

Nr 1 400m Libero Uomini cat. generale
19.06.2004 Limite 6:15.00

Record ticinese 1988 3:57.92 Bottini Alberto L84
Campione ticinese 2003 4:09.46 Richard Gaétan ATLA

IPS LC 2003

	Anno	Abbr.	Tempo	Pti.	100m	200m	300m	400m
1. Milosevic Branko <i>Campione Ticinese</i>	86	SNB	4:22.81	757	1:02.58	1:06.76	1:06.72	1:06.75
2. Inches Matteo	84	NUM	4:27.11	732	1:03.59	1:07.24	1:08.06	1:08.22
3. Bianchi Eugenio	89	TAL	4:30.85	710	1:03.98	1:09.35	1:09.94	1:07.58
4. Ryser Ramon	75	SNB	4:32.30	701			1:10.79	1:09.90
5. Rezzonico Andrea	88	NUM	4:33.78	693	1:04.73	1:09.08	1:10.39	1:09.58
6. Silvan Michele	82	SNB	4:40.51	656	1:07.18	1:09.60	1:11.74	1:11.99
7. De Riz Alan	86	LUG	4:46.36	625	1:06.61	1:12.61	1:13.42	1:13.72
8. Pfister Christian	90	SNB	4:49.81	607	1:07.46	1:14.10	1:14.62	1:13.63
9. Ghiani Daniele	87	SNB	4:51.79	597	1:06.84	1:14.12	1:15.37	1:15.46
10. Monigatti Alain	86	SNB	4:57.34	570	1:08.29	1:15.40	1:17.11	1:16.54
11. Artari Luca	90	TAL	5:01.96	549	2:28.38			1:15.43
12. Cattori Jean Marc	74	TAL	5:02.46	546	1:10.76	1:16.74	1:18.34	1:16.62
13. Falconi Samuele	90	NUM	5:09.56	515	1:11.69	1:19.04	1:19.49	1:19.34
14. Carbonetti Marco	91	SNB	5:22.46	463	1:16.39	1:23.76	1:23.18	1:19.13
15. Omodeo David	91	TAL	5:26.85	446	1:16.52	1:24.16	1:24.80	1:21.37
16. Dedé Davide	92	TAL	5:36.38	413	1:18.74	1:26.23	1:28.35	1:23.06
17. Falconi Gabriele	91	NUM	5:49.22	371	1:20.33	1:30.31	1:30.88	1:27.70
squal. Sestan Andrea	86	TAL	4:45.21		1:04.67	1:11.28	1:14.44	1:14.82

Nr 2 400m Libero Donne cat. generale
19.06.2004 Limite 6:30.00

Record ticinese 2000 4:11.77 Rigamonti Flavia ATLA
Campione ticinese 2003 4:38.41 Toneatti Daniela ATLA

IPS LC 2003

	Anno	Abbr.	Tempo	Pti.	100m	200m	300m	400m
1. Riccio Tiziana <i>Campionessa Ticinese</i>	89	LUG	4:44.75	776	1:08.53	1:11.85	1:10.98	1:13.39
2. Perlini Romina	88	TAL	4:47.94	758	1:09.09	1:12.36	1:12.70	1:13.79
3. Panzeri Giulia	89	TAL	4:52.80	732	1:09.83	1:14.35	1:15.31	1:13.31
4. Beltrami Elena	81	TAL	4:56.71	711	1:09.83	1:14.64	1:15.89	1:16.35
5. Maiga Benedetta	86	LUG	4:59.43	697			1:15.75	1:15.17
6. Lüscher Noemi	90	TAL	5:04.21	672	1:12.56	1:17.68	1:17.36	1:16.61
7. Arslanagic Nadine	89	TAL	5:05.42	666	1:11.64	1:19.28	1:18.88	1:15.62
8. Cassina Tecla	89	BISS	5:06.18	663	1:15.72	1:18.46	1:17.08	1:14.92
9. Tela Federica	87	NUM	5:08.64	650	1:10.98	1:18.50	1:18.48	1:20.68
10. Rampinini Joyce	91	NUM	5:13.35	628	1:16.42	1:21.06	1:18.52	1:17.35
11. Gambetta Rachele	87	SNB	5:13.76	626	1:14.71	1:20.11	1:21.38	1:17.56
12. Walker Silvia	89	NUM	5:16.87	611	1:15.46	1:20.91	1:19.80	1:20.70
13. Balerna Myriam	92	TAL	5:17.34	609	1:17.32	1:22.18	1:20.81	1:17.03
14. Pfister Laurianne	91	SNB	5:17.59	608	1:17.07	1:21.06	1:20.51	1:18.95
15. Ferri Annalisa	91	NUM	5:23.30	582	1:17.11	1:21.93	1:22.87	1:21.39
16. Mazza Sabrina	91	TAL	5:26.51	568	1:16.60	1:23.41	1:23.14	1:23.36
17. Jenny Siny	88	TAL	5:29.34	556	1:15.62	1:23.66	1:25.31	1:24.75
18. Speranca Tatiana	90	TAL	5:41.73	506	1:19.02	1:27.84	1:29.28	1:25.59
19. Botta Evelyne	89	SNB	5:41.97	505	1:20.02	1:29.39	1:27.89	1:24.67
20. Jenny Jennifer	92	TAL	5:46.40	489	1:19.55	1:28.79	1:29.46	1:28.60
21. Mantelli Alessia	90	SNB	5:50.34	474	1:21.45	1:32.29	1:31.06	1:25.54

Continuazione nr. 2 400m Libero Donne cat. generale

	AnnoAbbr.	Tempo	Pti.	100m	200m	300m	400m
22. Speranca Daniela	92 TAL	5:50.60	473	1:24.22	1:29.38	1:29.86	1:27.14
23. Ferrari Barbara	86 SNB	5:55.58	456	1:23.13	1:30.43	1:32.36	1:29.66
24. Beffa Petra	92 SNB	6:24.12	368	1:28.86	1:38.63	1:39.24	1:37.39
25. Pesce Raffaella	92 SNB	6:39.52 *	327	1:31.99	1:42.29	1:44.18	1:41.06
squal. Röstli Elisa	90 LUG	5:40.30		1:17.99	1:27.75	1:27.70	1:26.86

Nr 3 100m Delfino Uomini cat. generale
19.06.2004 Limite 1:38.00

Record ticinese	2000	56.76	Gabrilo Luka	FTL
Campione ticinese	2003	58.63	Reber Christian	NSL

IPS LC 2003

	AnnoAbbr.	Tempo	Pti.					
1. Reber Christian	86 TAL	56.88	867	Campione Ticinese				
2. Inches Matteo	84 NUM	1:03.96	683	15. Sciagunin Pavel	83 TAL	1:15.95	445	
3. Sirica Fabrizio	89 TAL	1:04.45	671	16. Cristofalo Andrea	89 SNB	1:21.23	369	
4. Rossi Omar	81 SNB	1:05.06	657	17. Molina Christophe	90 LUG	1:24.42	329	
5. Bianchi Eugenio	89 TAL	1:06.19	631	18. Filipovic Mario	92 LUG	1:26.60	304	
6. Quaceci Fabio	87 NUM	1:07.07	611	19. Cesana Filippo	92 TAL	1:29.69	271	
7. Stinca Luca	89 TAL	1:08.01	591	20. Carbonetti Marco	91 SNB	1:29.73	270	
8. Silvan Michele	82 SNB	1:09.79	554	21. Cavalli Stefano	92 TAL	1:30.45	263	
9. Colombo Simone	89 TAL	1:12.64	501	22. Contestabile Alessandro	91 BISS	1:31.47	253	
10. Bargardi Fabio	89 LUG	1:13.63	483	23. Omodeo David	91 TAL	1:32.26	245	
11. Oswald Simone	88 TAL	1:14.28	472	24. Scilanga Sacha	92 LUG	1:34.76	222	
12. Romini Simone	90 SNB	1:15.31	455	25. Molina Jonathan	92 LUG	1:43.51	* 150	
13. Anderlind Nils	91 LUG	1:15.54	452	squal. De Riz Alan	86 LUG	1:12.15		
14. Monigatti Alain	86 SNB	1:15.90	446					

Nr 4 100m Delfino Donne cat. generale
19.06.2004 Limite 1:43.00

Record ticinese	2002	1:02.83	Ranieri Veronica	NUM
Campione ticinese	2003	1:08.03	Baccalà Alessia	NSL

IPS LC 2003

	AnnoAbbr.	Tempo	Pti.					
1. Baccalà Alessia	86 TAL	1:07.01	770	Campionessa Ticinese				
2. Perlini Romina	88 TAL	1:10.83	683	11. Martino Stefania	88 NUM	1:29.07	379	
3. Lüscher Noemi	90 TAL	1:15.06	596	12. Clerc Pauline	89 BISS	1:33.88	325	
4. Sestan Yana	89 TAL	1:16.26	573	13. Kliner Michela	91 LUG	1:34.28	320	
5. Alloi Maura	90 BISS	1:18.65	530	14. Franconi Vania	91 TAL	1:35.09	312	
6. Gambetta Rachele	87 SNB	1:20.24	504	15. Botta Evelyne	89 SNB	1:39.34	270	
7. Silvestro Sara	91 LUG	1:20.43	501	16. Gaffuri Sandra	92 NUM	1:40.79	257	
8. Mazza Sabrina	91 TAL	1:23.23	458	17. Mantelli Alessia	90 SNB	1:46.06	* 213	
9. Oswald Anastasia	87 TAL	1:24.45	440	squal. Crivelli Cora	89 BISS	1:20.45		
10. Pelloni Lucia	91 LUG	1:28.93	381	squal. Giuliani Aurora	90 TAL	1:27.42		

Nr 5 200m Mista Uomini cat. generale
19.06.2004 Limite 3:30.00

Record ticinese 2001 2:06.78 Gabrilo Luka ATLA
Campione ticinese 2003 2:18.60 Richard Gaétan ATLA

