m: 37:44.55	1:24.67	4100m: 56:07.94	1:22.56	
	300m: 3:49.67	1:18.80	1600m: 21:18.24	1:22.57	2900m: 39:08.11	1:23.56	4200m: 57:32.34	1:24.40	
	400m: 5:08.72	1:19.05	1700m: 22:40.66	1:22.42	3000m: 40:32.71	1:24.60	4300m: 58:57.84	1:25.50	
	500m: 6:28.13	1:19.41	1800m: 24:03.12	1:22.46	3100m: 41:57.29	1:24.58	4400m: 1:00:21.52	1:23.68	
	600m: 7:48.23	1:20.10	1900m: 25:23.89	1:20.77	3200m: 43:21.66	1:24.37	4500m: 1:01:46.21	1:24.69	
	700m: 9:07.07	1:18.84	2000m: 26:45.07	1:21.18	3300m: 44:46.76	1:25.10	4600m: 1:03:08.31	1:22.10	
	800m: 10:26.69	1:19.62	2100m: 28:06.69	1:21.62	3400m: 46:11.70	1:24.94	4700m: 1:04:30.91	1:22.60	
	900m: 11:46.44	1:19.75	2200m: 29:28.54	1:21.85	3500m: 47:36.50	1:24.80	4800m: 1:05:52.43	1:21.52	
	1000m: 13:06.60	1:20.16	2300m: 30:49.44	1:20.90	3600m: 49:02.87	1:26.37	4900m: 1:07:13.09	1:20.66	
	1100m: 14:27.55	1:20.95	2400m: 32:10.52	1:21.08	3700m: 50:28.71	1:25.84	5000m: 1:08:32.73	1:19.64	
	1200m: 15:48.90	1:21.35	2500m: 33:33.07	1:22.55	3800m: 51:55.54	1:26.83			
	1300m: 17:10.97	1:22.07	2600m: 34:55.73	1:22.66	3900m: 53:20.78	1:25.24			
32.	CEHIC Amar		95	Società Nuoto Bellinzona				1:09:10.40	
	100m: 1:13.46	1:13.46	1400m: 18:50.41	1:23.60	2700m: 36:44.92	1:23.31	4000m: 55:15.98	1:25.51	
	200m: 2:31.87	1:18.41	1500m: 20:14.23	1:23.82	2800m: 38:10.31	1:25.39	4100m: 56:40.50	1:24.52	
	300m: 3:51.20	1:19.33	1600m: 21:37.62	1:23.39	2900m: 39:36.55	1:26.24	4200m: 58:05.09	1:24.59	
	400m: 5:11.23	1:20.03	1700m: 22:59.87	1:22.25	3000m: 41:02.62	1:26.07	4300m: 59:29.14	1:24.05	
	500m: 6:31.85	1:20.62	1800m: 24:22.30	1:22.43	3100m: 42:28.25	1:25.63	4400m: 1:00:53.92	1:24.78	
	600m: 7:52.68	1:20.83	1900m: 25:44.46	1:22.16	3200m: 43:53.75	1:25.50	4500m: 1:02:18.68	1:24.76	
	700m: 9:14.04	1:21.36	2000m: 27:06.42	1:21.96	3300m: 45:19.26	1:25.51	4600m: 1:03:42.52	1:23.84	
	800m: 10:35.92	1:21.88	2100m: 28:28.40	1:21.98	3400m: 46:44.30	1:25.04	4700m: 1:05:06.73	1:24.21	
	900m: 11:57.44	1:21.52	2200m: 29:50.78	1:22.38	3500m: 48:05.58	1:21.28	4800m: 1:06:30.08	1:23.35	
	1000m: 13:19.78	1:22.34	2300m: 31:13.47	1:22.69	3600m: 49:35.38	1:29.80	4900m: 1:07:52.10	1:22.02	
	1100m: 14:42.44	1:22.66	2400m: 32:35.80	1:22.33	3700m: 51:00.65	1:25.27	5000m: 1:09:10.40	1:18.30	
	1200m: 16:04.32	1:21.88	2500m: 33:58.62	1:22.82	3800m: 52:25.87	1:25.22			
	1300m: 17:26.81	1:22.49	2600m: 35:21.61	1:22.99	3900m: 53:50.47	1:24.60			

4. CS 5km (pool)
Bellinzona, 15.5.2010

gara 2, Uomini, 5000m Stile Libero, 14 anni e più vecchi

Rango			An			Tempo	Pt.	