IPS LC 2003							
	Anno.	Abbr.	Tempo	Pti.	100m	200m	
1. Reber Christian <i>Campione Ticinese</i>	86	TAL	2:11.30	857	1:01.35	1:09.95	
2. Minelli Alain	81	TAL	2:16.05	802	1:06.01	1:10.04	
3. Consoli Marco	87	NUM	2:20.68	749	1:05.78	1:14.90	
4. Milosevic Branko	86	SNB	2:29.09	659	1:11.30	1:17.79	
5. Pellanda Simone	91	TAL	2:30.49	644	1:12.60	1:17.89	
6. Stinca Luca	89	TAL	2:30.59	643	1:11.04	1:19.55	
7. Stefanini Jan	90	LUG	2:33.70	613	1:12.68	1:21.02	
8. Sestan Andrea	86	TAL	2:34.58	605	1:14.48	1:20.10	
9. Urech Frédéric	88	TAL	2:37.55	577	1:18.32	1:19.23	
10. Ghiani Daniele	87	SNB	2:38.18	572	1:16.45	1:21.73	
11. Pfister Christian	90	SNB	2:39.55	559	1:16.67	1:22.88	
12. Sirica Fabrizio	89	TAL	2:41.22	545	1:17.35	1:23.87	
13. Monigatti Alain	86	SNB	2:45.07	513	1:17.40	1:27.67	
14. Solcà Flavio	90	NUM	2:51.43	465	1:22.57	1:28.86	
15. Anderlind Nils	91	LUG	2:52.20	459	1:20.48	1:31.72	
16. Mitrovic Jovan	91	LUG	2:52.53	457	1:26.22	1:26.31	
17. Fera Stefano	90	LUG	2:54.82	441	1:18.11	1:36.71	
18. Gili Daniele	91	NUM	2:56.20	432	1:27.20	1:29.00	
19. Carbonetti Marco	91	SNB	3:02.13	394	1:28.00	1:34.13	
20. Cavalli Stefano	92	TAL	3:06.66	367	1:32.12	1:34.54	
21. Parri Vittorio	91	LUG	3:12.75	334	1:33.04	1:39.71	
22. Omodeo David	91	TAL	3:13.42	330	1:35.08	1:38.34	
23. Falconi Gabriele	91	NUM	3:19.33	301	1:35.84	1:43.49	
24. Tessitore Luca	91	TAL	3:19.36	301	1:43.45	1:35.91	
25. Minotti Stefano	91	SNB	3:34.93	*	232	1:49.10	1:45.83
squal. Czaplicki Patrick	86	TAL	2:19.92			1:06.21	1:13.71

Nr 6 200m Mista Donne cat. generale
19.06.2004 Limite 3:35.00

Record ticinese 2001 2:21.60 Czaplicki Agata ATLA
Campione ticinese 2003 2:34.16 Lüscher Stéphanie NSL

IPS LC 2003							
	Anno.	Abbr.	Tempo	Pti.	100m	200m	
1. Riccio Tiziana <i>Campionessa Ticinese</i>	89	LUG	2:35.75	739	1:11.60	1:24.15	
2. Noccioli Laura	89	BISS	2:37.36	723	1:16.79	1:20.57	
3. Beltrami Elena	81	TAL	2:38.57	711	1:14.56	1:24.01	
4. Bennardi Federica	88	LUG	2:40.83	689	1:15.20	1:25.63	
5. Cattori Eleonora	89	TAL	2:41.86	679	1:20.94	1:20.92	
6. Livio Viviane	88	NUM	2:43.55	663	1:19.35	1:24.20	
7. Sestan Yana	89	TAL	2:47.41	628	1:20.43	1:26.98	
8. Gambetta Rachele	87	SNB	2:48.64	617	1:20.84	1:27.80	
9. Cassina Tecla	89	BISS	2:51.26	595	1:24.31	1:26.95	
10. Müller Sabrina	91	TAL	2:52.82	582	1:23.01	1:29.81	
11. Tela Federica	87	NUM	2:53.46	576	1:24.77	1:28.69	
12. Crivelli Cora	89	BISS	2:53.96	572	1:27.21	1:26.75	
13. Balerna Myriam	92	TAL	2:55.37	561	1:24.32	1:31.05	

Continuazione nr. 6 200m Mista Donne cat. generale

	Anno.	Abbr.	Tempo	Pti.	100m	200m
14.	Ferri Annalisa	91	NUM	2:56.38	553	1:25.53 1:30.85
15.	Walker Silvia	89	NUM	2:59.11	532	1:24.17 1:34.94
16.	Jenny Siny	88	TAL	3:00.06	525	1:26.50 1:33.56
17.	Alloi Maura	90	BISS	3:02.06	510	1:25.95 1:36.11
18.	Pfister Laurianne	91	SNB	3:02.49	507	1:30.50 1:31.99
19.	Faggi Valentina	92	LUG	3:03.86	497	1:28.86 1:35.00
20.	Speranca Tatiana	90	TAL	3:04.01	496	1:31.38 1:32.63
21.	Jenny Jennifer	92	TAL	3:05.84	484	1:28.54 1:37.30
22.	Franconi Vania	91	TAL	3:06.18	481	1:29.62 1:36.56
23.	Clerc Pauline	89	BISS	3:07.28	474	1:31.70 1:35.58
24.	Frigerio Matilde	92	NUM	3:10.33	454	1:32.80 1:37.53
25.	Aleman Andrea	91	BISS	3:10.70	452	1:33.23 1:37.47
26.	Müller Diana	89	TAL	3:12.90	438	1:31.60 1:41.30
27.	Ferrari Barbara	86	SNB	3:14.15	430	1:35.49 1:38.66
28.	Prete Barbara	91	NUM	3:17.47	411	1:33.90 1:43.57
29.	Truscelli Giulia	92	NUM	3:20.29	395	1:42.01 1:38.28
30.	Gaffuri Sandra	92	NUM	3:20.43	394	1:38.31 1:42.12
31.	Cesalli Amanda	91	SNB	3:27.96	354	1:42.26 1:45.70
32.	Collovà Marina	91	NUM	3:30.13	343	1:44.90 1:45.23
33.	Romini Giulia	91	SNB	3:35.86	*	316 1:45.84 1:50.02
34.	Pesce Raffaella	92	SNB	3:37.27	*	310 1:54.56 1:42.71
35.	Rossi Nicla	90	SNB	4:00.50	*	217 1:56.83 2:03.67

Nr 7

50m Rana Uomini

cat. generale

19.06.2004

Limite 52.00

Record ticinese	1998	30.32	Minonne Marco	SNB
Campione ticinese	2003	32.34	Reber Christian	NSL

IPS LC 2003

	Anno	Abbr.	Tempo	Pti.		Anno	Abbr.	Tempo	Pti.		
1.	Minelli Alain	81	TAL	31.71	781	Campione Ticinese					
2.	Czaplicki Patrick	86	TAL	32.87	725	13.	Artari Luca	90	TAL	39.77	455
3.	Consoli Marco	87	NUM	33.08	715	14.	Romini Simone	90	SNB	40.34	438
4.	Rossi Omar	81	SNB	33.72	685	15.	Solcà Flavio	90	NUM	41.85	395
5.	Sciagunin Pavel	83	TAL	34.79	637	16.	Mitrovic Jovan	91	LUG	42.18	387
6.	Pellanda Simone	91	TAL	35.72	598	17.	Cristofalo Andrea	89	SNB	42.38	382
7.	Oswald Simone	88	TAL	36.08	584	18.	Barone Gabriele	91	NUM	42.79	371
8.	Ghiani Daniele	87	SNB	37.05	547	19.	Tessitore Luca	91	TAL	43.12	363
9.	Bargardi Fabio	89	LUG	37.11	544	20.	Cesana Filippo	92	TAL	44.50	330
10.	Urech Frédéric	88	TAL	37.36	535	21.	Contestabile Alessandro	91	BISS	45.26	314
11.	Pallich Gianandrea	88	TAL	38.43	498	22.	Dedé Davide	92	TAL	48.66	246
12.	Mozzettini Simone	89	TAL	39.44	465	23.	Minotti Stefano	91	SNB	54.14	* 157

Nr 8 50m Rana Donne cat. generale
19.06.2004 Limite 54.00

Record ticinese 2000 34.07 Czaplicki Agata ATLA
Campione ticinese 2003 36.61 Fusi Stefanie ATLA

IPS LC 2003

	AnncAbbr.	Tempo	Pti.					
1. Noccioli Laura	89 BISS	36.21	757	Campionessa Ticinese				
2. Fusi Stefanie	88 TAL	36.62	739	15. Giuliani Aurora	90 TAL	45.36	437	
3. Cattori Eleonora	89 TAL	38.87	647	16. Cesalli Amanda	91 SNB	46.01	421	
4. Maiga Benedetta	86 LUG	39.48	623	17. Alemanni Andrea	91 BISS	46.57	407	
5. Mauri Raissa	92 LUG	40.40	590	18. Speranca Daniela	92 TAL	46.80	401	
6. Bernasconi Lara	92 LUG	41.13	564	19. Dambrine Camille	92 LUG	47.43	386	
7. Müller Sabrina	91 TAL	41.54	550	20. Ambrosini Mara	92 LUG	48.59	360	
Martino Stefania	88 NUM	41.54	550	21. Rossi Nicla	90 SNB	49.01	351	
9. Müller Diana	89 TAL	41.81	541	22. Rossi Chiara	92 NUM	50.10	329	
10. Rampinini Joyce	91 NUM	42.46	521	23. Collovà Marina	91 NUM	50.87	314	
11. Pietra Prisca	91 TAL	42.92	506	24. Romini Giulia	91 SNB	51.05	310	
12. Ronchetti Clelia	90 LUG	43.91	477	25. Bertola Elena	92 BISS	52.13	290	
13. Beffa Petra	92 SNB	44.28	467	26. Rossi Sara	92 LUG	52.86	277	
14. Bucci Claudia	90 LUG	45.19	442	squal. Stolz Morgana	92 LUG	49.09		

Nr 9 4 x 100m Libero Uomini cat. generale
19.06.2004 Nessun limite

Record ticinese 1988 3:36.74 Nuotatori Luganesi 84 L84
Campione ticinese 2003 3:54.38 Atlantide ATLA

IPS LC 2003

	Abbr.	Tempo	Pti.					
1. Team Atlantide & Locarno 1	TAL	3:48.46	757	Campioni Ticinesi				
2. Società Nuoto Bellinzona 1	SNB	3:55.70	708	6. Team Atlantide & Locarno 3	TAL	4:24.35	539	
3. Mendrisiotto-Nuoto 1	NUM	3:57.05	699	7. Società Nuoto Bellinzona 3	SNB	4:48.21	429	
4. Team Atlantide & Locarno 2	TAL	4:09.55	621	squal. Lugano Nuoto Pallanuoto Sincro	LUG	4:17.48		
5. Società Nuoto Bellinzona 2	SNB	4:18.77	568					

Nr 10 4 x 100m Libero Donne cat. generale
19.06.2004 Nessun limite

Record ticinese 2000 4:02.18 Atlantide ATLA
Campione ticinese 2003 4:14.93 Nuoto Sport locarno NSL