33.	BERNASCONI David		91	Società Nuoto Bellinzona		1:09:16.24		
	100m: 1:12.32	1:12.32	1400m: 18:36.14	1:21.37	2700m: 36:33.95	1:23.50	4000m: 55:11.21	1:26.87
	200m: 2:30.96	1:18.64	1500m: 19:57.76	1:21.62	2800m: 37:58.69	1:24.74	4100m: 56:36.82	1:25.61
	300m: 3:50.44	1:19.48	1600m: 21:19.65	1:21.89	2900m: 39:24.00	1:25.31	4200m: 58:03.90	1:27.08
	400m: 5:10.60	1:20.16	1700m: 22:42.20	1:22.55	3000m: 40:48.79	1:24.79	4300m: 59:30.74	1:26.84
	500m: 6:30.84	1:20.24	1800m: 24:03.35	1:21.15	3100m: 42:14.11	1:25.32	4400m: 1:00:57.41	1:26.67
	600m: 7:51.42	1:20.58	1900m: 25:24.30	1:20.95	3200m: 43:39.90	1:25.79	4500m: 1:02:23.28	1:25.87
	700m: 9:11.78	1:20.36	2000m: 26:46.74	1:22.44	3300m: 45:05.77	1:25.87	4600m: 1:03:47.63	1:24.35
	800m: 10:32.38	1:20.60	2100m: 28:10.02	1:23.28	3400m: 46:30.87	1:25.10	4700m: 1:05:11.37	1:23.74
	900m: 11:53.16	1:20.78	2200m: 29:33.87	1:23.85	3500m: 47:57.34	1:26.47	4800m: 1:06:34.13	1:22.76
	1000m: 13:13.30	1:20.14	2300m: 30:57.42	1:23.55	3600m: 49:23.91	1:26.57	4900m: 1:07:55.55	1:21.42
	1100m: 14:33.70	1:20.40	2400m: 32:21.51	1:24.09	3700m: 50:50.75	1:26.84	5000m: 1:09:16.24	1:20.69
	1200m: 15:54.13	1:20.43	2500m: 33:45.66	1:24.15	3800m: 52:17.35	1:26.60		
	1300m: 17:14.77	1:20.64	2600m: 35:10.45	1:24.79	3900m: 53:44.34	1:26.99		
34.	AMBROSINI Jonas		95	Società Nuoto Bellinzona		1:09:29.02		
	100m: 1:13.34	1:13.34	1400m: 18:55.32	1:22.73	2700m: 37:09.83	1:25.65	4000m: 55:28.18	1:23.98
	200m: 2:33.76	1:20.42	1500m: 20:18.36	1:23.04	2800m: 38:36.33	1:26.50	4100m: 56:52.09	1:23.91
	300m: 3:54.76	1:21.00	1600m: 21:41.76	1:23.40	2900m: 40:02.43	1:26.10	4200m: 58:16.14	1:24.05
	400m: 5:15.74	1:20.98	1700m: 23:05.39	1:23.63	3000m: 41:27.20	1:24.77	4300m: 59:40.07	1:23.93
	500m: 6:37.02	1:21.28	1800m: 24:28.31	1:22.92	3100m: 42:50.77	1:23.57	4400m: 1:01:05.75	1:25.68
	600m: 7:57.91	1:20.89	1900m: 25:52.61	1:24.30	3200m: 44:15.47	1:24.70	4500m: 1:02:30.06	1:24.31
	700m: 9:19.09	1:21.18	2000m: 27:16.53	1:23.92	3300m: 45:40.46	1:24.99	4600m: 1:03:55.42	1:25.36
	800m: 10:40.82	1:21.73	2100m: 28:40.57	1:24.04	3400m: 47:04.68	1:24.22	4700m: 1:05:20.39	1:24.97
	900m: 12:03.50	1:22.68	2200m: 30:04.71	1:24.14	3500m: 48:28.58	1:23.90	4800m: 1:06:44.63	1:24.24
	1000m: 13:24.94	1:21.44	2300m: 31:29.84	1:25.13	3600m: 49:51.01	1:22.43	4900m: 1:08:07.03	1:22.40
	1100m: 14:47.14	1:22.20	2400m: 32:54.96	1:25.12	3700m: 51:14.55	1:23.54	5000m: 1:09:29.02	1:21.99
	1200m: 16:09.54	1:22.40	2500m: 34:19.86	1:24.90	3800m: 52:38.60	1:24.05		
	1300m: 17:32.59	1:23.05	2600m: 35:44.18	1:24.32	3900m: 54:04.20	1:25.60		
35.	GÉHIN Gaïtan		94	Lausanne Natation		1:10:35.58		