IPS LC 2003

	Abbr.	Tempo	Pti.					
1. Team Atlantide & Locarno 1	TAL	4:18.88	741	campionesse ticinesi				
2. Lugano Nuoto Pallanuoto Sincro	LUG	4:21.28	727	6. Team Atlantide & Locarno 3	TAL	4:44.03	600	
3. Mendrisiotto-Nuoto 1	NUM	4:23.97	711	7. Società Nuoto Bellinzona 1	SNB	4:54.09	550	
4. Team Atlantide & Locarno 2	TAL	4:30.27	674	8. Società Nuoto Bellinzona 2	SNB	5:44.45	359	
5. Pallanuoto Bissone 1	BISS	4:36.47	640					

Nr 11 200m Delfino Uomini cat. generale
19.06.2004 Limite 3:40.00

Record ticinese 2001 2:04.37 Gabrilo Luka ATLA
Campione ticinese 2003 2:11.65 Reber Christian NSL

IPS LC 2003

	Anno.	Abbr.	Tempo	Pti.	100m	200m
1. Reber Christian <i>campione ticinese</i>	86	TAL	2:10.56	811	1:02.63	1:07.93
2. Bianchi Eugenio	89	TAL	2:26.61	631	1:11.45	1:15.16
3. Nastic Igor	78	SNB	2:26.93	628	1:10.97	1:15.96
4. Inches Matteo	84	NUM	2:28.90	608	1:10.88	1:18.02
5. Silvan Michele	82	SNB	2:35.75	544	1:13.88	1:21.87
6. Bargardi Fabio	89	LUG	2:36.11	541	1:17.24	1:18.87
7. Stinca Luca	89	TAL	2:37.33	530	1:16.12	1:21.21
8. Colombo Simone	89	TAL	2:37.63	528	1:13.67	1:23.96
9. Pfister Christian	90	SNB	2:37.68	527	1:16.17	1:21.51
10. Sirica Fabrizio	89	TAL	2:38.02	524	1:14.62	1:23.40
11. Quaceci Fabio	87	NUM	2:39.83	509	1:17.25	1:22.58
12. Monigatti Alain	86	SNB	2:55.27	398	1:21.26	1:34.01
13. Molina Christophe	90	LUG	3:12.87	299	1:29.39	1:43.48
14. Carbonetti Marco	91	SNB	3:19.60	266	1:33.20	1:46.40

Nr 12 200m Delfino Donne cat. generale
19.06.2004 Limite 3:50.00

Record ticinese 2002 2:19.67 Lüscher Stephanie NSL
Campione ticinese 2003 2:26.04 Toneatti Daniela ATLA

IPS LC 2003

	Anno.	Abbr.	Tempo	Pti.	100m	200m
1. Baccalà Alessia <i>campionessa ticinese</i>	86	TAL	2:31.28	725	1:12.29	1:18.99
2. Perlini Romina	88	TAL	2:35.52	682	1:14.61	1:20.91
3. Lüscher Noemi	90	TAL	2:44.78	595	1:19.58	1:25.20
4. Gambetta Rachele	87	SNB	2:49.58	555	1:21.08	1:28.50
5. Cassina Tecla	89	BISS	3:00.76	471	1:26.97	1:33.79
6. Sestan Yana	89	TAL	3:01.35	467	1:24.60	1:36.75
7. Alloi Maura	90	BISS	3:08.31	421	1:28.64	1:39.67
8. Clerc Pauline	89	BISS	3:44.94	242	1:45.69	1:59.25
9. Botta Evelyne	89	SNB	3:46.16	237	1:47.38	1:58.78
squal. Crivelli Cora	89	BISS	3:06.43		1:28.00	1:38.43
aban. Riccio Tiziana	89	LUG				

Nr 13
19.06.2004

100m Dorso Uomini

cat. generale
Limite 1:35.00

Record ticinese 2002 57.83 Gabrilo Luka ATLA
Campione ticinese 2003 1:03.77 Ryser Ramon SNB

IPS LC 2003

	AnncAbbr.	Tempo	Pti.					
1. Ryser Ramon	75 SNB	1:03.97	743	campione ticinese				
2. Consoli Marco	87 NUM	1:06.26	688	10. Falconi Samuele	90 NUM	1:23.95	375	
3. Stinca Luca	89 TAL	1:11.26	580	11. Cesana Filippo	92 TAL	1:27.20	335	
4. Regusci Fabrizio	82 SNB	1:12.10	563	12. Filipovic Mario	92 LUG	1:30.25	301	
5. Vio Nicolò	90 LUG	1:13.65	534	13. Cavalli Stefano	92 TAL	1:30.42	300	
6. Pfister Christian	90 SNB	1:14.79	513	14. Contestabile Alessandro	91 BISS	1:31.31	290	
7. Rezzonico Andrea	88 NUM	1:16.24	488	15. Falconi Gabriele	91 NUM	1:36.73	* 238	
8. Cristofalo Andrea	89 SNB	1:16.69	481	squal. Scilanga Sacha	92 LUG	1:28.76		
9. Sestan Andrea	86 TAL	1:17.27	472					

Nr 14
19.06.2004

100m Dorso Donne

cat. generale
Limite 1:40.00

Record ticinese 2000 1:05.17 Gabrilo Ivana FTL
Campione ticinese 2003 1:11.00 Lüscher Stéphanie NSL

IPS LC 2003

	AnncAbbr.	Tempo	Pti.					
1. Noccioli Laura	89 BISS	1:11.90	731	campionessa ticinese				
2. Bennardi Federica	88 LUG	1:12.27	723	21. Mazza Sabrina	91 TAL	1:26.93	461	
3. Beltrami Elena	81 TAL	1:13.25	702	22. Silvestro Sara	91 LUG	1:27.23	456	
4. Livio Viviane	88 NUM	1:14.98	666	23. Speranca Tatiana	90 TAL	1:28.15	444	
5. Panzeri Giulia	89 TAL	1:17.24	621	24. Preti Barbara	91 NUM	1:29.19	430	
6. Lüscher Noemi	90 TAL	1:20.49	562	25. Franconi Vania	91 TAL	1:29.48	426	
7. Martino Stefania	88 NUM	1:20.53	561	26. Frigerio Matilde	92 NUM	1:30.12	418	
8. Arslanagic Nadine	89 TAL	1:20.73	557	27. Speranca Daniela	92 TAL	1:30.61	411	
9. Balerna Myriam	92 TAL	1:20.90	554	28. Müller Diana	89 TAL	1:31.03	406	
10. Walker Silvia	89 NUM	1:21.84	539	29. Rossi Chiara	92 NUM	1:33.04	382	
11. Rampinini Joyce	91 NUM	1:22.79	523	30. Truscelli Giulia	92 NUM	1:33.24	380	
12. Oswald Anastasia	87 TAL	1:23.07	519	31. Pelloni Lucia	91 LUG	1:33.51	376	
13. Ferri Annalisa	91 NUM	1:23.94	505	32. Ferrari Barbara	86 SNB	1:33.78	373	
14. Pfister Laurianne	91 SNB	1:24.25	500	33. Kliner Michela	91 LUG	1:34.08	370	
15. Rösti Elisa	90 LUG	1:25.30	484	34. Alemanni Andrea	91 BISS	1:34.69	363	
16. Jenny Siny	88 TAL	1:25.48	481	35. Mantelli Alessia	90 SNB	1:36.03	348	
17. Faggi Valentina	92 LUG	1:25.65	479	36. Rossi Sara	92 LUG	1:38.40	323	
18. Jenny Jennifer	92 TAL	1:26.18	471	37. Dambrine Camille	92 LUG	1:39.39	314	
19. Alloi Maura	90 BISS	1:26.36	469	38. Bertola Elena	92 BISS	1:45.89	* 254	
20. Müller Sabrina	91 TAL	1:26.83	462					

Nr 15 200m Rana Uomini cat. generale
19.06.2004 Limite 3:40.00

Record ticinese 1993 2:18.36 Minonne Marco SNL
Campione ticinese 2003 2:36.95 Crivelli Nicola ATLA

IPS LC 2003

	Anno.	Abbr.	Tempo	Pti.	100m	200m
1. Minelli Alain <i>campione ticinese</i>	81	TAL	2:27.01	822	1:10.60	1:16.41
2. Ghiani Daniele	87	SNB	2:41.05	679	1:17.71	1:23.34
3. Czaplicki Patrick	86	TAL	2:43.34	658	1:16.78	1:26.56
4. Pellanda Simone	91	TAL	2:44.63	646	1:21.68	1:22.95
5. Sciagunin Pavel	83	TAL	2:45.39	639	1:21.56	1:23.83
6. Bargardi Fabio	89	LUG	2:54.93	557	1:25.68	1:29.25
7. Oswald Simone	88	TAL	2:55.65	552	1:25.67	1:29.98
8. Silvan Michele	82	SNB	2:55.75	551	1:23.48	1:32.27
9. Urech Frédéric	88	TAL	2:58.38	531	1:25.65	1:32.73
10. Artari Luca	90	TAL	3:04.06	489	1:30.47	1:33.59
11. Anderlind Nils	91	LUG	3:09.22	455	1:34.84	1:34.38
12. Romini Simone	90	SNB	3:09.97	450	1:31.75	1:38.22
13. Mitrovic Jovan	91	LUG	3:11.19	442	1:33.68	1:37.51
14. Mozzettini Simone	89	TAL	3:12.32	435	1:34.45	1:37.87
15. Solcà Flavio	90	NUM	3:14.25	424	1:34.39	1:39.86
16. Barone Gabriele	91	NUM	3:17.46	405	1:36.48	1:40.98
17. Gili Daniele	91	NUM	3:20.41	388	1:38.08	1:42.33
18. Tessitore Luca	91	TAL	3:34.75	316	1:43.24	1:51.51

Nr 16 200m Rana Donne cat. generale
19.06.2004 Limite 3:50.00

Record ticinese 2000 2:31.12 Czaplicki Agata ATLA
Campione ticinese 2003 2:53.30 Cerutti Gessica SNB

IPS LC 2003

	Anno.	Abbr.	Tempo	Pti.	100m	200m
1. Cattori Eleonora <i>campionessa ticinese</i>	89	TAL	2:54.57	707		
2. Fusi Stefanie	88	TAL	3:00.52	655	1:25.82	1:34.70
3. Maiga Benedetta	86	LUG	3:02.11	642	1:27.93	1:34.18
4. Crivelli Cora	89	BISS	3:07.92	595	1:31.51	1:36.41
5. Tela Federica	87	NUM	3:12.35	562	1:31.59	1:40.76
6. Mauri Raissa	92	LUG	3:16.13	535	1:36.72	1:39.41
7. Müller Diana	89	TAL	3:16.83	530	1:36.51	1:40.32
8. Pietra Prisca	91	TAL	3:20.99	503	1:35.96	1:45.03
9. Ferrari Barbara	86	SNB	3:28.73	455	1:40.58	1:48.15
10. Beffa Petra	92	SNB	3:28.98	454	1:42.36	1:46.62
11. Speranca Daniela	92	TAL	3:30.89	443	1:42.82	1:48.07
12. Ronchetti Clelia	90	LUG	3:31.64	438	1:39.95	1:51.69
13. Giuliani Aurora	90	TAL	3:35.86	415	1:43.26	1:52.60
14. Cesalli Amanda	91	SNB	3:41.29	387	1:46.67	1:54.62
15. Alemani Andrea	91	BISS	3:43.29	378	1:49.03	1:54.26
16. Pesce Raffaella	92	SNB	3:45.13	369	1:49.22	1:55.91
17. Collovà Marina	91	NUM	3:47.61	357	1:52.27	1:55.34
18. Romini Giulia	91	SNB	3:49.93	347	1:51.82	1:58.11
19. Rossi Nicla	90	SNB	3:56.71	*	317	1:53.47 2:03.24

Nr 17 50m Libero Uomini cat. generale
19.06.2004 Limite 40.00

Record ticinese 1986 24.42 Bottini Paolo L84
Campione ticinese 2003 25.45 Banfi Boris SNB

IPS LC 2003

	AnncAbbr.	Tempo	Pti.					
1. Reber Christian	86 TAL	25.21	783	campione ticinese				
2. Czaplicki Patrick	86 TAL	25.80	747	21. Oswald Simone	88 TAL	29.65	539	
3. Consoli Marco	87 NUM	26.29	717	22. Pellanda Simone	91 TAL	29.85	530	
4. Minelli Alain	81 TAL	26.63	697	23. Falconi Samuele	90 NUM	31.04	479	
5. Inches Matteo	84 NUM	27.05	673	24. Cristofalo Andrea	89 SNB	31.09	477	
6. Rossi Omar	81 SNB	27.19	665	25. Omodeo David	91 TAL	31.82	449	
7. De Riz Alan	86 LUG	27.58	644	26. Artari Luca	90 TAL	31.87	447	
8. Bianchi Eugenio	89 TAL	27.84	630	27. Molina Christophe	90 LUG	31.90	446	
9. Rezzonico Andrea	88 NUM	27.86	628	28. Filipovic Mario	92 LUG	32.54	422	
10. Sirica Fabrizio	89 TAL	28.02	620	29. Contestabile Alessandro	91 BISS	32.59	420	
11. Urech Frédéric	88 TAL	28.18	612	30. Dedé Davide	92 TAL	32.95	408	
12. Sestan Andrea	86 TAL	28.30	605	31. Cesana Filippo	92 TAL	33.36	394	
13. Quaceci Fabio	87 NUM	28.51	595	32. Parri Vittorio	91 LUG	33.85	378	
14. Sciagunin Pavel	83 TAL	28.65	588	33. Cavalli Stefano	92 TAL	34.14	369	
15. Vio Nicolò	90 LUG	28.71	585	34. Falconi Gabriele	91 NUM	34.72	351	
16. Pallich Gianandrea	88 TAL	28.85	578	35. Scilanga Sacha	92 LUG	35.59	326	
17. Stefanini Jan	90 LUG	29.00	570	36. Minotti Stefano	91 SNB	36.53	300	
18. Monigatti Alain	86 SNB	29.13	564	37. Tessitore Luca	91 TAL	37.53	275	
19. Romini Simone	90 SNB	29.50	546	38. Molina Jonathan	92 LUG	38.27	257	
20. Fera Stefano	90 LUG	29.54	545					

Nr 18 50m Libero Donne cat. generale
19.06.2004 Limite 43.00

Record ticinese 1984 27.09 Späti Sibylle MEND
Campione ticinese 2003 29.11 Baccalà Alessia NSL

IPS LC 2003

	AnncAbbr.	Tempo	Pti.					
1. Noccioli Laura	89 BISS	28.07	798	campionessa ticinese				
2. Baccalà Alessia	86 TAL	28.45	777	24. Pelloni Lucia	91 LUG	33.70	524	
3. Perlini Romina	88 TAL	29.83	703	25. Clerc Pauline	89 BISS	33.78	521	
4. Martino Stefania	88 NUM	29.90	699	26. Colombo Kristel	90 NUM	33.88	517	
5. Livio Viviane	88 NUM	30.30	678	27. Franconi Vania	91 TAL	34.01	512	
6. Fusi Stefanie	88 TAL	30.66	660	28. Pietra Prisca	91 TAL	34.29	501	
7. Cassina Tecla	89 BISS	31.01	643	29. Giuliani Aurora	90 TAL	34.40	497	
8. Panzeri Giulia	89 TAL	31.03	642	30. Mantelli Alessia	90 SNB	34.88	480	
9. Sestan Yana	89 TAL	31.29	630	31. Mauri Raissa	92 LUG	35.00	475	
10. Silvestro Sara	91 LUG	31.52	619	32. Gaffuri Sandra	92 NUM	35.53	457	
11. Balerna Myriam	92 TAL	31.62	614	33. Dambrine Camille	92 LUG	36.30	431	
12. Kliner Michela	91 LUG	32.06	594	34. Nero Ambra	92 LUG	36.46	426	
13. Tela Federica	87 NUM	32.15	590	35. Ronchetti Clelia	90 LUG	37.15	404	
14. Mazza Sabrina	91 TAL	32.18	588	36. Pesce Raffaella	92 SNB	37.97	380	
15. Ferrari Barbara	86 SNB	32.36	580	37. Collovà Marina	91 NUM	38.30	371	
16. Oswald Anastasia	87 TAL	32.46	576	38. Ambrosini Mara	92 LUG	38.60	362	
17. Speranca Tatiana	90 TAL	32.96	555	39. Stolz Morgana	92 LUG	38.94	353	
18. Jenny Siny	88 TAL	33.15	547	Beffa Petra	92 SNB	38.94	353	
19. Bucci Claudia	90 LUG	33.19	545	41. Rossi Sara	92 LUG	39.81	331	
20. Ferri Annalisa	91 NUM	33.24	543	42. Romini Giulia	91 SNB	40.29	319	
21. Röstli Elisa	90 LUG	33.31	540	43. Cesalli Amanda	91 SNB	40.91	304	
22. Jenny Jennifer	92 TAL	33.34	539	44. Bertola Elena	92 BISS	41.18	297	
23. Faggi Valentina	92 LUG	33.63	527	45. Rossi Nicla	90 SNB	43.00	* 257	

Nr 19 4 x 200m Libero Uomini cat. generale
19.06.2004 Nessun limite

Record ticinese 1988 7:48.77 Nuotatori Luganesi 84 L84
Campione ticinese 2003 8:39.98 Atlantide ATLA

IPS LC 2003

	Abbr.	Tempo	Pti.					
1. Team Atlantide & Locarno 1	TAL	8:26.43	748	campioni ticinesi				
2. Società Nuoto Bellinzona 1	SNB	8:36.30	718	5. Società Nuoto Bellinzona 3	SNB	9:36.50	554	
3. Mendrisiotto-Nuoto 1	NUM	8:55.51	661	6. Team Atlantide & Locarno 2	TAL	9:40.61	544	
4. Società Nuoto Bellinzona 2	SNB	9:18.00	600					

Nr 20 4 x 200m Libero Donne cat. generale
19.06.2004 Nessun limite

Record ticinese 2001 8:31.47 Atlantide ATLA
Campione ticinese 2003 8:52.11 Atlantide ATLA

IPS LC 2003

	Abbr.	Tempo	Pti.					
1. Team Atlantide & Locarno 2	TAL	9:26.88	737	campionesse ticinesi				
2. Mendrisiotto-Nuoto 1	NUM	9:45.13	688	5. Società Nuoto Bellinzona 1	SNB	10:44.13	547	
3. Team Atlantide & Locarno 1	TAL	9:46.07	685	6. Società Nuoto Bellinzona 2	SNB	12:39.90	349	
4. Pallanuoto Bissone 1	BISS	10:04.25	639					

Nr 21 400m Mista Uomini cat. generale
20.06.2004 Limite 7:15.00

Record ticinese 2001 4:31.59 Gabrilo Luka ATLA
Campione ticinese 2003 4:57.67 Minelli Alain ATLA

IPS LC 2003

	Anno	Abbr.	Tempo	Pti.	100m	200m	300m	400m
1. Minelli Alain <i>Campione Ticinese</i>	81	TAL	4:46.04	812	1:04.55	1:16.62	1:18.03	1:06.84
2. Reber Christian	86	TAL	4:48.32	799	1:02.71	1:15.85	1:23.85	1:05.91
3. Milosevic Branko	86	SNB	5:22.33	626	1:12.40	1:20.43	1:35.88	1:13.62
4. Pfister Christian	90	SNB	5:26.78	606	1:16.37	1:22.29	1:37.82	1:10.30
5. Nastic Igor	78	SNB	5:28.75	597	1:11.58	1:26.98	1:37.79	1:12.40
6. Ghiani Daniele	87	SNB	5:28.94	596	1:19.64	1:28.15	1:30.94	1:10.21
7. Silvan Michele	82	SNB	5:32.76	580	1:15.22	1:33.87	1:28.40	1:15.27
8. Colombo Simone	89	TAL	5:38.59	555	1:15.38	1:27.31	1:40.15	1:15.75
9. Pellanda Simone	91	TAL	5:39.67	551	1:18.30	1:29.56	1:31.78	1:20.03
10. Anderlind Nils	91	LUG	6:02.48	466	1:25.04	1:31.26	1:45.23	1:20.95
11. Carbonetti Marco	91	SNB	6:26.81	390	1:33.13	1:37.72	1:55.82	1:20.14

Nr 22 400m Mista Donne cat. generale
20.06.2004 Limite 7:30.00

Record ticinese 1997 4:57.65 Rigamonti Flavia ATLA
Campione ticinese 2003 5:24.42 Lüscher Stéphanie NSL