	100m: 1:13.88	1:13.88	1400m: 19:28.32	1:26.16	2700m: 38:08.70	1:24.85	4000m: 56:39.56	1:26.72
	200m: 2:35.47	1:21.59	1500m: 20:54.43	1:26.11	2800m: 39:34.73	1:26.03	4100m: 58:04.77	1:25.21
	300m: 3:58.27	1:22.80	1600m: 22:20.52	1:26.09	2900m: 40:59.82	1:25.09	4200m: 59:30.69	1:25.92
	400m: 5:21.55	1:23.28	1700m: 23:46.66	1:26.14	3000m: 42:25.81	1:25.99	4300m: 1:00:56.75	1:26.06
	500m: 6:44.48	1:22.93	1800m: 25:12.73	1:26.07	3100m: 43:50.81	1:25.00	4400m: 1:02:21.75	1:25.00
	600m: 8:08.25	1:23.77	1900m: 26:40.68	1:27.95	3200m: 45:15.62	1:24.81	4500m: 1:03:46.30	1:24.55
	700m: 9:32.89	1:24.64	2000m: 28:07.56	1:26.88	3300m: 46:40.48	1:24.86	4600m: 1:05:10.05	1:23.75
	800m: 10:57.26	1:24.37	2100m: 29:34.54	1:26.98	3400m: 48:05.75	1:25.27	4700m: 1:06:32.34	1:22.29
	900m: 12:22.45	1:25.19	2200m: 31:00.51	1:25.97	3500m: 49:31.67	1:25.92	4800m: 1:07:54.80	1:22.46
	1000m: 13:47.40	1:24.95	2300m: 32:26.33	1:25.82	3600m: 50:56.93	1:25.26	4900m: 1:09:16.53	1:21.73
	1100m: 15:12.12	1:24.72	2400m: 33:51.49	1:25.16	3700m: 52:21.75	1:24.82	5000m: 1:10:35.58	1:19.05
	1200m: 16:37.03	1:24.91	2500m: 35:18.28	1:26.79	3800m: 53:47.31	1:25.56		
	1300m: 18:02.16	1:25.13	2600m: 36:43.85	1:25.57	3900m: 55:12.84	1:25.53		
36.	PERIC Stefan		96	Società Nuoto Bellinzona		1:12:28.22		
	100m: 1:16.57	1:16.57	1400m: 20:13.63	1:29.32	2700m: 39:13.45	1:27.68	4000m: 58:05.79	1:28.75
	200m: 2:41.19	1:24.62	1500m: 21:43.16	1:29.53	2800m: 40:40.95	1:27.50	4100m: 59:32.59	1:26.80
	300m: 4:07.49	1:26.30	1600m: 23:09.94	1:26.78	2900m: 42:07.72	1:26.77	4200m: 1:01:00.76	1:28.17
	400m: 5:35.09	1:27.60	1700m: 24:37.93	1:27.99	3000m: 43:31.98	1:24.26	4300m: 1:02:29.87	1:29.11
	500m: 7:02.56	1:27.47	1800m: 26:05.35	1:27.42	3100m: 44:58.34	1:26.36	4400m: 1:03:56.21	1:26.34
	600m: 8:29.50	1:26.94	1900m: 27:33.70	1:28.35	3200m: 46:24.91	1:26.57	4500m: 1:05:24.35	1:28.14
	700m: 9:57.07	1:27.57	2000m: 29:00.88	1:27.18	3300m: 47:52.73	1:27.82	4600m: 1:06:50.17	1:25.82
	800m: 11:24.38	1:27.31	2100m: 30:28.92	1:28.04	3400m: 49:19.86	1:27.13	4700m: 1:08:17.23	1:27.06
	900m: 12:52.65	1:28.27	2200m: 31:56.87	1:27.95	3500m: 50:46.19	1:26.33	4800m: 1:09:43.47	1:26.24
	1000m: 14:19.03	1:26.38	2300m: 33:22.54	1:25.67	3600m: 52:13.88	1:27.69	4900m: 1:11:07.83	1:24.36
	1100m: 15:46.58	1:27.55	2400m: 34:49.73	1:27.19	3700m: 53:41.01	1:27.13	5000m: 1:12:28.22	1:20.39
	1200m: 17:14.91	1:28.33	2500m: 36:17.65	1:27.92	3800m: 55:08.71	1:27.70		
	1300m: 18:44.31	1:29.40	2600m: 37:45.77	1:28.12	3900m: 56:37.04	1:28.33		

4. CS 5km (pool)
Bellinzona, 15.5.2010

gara 2, Uomini, 5000m Stile Libero, 14 anni e più vecchi

Rango	An	Tempo	Pt.