IPS LC 2003

	Anno	Abbr.	Tempo	Pti.	100m	200m	300m	400m
1. Beltrami Elena <i>Campionessa Ticinese</i>	81	TAL	5:31.20	720	1:16.53	1:21.58	1:39.37	1:13.72
2. Riccio Tiziana	89	LUG	5:36.66	694	1:13.55	1:26.06	1:39.10	1:17.95
3. Lüscher Noemi	90	TAL	5:42.39	668	1:20.56	1:25.37	1:39.71	1:16.75
4. Cattori Eleonora	89	TAL	5:48.53	641	1:21.74	1:34.64	1:33.46	1:18.69
5. Gambetta Rachele	87	SNB	5:50.66	632	1:19.65	1:30.96	1:42.47	1:17.58
6. Rampinini Joyce	91	NUM	5:55.53	611	1:19.02	1:31.94	1:43.71	1:20.86
7. Cassina Tecla	89	BISS	6:05.32	572	1:28.18	1:35.63	1:42.80	1:18.71
8. Crivelli Cora	89	BISS	6:08.39	560	1:27.53	1:38.11	1:40.43	1:22.32
9. Pfister Laurianne	91	SNB	6:13.80	540	1:37.69	1:31.28	1:44.89	1:19.94
10. Alloi Maura	90	BISS	6:33.13	474	1:30.53	1:38.82	1:59.04	1:24.74
11. Botta Evelyne	89	SNB	7:06.56	379	1:43.83	1:49.91	2:01.55	1:31.27

Nr 23 100m Libero Uomini cat. generale
20.06.2004 Limite 1:25.00

Record ticinese 1988 51.75 Bottini Alberto L84
Campione ticinese 2003 55.57 Richard Gaétan ATLA

IPS LC 2003

	Anno	Abbr.	Tempo	Pti.		Anno	Abbr.	Tempo	Pti.
1. Consoli Marco	87	NUM	56.49	764	Campione Ticinese				
Inches Matteo	84	NUM	56.49	764	Campione Ticinese				
3. Czaplicki Patrick	86	TAL	56.70	758	18. Oswald Simone	88	TAL	1:06.78	516
4. Rossi Omar	81	SNB	58.67	704	19. Artari Luca	90	TAL	1:07.18	508
5. De Riz Alan	86	LUG	1:00.84	648	20. Falconi Samuele	90	NUM	1:08.42	484
6. Sestan Andrea	86	TAL	1:01.71	627	21. Carbonetti Marco	91	SNB	1:08.66	480
7. Rezzonico Andrea	88	NUM	1:02.00	620	22. Omodeo David	91	TAL	1:09.34	467
8. Quaceci Fabio	87	NUM	1:02.29	613	23. Cesana Filippo	92	TAL	1:09.87	458
9. Sciagunin Pavel	83	TAL	1:02.67	604	24. Solcà Flavio	90	NUM	1:12.54	414
10. Romini Simone	90	SNB	1:03.03	596	25. Dedé Davide	92	TAL	1:13.16	404
11. Regusci Fabrizio	82	SNB	1:03.54	584	26. Cavalli Stefano	92	TAL	1:14.11	390
12. Urech Frédéric	88	TAL	1:03.61	583	27. Gili Daniele	91	NUM	1:14.54	383
13. Monigatti Alain	86	SNB	1:03.63	582	28. Contestabile Alessandro	91	BISS	1:15.73	366
14. Sirica Fabrizio	89	TAL	1:03.94	575	29. Mozzettini Simone	89	TAL	1:16.65	353
15. Martino Marco	85	NUM	1:05.24	547	30. Falconi Gabriele	91	NUM	1:17.72	339
16. Fera Stefano	90	LUG	1:06.15	528	31. Tessitore Luca	91	TAL	1:20.73	301
17. Cristofalo Andrea	89	SNB	1:06.69	517					

Nr 24
20.06.2004

100m Libero Donne

cat. generale
Limite 1:30.00

Record ticinese 1986 57.88 Späti Sibylle NUM
Campione ticinese 2003 1:01.38 Baccalà Alessia NSL

IPS LC 2003

	AnncAbbr.	Tempo	Pti.					
1. Noccioli Laura	89 BISS	1:00.99	820	Campionessa Ticinese				
2. Baccalà Alessia	86 TAL	1:01.44	809	23. Clerc Pauline	89 BISS	1:13.93	530	
3. Perlini Romina	88 TAL	1:03.27	762	24. Röstli Elisa	90 LUG	1:14.19	525	
4. Martino Stefania	88 NUM	1:05.94	697	25. Truscelli Giulia	92 NUM	1:14.28	524	
5. Sestan Yana	89 TAL	1:06.64	681	26. Pfister Laurianne	91 SNB	1:15.45	503	
6. Tela Federica	87 NUM	1:07.17	669	27. Franconi Vania	91 TAL	1:15.98	494	
7. Silvestro Sara	91 LUG	1:07.58	660	Oswald Anastasia	87 TAL	1:15.98	494	
8. Arslanagic Nadine	89 TAL	1:07.80	655	29. Pietra Prisca	91 TAL	1:16.43	486	
9. Cassina Tecla	89 BISS	1:08.06	649	30. Giuliani Aurora	90 TAL	1:16.44	486	
10. Mazza Claudia	89 TAL	1:08.39	641	31. Botta Evelyne	89 SNB	1:16.96	478	
11. Cattori Eleonora	89 TAL	1:08.54	638	32. Mantelli Alessia	90 SNB	1:17.43	470	
12. Livio Viviane	88 NUM	1:09.14	625	33. Gaffuri Sandra	92 NUM	1:18.25	457	
13. Maiga Benedetta	86 LUG	1:09.16	625	34. Müller Diana	89 TAL	1:19.08	444	
14. Balerna Myriam	92 TAL	1:09.31	622	35. Beffa Petra	92 SNB	1:20.90	418	
15. Mazza Sabrina	91 TAL	1:10.00	607	36. Pesce Raffaella	92 SNB	1:21.11	415	
16. Fusi Stefanie	88 TAL	1:10.39	599	37. Collovà Marina	91 NUM	1:21.71	406	
17. Gambetta Rachele	87 SNB	1:11.33	580	38. Rossi Chiara	92 NUM	1:24.14	374	
18. Müller Sabrina	91 TAL	1:11.81	570	39. Romini Giulia	91 SNB	1:27.64	331	
19. Jenny Siny	88 TAL	1:12.07	565	40. Cesalli Amanda	91 SNB	1:28.81	318	
20. Ferri Annalisa	91 NUM	1:12.93	549	41. Bertola Elena	92 BISS	1:36.79	* 238	
21. Jenny Jennifer	92 TAL	1:13.48	538	42. Rossi Nicla	90 SNB	1:39.10	* 218	
22. Speranca Tatiana	90 TAL	1:13.69	534					

Nr 25
20.06.2004

200m Dorso Uomini

cat. generale
Limite 3:15.00

Record ticinese 2001 2:03.78 Gabrilo Luka ATLA
Campione ticinese 2003 2:18.07 Richard Gaétan ATLA

IPS LC 2003

	Anno.	Abbr.	Tempo	Pti.	100m	200m
1. Ryser Ramon <i>Campione Ticinese</i>	75	SNB	2:20.41	724	1:08.35	1:12.06
2. Consoli Marco	87	NUM	2:23.44	691	1:09.34	1:14.10
3. Milosevic Branko	86	SNB	2:25.89	665	1:12.65	1:13.24
4. Stinca Luca	89	TAL	2:27.68	646	1:12.69	1:14.99
5. Minelli Alain	81	TAL	2:27.82	645	1:12.10	1:15.72
6. Pfister Christian	90	SNB	2:32.63	597	1:14.59	1:18.04
7. Bianchi Eugenio	89	TAL	2:34.04	584	1:15.57	1:18.47
8. Regusci Fabrizio	82	SNB	2:38.31	546	1:16.72	1:21.59
9. Monigatti Alain	86	SNB	2:41.76	516	1:18.44	1:23.32
10. Sestan Andrea	86	TAL	2:51.52	443	1:22.75	1:28.77
11. Cesana Filippo	92	TAL	2:55.93	413	1:25.07	1:30.86

Nr 26 200m Dorso Donne cat. generale
20.06.2004 Limite 3:30.00

Record ticinese 2000 2:18.85 Strasser Chantal ATLA
Campione ticinese 2003 2:34.56 Bennardi Federica LUG

IPS LC 2003

	Anno.	Abbr.	Tempo	Pti.	100m	200m
1. Bennardi Federica <i>Campionessa Ticinese</i>	88	LUG	2:36.02	700	1:15.97	1:20.05
2. Beltrami Elena	81	TAL	2:37.85	682	1:16.86	1:20.99
3. Panzeri Giulia	89	TAL	2:40.08	660	1:17.34	1:22.74
4. Livio Viviane	88	NUM	2:42.50	638	1:20.13	1:22.37
5. Lüscher Noemi	90	TAL	2:46.09	605	1:21.64	1:24.45
6. Arslanagic Nadine	89	TAL	2:52.55	551	1:23.74	1:28.81
7. Müller Sabrina	91	TAL	2:53.12	546	1:26.13	1:26.99
8. Jenny Siny	88	TAL	2:56.63	519	1:25.66	1:30.97
9. Ferri Annalisa	91	NUM	2:56.83	518	1:27.77	1:29.06
10. Pfister Laurianne	91	SNB	2:57.18	515	1:27.46	1:29.72
11. Rösti Elisa	90	LUG	3:01.23	486	1:28.29	1:32.94
12. Speranca Tatiana	90	TAL	3:05.13	459	1:31.83	1:33.30
13. Speranca Daniela	92	TAL	3:08.57	437	1:32.60	1:35.97
14. Müller Diana	89	TAL	3:10.31	426	1:34.60	1:35.71
15. Preti Barbara	91	NUM	3:11.56	419	1:32.10	1:39.46
16. Truscelli Giulia	92	NUM	3:18.36	380	1:35.72	1:42.64

Nr 27 50m Delfino Uomini cat. generale
20.06.2004 Limite 50.00

Record ticinese 2000 26.13 Gabrilo Luka FTL
Campione ticinese 2003 26.64 Reber Christian NSL

IPS LC 2003

	Anno	Abbr.	Tempo	Pti.		Anno	Abbr.	Tempo	Pti.
1. Reber Christian	86	TAL	25.95	854	Campione Ticinese e Nuovo Record Ticinese				
2. Czaplicki Patrick	86	TAL	27.69	752	14. Oswald Simone	88	TAL	33.03	495
3. Inches Matteo	84	NUM	28.35	715	15. Romini Simone	90	SNB	33.13	491
4. Sirica Fabrizio	89	TAL	28.97	682	16. Urech Frédéric	88	TAL	33.32	483
5. Rossi Omar	81	SNB	29.32	663	17. Cristofalo Andrea	89	SNB	33.85	464
6. Bianchi Eugenio	89	TAL	29.42	658	18. Cesana Filippo	92	TAL	35.81	398
7. Stinca Luca	89	TAL	30.31	613	19. Cavalli Stefano	92	TAL	38.78	314
8. Quaceci Fabio	87	NUM	30.43	607	20. Contestabile Alessandro	91	BISS	38.97	309
9. Sciagunin Pavel	83	TAL	30.61	599	21. Omodeo David	91	TAL	39.31	301
10. Anderlind Nils	91	LUG	31.80	545	22. Falconi Gabriele	91	NUM	40.70	268
11. Pellanda Simone	91	TAL	32.54	514	23. Tessitore Luca	91	TAL	41.98	240
12. Fera Stefano	90	LUG	32.55	514	squal. Dedé Davide	92	TAL	42.13	
13. Colombo Simone	89	TAL	32.94	498					

Nr 28 50m Delfino Donne cat. generale
20.06.2004 Limite 51.00

Record ticinese 2002 28.24 Ranieri Veronica NUM
Campione ticinese 2003 31.09 Baccalà Lüscher NSL

IPS LC 2003

	AnncAbbr.	Tempo	Pti.					
1. Baccalà Alessia	86 TAL	31.12	715	Campionessa Ticinese				
2. Riccio Tiziana	89 LUG	31.70	686	14. Balerna Myriam	92 TAL	37.95	438	
3. Perlini Romina	88 TAL	31.77	683	15. Giuliani Aurora	90 TAL	38.46	422	
4. Noccioli Laura	89 BISS	33.44	606	16. Jenny Jennifer	92 TAL	38.96	408	
5. Sestan Yana	89 TAL	34.13	576	17. Clerc Pauline	89 BISS	39.51	392	
6. Mazza Sabrina	91 TAL	34.62	556	18. Botta Evelyne	89 SNB	40.70	360	
7. Alloi Maura	90 BISS	35.10	537	19. Franconi Vania	91 TAL	41.02	352	
8. Cattori Eleonora	89 TAL	35.48	523	20. Speranca Daniela	92 TAL	41.52	339	
9. Oswald Anastasia	87 TAL	35.57	520	21. Pietra Prisca	91 TAL	41.74	334	
10. Silvestro Sara	91 LUG	35.64	517	22. Mantelli Alessia	90 SNB	41.90	330	
11. Panzeri Giulia	89 TAL	36.18	497	23. Gaffuri Sandra	92 NUM	43.35	296	
12. Fusi Stefanie	88 TAL	36.79	476	24. Beffa Petra	92 SNB	44.27	277	
13. Crivelli Cora	89 BISS	36.95	471	25. Bertola Elena	92 BISS	51.78	* 144	

Nr 29 4 x 100m Mista Uomini cat. generale
20.06.2004 Nessun limite

Record ticinese 2004 3:57.33 Team Atlantide&Locarno TAL
Campione ticinese 2003 4:24.46 Atlantide ATLA

IPS LC 2003

	Abbr.	Tempo	Pti.					
1. Team Atlantide & Locarno 1	TAL	4:21.30	705	Campione Ticinese				
2. Società Nuoto Bellinzona 1	SNB	4:28.22	665	5. Società Nuoto Bellinzona 2	SNB	4:45.45	573	
3. Mendrisiotto-Nuoto 1	NUM	4:31.47	647	6. Team Atlantide & Locarno 3	TAL	4:55.15	527	
4. Team Atlantide & Locarno 2	TAL	4:37.11	616	7. Società Nuoto Bellinzona 3	SNB	5:14.21	447	

Nr 30 4 x 100m Mista Donne cat. generale
20.06.2004 Nessun limite

Record ticinese 2000 4:24.44 Atlantide ATLA
Campione ticinese 2003 4:47.53 Nuoto Sport Locarno NSL

IPS LC 2003

	Abbr.	Tempo	Pti.					
1. Team Atlantide & Locarno 1	TAL	4:56.49	681	Campionessa Ticinese				
2. Lugano Nuoto Pallanuoto Sincro	LUG	4:59.90	663	6. Team Atlantide & Locarno 3	TAL	5:27.18	537	
3. Mendrisiotto-Nuoto 1	NUM	5:00.31	661	7. Società Nuoto Bellinzona 1	SNB	5:36.60	499	
4. Team Atlantide & Locarno 2	TAL	5:06.31	631	8. Società Nuoto Bellinzona 2	SNB	6:42.87	299	
5. Pallanuoto Bissone 1	BISS	5:10.70	610					

Nr 31 200m Libero Uomini cat. generale
20.06.2004 Limite 2:55.00

Record ticinese 1988 1:51.45 Bottini Alberto L84
Campione ticinese 2003 1:59.72 Richard Gaétan ATLA

IPS LC 2003

	Anno.	Abbr.	Tempo	Pti.	100m	200m
1. Reber Christian <i>Campione Ticinese</i>	86	TAL	2:01.51	793	59.21	1:02.30
2. Milosevic Branko	86	SNB	2:09.48	694	59.73	1:09.75
3. Sestan Andrea	86	TAL	2:10.30	684	1:01.44	1:08.86
4. Stinca Luca	89	TAL	2:11.10	674	1:04.43	1:06.67
5. Bianchi Eugenio	89	TAL	2:11.25	673	1:05.50	1:05.75
6. Quaceci Fabio	87	NUM	2:14.22	639	1:05.05	1:09.17
7. De Riz Alan	86	LUG	2:15.79	621	1:04.90	1:10.89
8. Vio Nicolò	90	LUG	2:17.37	604	1:05.90	1:11.47
9. Pfister Christian	90	SNB	2:18.42	593	1:07.07	1:11.35
10. Colombo Simone	89	TAL	2:20.02	577	1:08.43	1:11.59
11. Ghiani Daniele	87	SNB	2:20.82	569	1:07.74	1:13.08
12. Urech Frédéric	88	TAL	2:21.31	564	1:08.78	1:12.53
13. Regusci Fabrizio	82	SNB	2:21.97	557	1:09.03	1:12.94
14. Silvan Michele	82	SNB	2:22.17	555	1:09.03	1:13.14
15. Artari Luca	90	TAL	2:22.75	550	1:10.46	1:12.29
16. Consoli Marco	87	NUM	2:25.19	527	1:09.43	1:15.76
17. Falconi Samuele	90	NUM	2:25.22	526	1:11.16	1:14.06
18. Sirica Fabrizio	89	TAL	2:26.09	518	1:10.26	1:15.83
19. Anderlind Nils	91	LUG	2:26.54	514	1:10.34	1:16.20
20. Carbonetti Marco	91	SNB	2:28.67	495	1:12.51	1:16.16
21. Dedé Davide	92	TAL	2:30.94	476	1:14.29	1:16.65
22. Fera Stefano	90	LUG	2:35.01	444	1:12.48	1:22.53
23. Omodeo David	91	TAL	2:38.16	420	1:16.87	1:21.29
24. Cavalli Stefano	92	TAL	2:41.70	395	1:20.12	1:21.58
25. Falconi Gabriele	91	NUM	2:47.03	360	1:19.55	1:27.48
26. Mozzettini Simone	89	TAL	2:49.46	345	1:23.53	1:25.93
27. Tessitore Luca	91	TAL	3:01.31	* 278	1:24.88	1:36.43

Nr 32 200m Libero Donne cat. generale
20.06.2004 Limite 3:10.00

Record ticinese 2003 2:03.25 Strasser Chantal ATLA
Campione ticinese 2003 2:12.77 Baccalà Alessia NSL

IPS LC 2003

	Anno.	Abbr.	Tempo	Pti.	100m	200m
1. Baccalà Alessia <i>Campionessa Ticinese</i>	86	TAL	2:13.83	801	1:05.74	1:08.09
2. Perlini Romina	88	TAL	2:14.76	790	1:06.47	1:08.29
3. Noccioli Laura	89	BISS	2:14.99	787	1:04.83	1:10.16
4. Bennardi Federica	88	LUG	2:20.27	727	1:07.40	1:12.87
5. Sestan Yana	89	TAL	2:22.37	703	1:11.14	1:11.23
6. Tela Federica	87	NUM	2:26.03	664	1:09.96	1:16.07
7. Cassina Tecla	89	BISS	2:26.90	655	1:12.64	1:14.26
8. Silvestro Sara	91	LUG	2:27.36	650	1:11.77	1:15.59
9. Martino Stefania	88	NUM	2:27.55	648	1:11.13	1:16.42
10. Rampinini Joyce	91	NUM	2:27.67	647	1:12.60	1:15.07
11. Mazza Claudia	89	TAL	2:29.84	625	1:10.71	1:19.13
12. Arslanagic Nadine	89	TAL	2:30.59	618	1:13.44	1:17.15

Continuazione nr. 32 200m Libero Donne cat. generale

	Anno.	Abbr.	Tempo	Pti.	100m	200m			
13.	Ferri	Annalisa	91	NUM	2:30.65	617	1:13.20	1:17.45	
14.	Alloi	Maura	90	BISS	2:33.42	591	1:15.19	1:18.23	
15.	Jenny	Siny	88	TAL	2:33.84	587	1:15.58	1:18.26	
16.	Gambetta	Rachele	87	SNB	2:34.00	585	1:15.71	1:18.29	
17.	Pfister	Laurianne	91	SNB	2:34.98	576	1:16.14	1:18.84	
18.	Clerc	Pauline	89	BISS	2:35.95	567	1:15.02	1:20.93	
19.	Mazza	Sabrina	91	TAL	2:36.75	560	1:13.87	1:22.88	
20.	Rösti	Elisa	90	LUG	2:38.12	548	1:16.96	1:21.16	
21.	Jenny	Jennifer	92	TAL	2:39.84	533	1:16.73	1:23.11	
22.	Giuliani	Aurora	90	TAL	2:44.49	496	1:18.91	1:25.58	
23.	Botta	Evelyne	89	SNB	2:47.77	470	1:21.66	1:26.11	
24.	Mantelli	Alessia	90	SNB	2:52.03	440	1:21.32	1:30.71	
25.	Beffa	Petra	92	SNB	2:59.74	390	1:27.22	1:32.52	
26.	Pesce	Raffaella	92	SNB	3:01.95	376	1:29.54	1:32.41	
27.	Cesalli	Amanda	91	SNB	3:10.05	*	331	1:31.35	1:38.70
28.	Romini	Giulia	91	SNB	3:11.44	*	323	1:31.44	1:40.00
29.	Rossi	Nicla	90	SNB	3:40.57	*	195	1:43.85	1:56.72

Nr 33 50m Dorso Uomini cat. generale
20.06.2004 Limite 47.00

Record ticinese	2004	27.60	Gabrilo Luka	TAL
Campione ticinese	2003	30.27	Ryser Ramon	SNB