forf.n.an. MEIER Christoph	93	SC Unterland	
abb. GALLO Vito	95	Società Nuoto Bellinzona	
100m: 1:20.43	1:20.43	1400m: 21:04.33	1:33.11
200m: 2:48.41	1:27.98	1500m: 22:37.57	1:33.24
300m: 4:17.21	1:28.80	1600m: 24:09.25	1:31.68
400m: 5:47.66	1:30.45	1700m: 25:42.27	1:33.02
500m: 7:17.06	1:29.40	1800m: 27:15.69	1:33.42
600m: 8:47.68	1:30.62	1900m: 28:50.12	1:34.43
700m: 10:18.73	1:31.05	2000m: 30:23.83	1:33.71
800m: 11:50.02	1:31.29	2100m: 31:57.50	1:33.67
900m: 13:22.45	1:32.43	2200m: 33:30.78	1:33.28
1000m: 14:54.92	1:32.47	2300m: 35:06.34	1:35.56
1100m: 16:26.64	1:31.72	2400m: 36:40.75	1:34.41
1200m: 17:59.28	1:32.64	2500m: 38:14.97	1:34.22
1300m: 19:31.22	1:31.94	2600m: 39:50.18	1:35.21
		2700m: 41:25.18	1:35.00
		2800m: 42:59.90	1:34.72
		2900m: 44:35.19	1:35.29
		3000m: 46:10.09	1:34.90
		3100m: 47:45.44	1:35.35
		3200m: 49:20.81	1:35.37
		3300m: 50:53.33	1:32.52
		3400m: 52:28.25	1:34.92
		3500m: 54:02.44	1:34.19
		3600m: 55:36.46	1:34.02
		3700m: 57:11.67	1:35.21
		3800m: 58:46.71	1:35.04
		3900m: 1:00:20.93	1:34.22
abb. WANNER Mathieu	91	Lausanne Natation	
100m: 1:09.17	1:09.17	1400m: 18:37.35	1:22.46
200m: 2:24.07	1:14.90	1500m: 20:00.72	1:23.37
300m: 3:42.00	1:17.93	1600m: 21:23.40	1:22.68
400m: 5:01.69	1:19.69	1700m: 22:46.18	1:22.78
500m: 6:22.01	1:20.32	1800m: 24:09.61	1:23.43
600m: 7:43.46	1:21.45	1900m: 25:33.02	1:23.41
700m: 9:04.69	1:21.23	2000m: 26:56.82	1:23.80
800m: 10:25.68	1:20.99	2100m: 28:20.89	1:24.07
900m: 11:47.00	1:21.32	2200m:	
1000m: 13:07.81	1:20.81	2300m:	
1100m: 14:29.81	1:22.00	2400m:	
1200m: 15:52.56	1:22.75	2500m:	
1300m: 17:14.89	1:22.33	2600m:	
		2700m:	
		2800m:	
		2900m:	
		3000m:	
		3100m:	
		3200m:	
		3300m:	
		3400m:	
		3500m:	
		3600m:	
		3700m:	
		3800m:	
		3900m:	
		4000m:	
		4100m:	
		4200m:	
		4300m:	
		4400m:	
		4500m:	
		4600m:	
		4700m:	
		4800m:	
		4900m:	
		5000m:	