IPS LC 2003

AnncAbbr.	Tempo	Pti.					
1. Ryser Ramon	75	SNB	30.09	724	Campione Ticinese		
2. Consoli Marco	87	NUM	30.65	695	7. Fera Stefano	90	LUG 37.57 417
3. Stinca Luca	89	TAL	32.55	604	8. Romini Simone	90	SNB 38.11 401
4. Vio Nicolò	90	LUG	33.92	546	9. Contestabile Alessandro	91	BISS 40.72 330
5. Cristofalo Andrea	89	SNB	36.29	458	10. Cavalli Stefano	92	TAL 41.66 307
6. Anderlind Nils	91	LUG	36.64	446			

Nr 34 50m Dorso Donne cat. generale
20.06.2004 Limite 48.00

Record ticinese	2000	30.63	Gabrilo Ivana	FTL
Campione ticinese	2003	33.10	Livio Viviane	NUM

IPS LC 2003

AnncAbbr.	Tempo	Pti.					
1. Bennardi Federica	88	LUG	33.93	728	Campionessa Ticinese		
2. Nocchioli Laura	89	BISS	33.98	725	15. Jenny Jennifer	92	TAL 39.54 505
3. Livio Viviane	88	NUM	34.15	718	16. Mazza Claudia	89	TAL 39.76 497
4. Beltrami Elena	81	TAL	34.75	690	17. Alloi Maura	90	BISS 39.95 491
5. Panzeri Giulia	89	TAL	35.07	676	18. Crivelli Cora	89	BISS 40.34 479
6. Martino Stefania	88	NUM	35.91	640	19. Franconi Vania	91	TAL 40.61 471
7. Balerna Myriam	92	TAL	36.09	633	20. Müller Diana	89	TAL 40.87 463
8. Lüscher Noemi	90	TAL	37.26	586	21. Preti Barbara	91	NUM 40.99 459
9. Oswald Anastasia	87	TAL	37.98	559	22. Speranca Tatiana	90	TAL 41.09 456
10. Sestan Yana	89	TAL	38.60	537	23. Speranca Daniela	92	TAL 42.00 430
11. Mazza Sabrina	91	TAL	38.72	532	24. Truscelli Giulia	92	NUM 42.40 419
12. Müller Sabrina	91	TAL	38.74	532	25. Rossi Chiara	92	NUM 43.13 399
13. Ferri Annalisa	91	NUM	39.39	510	26. Clerc Pauline	89	BISS 43.58 388
14. Rösti Elisa	90	LUG	39.48	507	27. Bertola Elena	92	BISS 48.83 * 273

Nr 35 100m Rana Uomini cat. generale
20.06.2004 Limite 1:45.00

Record ticinese 1994 1:04.09 Minonne Marco NUM
Campione ticinese 2003 1:10.60 Minelli Alain ATLA

IPS LC 2003

	AnncAbbr.	Tempo	Pti.					
1. Reber Christian	86 TAL	1:08.57	809	campione ticinese				
2. Minelli Alain	81 TAL	1:08.64	807	12. Mozzettini Simone	89 TAL	1:28.93	435	
3. Czaplicki Patrick	86 TAL	1:12.90	712	13. Romini Simone	90 SNB	1:29.52	428	
4. Rossi Omar	81 SNB	1:14.31	683	14. Barone Gabriele	91 NUM	1:30.47	415	
5. Pellanda Simone	91 TAL	1:15.00	668	15. Solcà Flavio	90 NUM	1:31.00	409	
6. Sciagunin Pavel	83 TAL	1:16.43	640	16. Cesana Filippo	92 TAL	1:31.69	400	
7. Ghiani Daniele	87 SNB	1:17.56	618	Gili Daniele	91 NUM	1:31.69	400	
8. Oswald Simone	88 TAL	1:20.55	563	18. Cristofalo Andrea	89 SNB	1:33.22	382	
9. Urech Frédéric	88 TAL	1:21.57	546	19. Tessitore Luca	91 TAL	1:35.14	360	
10. Silvan Michele	82 SNB	1:24.78	494	20. Contestabile Alessandro	91 BISS	1:40.37	306	
11. Artari Luca	90 TAL	1:25.38	485	21. Dedé Davide	92 TAL	1:41.59	294	

Nr 36 100m Rana Donne cat. generale
20.06.2004 Limite 1:50.00

Record ticinese 2000 1:12.40 Czaplicki Agata ATLA
Campione ticinese 2003 1:21.15 Fusi Stefanie ATLA

IPS LC 2003

	AnncAbbr.	Tempo	Pti.					
1. Baccalà Alessia	86 TAL	1:21.36	707	campionessa ticinese				
2. Fusi Stefanie	88 TAL	1:22.39	687	12. Beffa Petra	92 SNB	1:38.06	446	
3. Cattori Eleonora	89 TAL	1:23.16	673	13. Speranca Daniela	92 TAL	1:38.33	442	
4. Arslanagic Nadine	89 TAL	1:25.71	627	14. Giuliani Aurora	90 TAL	1:41.57	405	
5. Maiga Benedetta	86 LUG	1:26.12	620	15. Cesalli Amanda	91 SNB	1:41.74	403	
6. Crivelli Cora	89 BISS	1:28.15	586	16. Pesce Raffaella	92 SNB	1:46.02	358	
7. Tela Federica	87 NUM	1:29.71	561	17. Collovà Marina	91 NUM	1:47.11	347	
8. Müller Sabrina	91 TAL	1:29.77	560	18. Romini Giulia	91 SNB	1:47.20	346	
9. Müller Diana	89 TAL	1:30.84	544	19. Rossi Nicla	90 SNB	1:50.29	* 318	
10. Speranca Tatiana	90 TAL	1:32.99	512	20. Rossi Chiara	92 NUM	1:50.36	* 317	
11. Pietra Prisca	91 TAL	1:33.35	507	21. Bertola Elena	92 BISS	1:56.00	* 269	

Nr 37 1500m Libero Uomini cat. generale
20.06.2004 Limite 24:00.00

Record ticinese 2000 15:41.61 Janshon Nils-Ole ATLA
Campione ticinese 2003 17:27.13 Richard Gaétan ATLA

IPS LC 2003

	Anno.	Abbr.	Tempo	Pti.
1. Milosevic Branko	86	SNB	17:16.92	768
<i>campione ticinese</i>				
100m:	1:04.53	1:04.53	500m:	5:44.14 1:10.68
200m:	2:12.68	1:08.15	600m:	6:54.68 1:10.54
300m:	3:22.64	1:09.96	700m:	8:05.31 1:10.63
400m:	4:33.46	1:10.82	800m:	9:16.95 1:11.64
			900m:	10:27.34 1:10.39
			1000m:	11:36.90 1:09.56
			1100m:	12:44.93 1:08.03
			1200m:	13:52.30 1:07.37
			1300m:	15:03.00 1:10.70
			1400m:	16:14.25 1:11.25
			1500m:	17:16.92 1:02.67

Continuazione nr. 37 1500m Libero Uomini cat. generale

	Anno.	Abbr.	Tempo	Pti.
2. Rezzonico Andrea	88	NUM	17:31.57	746
100m: 1:07.47 1:07.47	500m: 5:55.56 1:11.42	900m: 10:34.06 1:08.64	1300m: 15:12.69 1:10.03	
200m: 2:20.04 1:12.57	600m: 7:06.92 1:11.36	1000m: 11:43.23 1:09.17	1400m: 16:23.05 1:10.36	
300m: 3:32.85 1:12.81	700m: 8:16.67 1:09.75	1100m: 12:52.51 1:09.28	1500m: 17:31.57 1:08.52	
400m: 4:44.14 1:11.29	800m: 9:25.42 1:08.75	1200m: 14:02.66 1:10.15		
3. Ryser Ramon	75	SNB	17:41.54	731
100m: 1:06.23 1:06.23	500m: 5:49.29 1:11.03	900m: 10:34.01 1:10.76	1300m: 15:18.87 1:11.09	
200m: 2:16.62 1:10.39	600m: 7:00.96 1:11.67	1000m: 11:45.09 1:11.08	1400m: 16:30.29 1:11.42	
300m: 3:27.43 1:10.81	700m: 8:11.88 1:10.92	1100m: 12:56.54 1:11.45	1500m: 17:41.54 1:11.25	
400m: 4:38.26 1:10.83	800m: 9:23.25 1:11.37	1200m: 14:07.78 1:11.24		
4. Bianchi Eugenio	89	TAL	17:46.46	724
100m: 1:08.41 1:08.41	500m: 5:55.28 1:11.81	900m: 10:39.08 1:10.63	1300m: 15:26.01 1:11.65	
200m: 2:20.27 1:11.86	600m: 7:07.14 1:11.86	1000m: 11:51.22 1:12.14	1400m: 16:37.61 1:11.60	
300m: 3:31.89 1:11.62	700m: 8:18.13 1:10.99	1100m: 13:02.92 1:11.70	1500m: 17:46.46 1:08.85	
400m: 4:43.47 1:11.58	800m: 9:28.45 1:10.32	1200m: 14:14.36 1:11.44		
5. Nastic Igor	78	SNB	18:20.48	675
100m: 1:08.05 1:08.05	500m: 5:59.44 1:13.12	900m: 10:53.19 1:13.62	1300m: 15:51.20 1:14.46	
200m: 2:20.31 1:12.26	600m: 7:13.10 1:13.66	1000m: 12:07.17 1:13.98	1400m: 17:06.18 1:14.98	
300m: 3:32.82 1:12.51	700m: 8:26.05 1:12.95	1100m: 13:21.59 1:14.42	1500m: 18:20.48 1:14.30	
400m: 4:46.32 1:13.50	800m: 9:39.57 1:13.52	1200m: 14:36.74 1:15.15		
6. Pfister Christian	90	SNB	18:28.36	664
100m: 1:09.46 1:09.46	500m: 6:07.35 1:14.12	900m: 11:05.36 1:14.46	1300m: 16:02.38 1:14.71	
200m: 2:24.51 1:15.05	600m: 7:21.95 1:14.60	1000m: 12:19.45 1:14.09	1400m: 17:15.85 1:13.47	
300m: 3:39.12 1:14.61	700m: 8:36.52 1:14.57	1100m: 13:33.12 1:13.67	1500m: 18:28.36 1:12.51	
400m: 4:53.23 1:14.11	800m: 9:50.90 1:14.38	1200m: 14:47.67 1:14.55		
7. Silvan Michele	82	SNB	18:42.20	645
100m: 1:10.25 1:10.25	500m: 6:10.59 1:15.23	900m: 11:12.79 1:15.80	1300m: 16:13.08 1:14.92	
200m: 2:25.11 1:14.86	600m: 7:26.01 1:15.42	1000m: 12:27.95 1:15.16	1400m: 17:27.88 1:14.80	
300m: 3:40.23 1:15.12	700m: 8:41.47 1:15.46	1100m: 13:43.16 1:15.21	1500m: 18:42.20 1:14.32	
400m: 4:55.36 1:15.13	800m: 9:56.99 1:15.52	1200m: 14:58.16 1:15.00		
8. Colombo Simone	89	TAL	19:06.92	612
100m: 1:09.86 1:09.86	500m: 6:14.60 1:17.71	900m: 11:24.37 1:17.44	1300m: 16:35.60 1:18.17	
200m: 2:25.19 1:15.33	600m: 7:31.97 1:17.37	1000m: 12:42.34 1:17.97	1400m: 17:53.22 1:17.62	
300m: 3:40.47 1:15.28	700m: 8:49.30 1:17.33	1100m: 13:59.59 1:17.25	1500m: 19:06.92 1:13.70	
400m: 4:56.89 1:16.42	800m: 10:06.93 1:17.63	1200m: 15:17.43 1:17.84		
9. Ghiani Daniele	87	SNB	19:10.51	608
100m: 1:08.90 1:08.90	500m: 6:12.48 1:17.30	900m: 11:25.37 1:18.37	1300m: 16:38.48 1:17.88	
200m: 2:23.07 1:14.17	600m: 7:30.83 1:18.35	1000m: 12:44.43 1:19.06	1400m: 17:54.82 1:16.34	
300m: 3:38.85 1:15.78	700m: 8:48.56 1:17.73	1100m: 14:02.81 1:18.38	1500m: 19:10.51 1:15.69	
400m: 4:55.18 1:16.33	800m: 10:07.00 1:18.44	1200m: 15:20.60 1:17.79		
10. Sestan Andrea	86	TAL	19:19.63	596
100m: 1:08.55 1:08.55	500m: 6:13.89 1:17.54	900m: 11:26.80 1:18.22	1300m: 16:42.73 1:18.86	
200m: 2:23.14 1:14.59	600m: 7:31.78 1:17.89	1000m: 12:45.36 1:18.56	1400m: 18:01.70 1:18.97	
300m: 3:38.98 1:15.84	700m: 8:50.22 1:18.44	1100m: 14:04.47 1:19.11	1500m: 19:19.63 1:17.93	
400m: 4:56.35 1:17.37	800m: 10:08.58 1:18.36	1200m: 15:23.87 1:19.40		
11. Carbonetti Marco	91	SNB	20:22.47	523
100m: 1:15.59 1:15.59	500m: 6:44.64 1:22.55	900m: 12:18.28 1:23.17	1300m: 17:46.24 1:21.19	
200m: 2:37.39 1:21.80	600m: 8:08.25 1:23.61	1000m: 13:40.35 1:22.07	1400m: 19:05.51 1:19.27	
300m: 3:59.46 1:22.07	700m: 9:31.35 1:23.10	1100m: 15:02.88 1:22.53	1500m: 20:22.47 1:16.96	
400m: 5:22.09 1:22.63	800m: 10:55.11 1:23.76	1200m: 16:25.05 1:22.17		

Continuazione nr. 37 1500m Libero Uomini cat. generale

	Anno.	Abbr.	Tempo	Pti.
12. Dedé Davide	92	TAL	21:46.71	439
100m: 1:18.51 1:18.51	500m: 6:59.64 1:27.39	900m: 12:52.36 1:29.90	1300m: 18:53.07 1:28.70	
200m: 2:42.30 1:23.79	600m: 8:26.75 1:27.11	1000m: 14:23.25 1:30.89	1400m: 20:22.10 1:29.03	
300m: 4:06.54 1:24.24	700m: 9:54.94 1:28.19	1100m: 15:54.19 1:30.94	1500m: 21:46.71 1:24.61	
400m: 5:32.25 1:25.71	800m: 11:22.46 1:27.52	1200m: 17:24.37 1:30.18		

Nr 38 800m Libero Donne cat. generale
20.06.2004 Limite 13:15.00

Record ticinese	1999	8:25.91	Rigamonti Flavia	ATLA
Campione ticinese	2003	9:37.69	Toneatti Daniela	ATLA

IPS LC 2003

	Anno.	Abbr.	Tempo	Pti.
1. Perlini Romina <i>campione ticinese</i>	88	TAL	9:48.83	755
100m: 1:08.64 1:08.64	300m: 3:36.80 1:14.54	500m: 6:06.37 1:14.91	700m: 8:35.89 1:14.55	
200m: 2:22.26 1:13.62	400m: 4:51.46 1:14.66	600m: 7:21.34 1:14.97	800m: 9:48.83 1:12.94	
2. Panzeri Giulia	89	TAL	10:01.32	722
100m: 1:11.49 1:11.49	300m: 3:44.18 1:15.75	500m: 6:15.36 1:16.16	700m: 8:47.61 1:16.38	
200m: 2:28.43 1:16.94	400m: 4:59.20 1:15.02	600m: 7:31.23 1:15.87	800m: 10:01.32 1:13.71	
3. Lüscher Noemi	90	TAL	10:04.01	715
100m: 1:12.72 1:12.72	300m: 3:44.12 1:15.70	500m: 6:16.60 1:16.47	700m: 8:49.62 1:16.34	
200m: 2:28.42 1:15.70	400m: 5:00.13 1:16.01	600m: 7:33.28 1:16.68	800m: 10:04.01 1:14.39	
4. Maiga Benedetta	86	LUG	10:20.89	672
100m: 1:12.70 1:12.70	300m: 3:49.30 1:18.41	500m: 6:25.86 1:17.63	700m: 9:03.60 1:18.57	
200m: 2:30.89 1:18.19	400m: 5:08.23 1:18.93	600m: 7:45.03 1:19.17	800m: 10:20.89 1:17.29	
5. Cassina Tecla	89	BISS	10:27.17	657
100m: 1:16.31 1:16.31	300m: 3:53.74 1:18.64	500m: 6:30.79 1:18.72	700m: 9:09.53 1:19.49	
200m: 2:35.10 1:18.79	400m: 5:12.07 1:18.33	600m: 7:50.04 1:19.25	800m: 10:27.17 1:17.64	
6. Gambetta Rachele	87	SNB	10:45.14	614
100m: 1:16.28 1:16.28	300m: 4:00.19 1:21.81	500m: 6:42.55 1:20.66	700m: 9:26.98 1:22.13	
200m: 2:38.38 1:22.10	400m: 5:21.89 1:21.70	600m: 8:04.85 1:22.30	800m: 10:45.14 1:18.16	
7. Pfister Laurianne	91	SNB	10:48.94	606
100m: 1:18.52 1:18.52	300m: 4:02.24 1:21.99	500m: 6:46.59 1:22.05	700m: 9:30.03 1:21.27	
200m: 2:40.25 1:21.73	400m: 5:24.54 1:22.30	600m: 8:08.76 1:22.17	800m: 10:48.94 1:18.91	
8. Jenny Siny	88	TAL	11:20.92	538
100m: 1:16.78 1:16.78	300m: 4:07.54 1:26.88	500m: 6:59.95 1:26.18	700m: 9:55.34 1:27.58	
200m: 2:40.66 1:23.88	400m: 5:33.77 1:26.23	600m: 8:27.76 1:27.81	800m: 11:20.92 1:25.58	
9. Franconi Vania	91	TAL	11:40.41	500
100m: 1:22.27 1:22.27	300m: 4:18.56 1:28.99	500m: 7:18.31 1:29.90	700m: 10:14.36 1:26.73	
200m: 2:49.57 1:27.30	400m: 5:48.41 1:29.85	600m: 8:47.63 1:29.32	800m: 11:40.41 1:26.05	
10. Botta Evelyne	89	SNB	11:56.09	472
100m: 1:21.95 1:21.95	300m: 4:21.18 1:30.05	500m: 7:24.97 1:32.01	700m: 10:27.85 1:31.23	
200m: 2:51.13 1:29.18	400m: 5:52.96 1:31.78	600m: 8:56.62 1:31.65	800m: 11:56.09 1:28.24	
11. Mantelli Alessia	90	SNB	12:25.79	423
100m: 1:22.84 1:22.84	300m: 4:26.04 1:33.67	500m: 7:40.42 1:37.12	700m: 10:53.94 1:36.61	
200m: 2:52.37 1:29.53	400m: 6:03.30 1:37.26	600m: 9:17.33 1:36.91	800m: 12:25.79 1:31.85	
12. Pesce Raffaella	92	SNB	13:40.03 *	321
100m: 1:32.25 1:32.25	300m: 5:02.65 1:46.31	500m: 8:32.55 1:45.36	700m: 11:59.10 1:42.61	
200m: 3:16.34 1:44.09	400m: 6:47.19 1:44.54	600m: 10:16.49 1:43.94	800m: 13:40.03 1:40.93	

Nr 39 5 x 50m Libero Uomini cat. generale
20.06.2004 Nessun limite

Record ticinese	1996	2:08.28	Società Nuoto Lugano	SNL
Campione ticinese	2003	2:11.06	Atlantide	ATLA

IPS LC 2003

	Abbr.	Tempo	Pti.			
1. Team Atlantide & Locarno 1	TAL	2:09.63		campioni ticinesi		
2. Società Nuoto Bellinzona 1	SNB	2:16.64		4. Team Atlantide & Locarno 3	TAL	2:34.56
3. Team Atlantide & Locarno 2	TAL	2:22.25		5. Società Nuoto Bellinzona 2	SNB	2:35.86

Nr 40 4 x 50m Libero Donne cat. generale
20.06.2004 Nessun limite

Record ticinese	1997	1:56.45	Atlantide	ATLA
Campione ticinese	2003	1:58.06	Nuoto Sport Locarno	NSL

IPS LC 2003

	Abbr.	Tempo	Pti.				
1. Team Atlantide & Locarno 1	TAL	1:58.76	682	campionesse ticinesi			
2. Team Atlantide & Locarno 2	TAL	2:00.94	654	6. Team Atlantide & Locarno 3	TAL	2:05.61	598
3. Mendrisiotto-Nuoto 1	NUM	2:01.81	643	7. Team Atlantide & Locarno 4	TAL	2:11.84	530
4. Pallanuoto Bissone 1	BISS	2:01.90	642	8. Società Nuoto Bellinzona 1	SNB	2:12.30	525
5. Lugano Nuoto Pallanuoto SincroLUG		2:05.56	598	9. Società Nuoto Bellinzona 2	SNB	2:35.23	338