

SM 5KM (pool) - CS 5km (pool)  
Bellinzona, 23.5.2009

gara 1  
23.5.09

Donne, 5000m Stile Libero

14 anni e più vecchi  
Lista resulti

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

Pointi: FINA 2008

Rango			An			Tempo	Pt.	
1.	Swann OBERSON		86	Natation Sportive Genève		<b>57:38.00</b>	784	
	<i>Campionessa svizzera sui 5 km</i>							
	100m: 1:06.70	1:06.70	1400m: 16:15.55	1:09.91	2700m: 31:25.18	1:09.92	4000m: 46:21.16	1:09.60
	200m: 2:16.56	1:09.86	1500m: 17:25.39	1:09.84	2800m: 32:35.05	1:09.87	4100m: 47:29.81	1:08.65
	300m: 3:26.79	1:10.23	1600m: 18:35.36	1:09.97	2900m: 33:45.02	1:09.97	4200m: 48:37.87	1:08.06
	400m: 4:36.83	1:10.04	1700m: 19:45.07	1:09.71	3000m: 34:53.97	1:08.95	4300m: 49:46.22	1:08.35
	500m: 5:47.12	1:10.29	1800m: 20:54.96	1:09.89	3100m: 36:00.77	1:06.80	4400m: 50:53.23	1:07.01
	600m: 6:56.83	1:09.71	1900m: 22:05.06	1:10.10	3200m: 37:08.14	1:07.37	4500m: 51:59.10	1:05.87
	700m: 8:06.49	1:09.66	2000m: 23:15.29	1:10.23	3300m: 38:16.38	1:08.24	4600m: 53:06.10	1:07.00
	800m: 9:16.42	1:09.93	2100m: 24:25.22	1:09.93	3400m: 39:24.91	1:08.53	4700m: 54:14.17	1:08.07
	900m: 10:26.25	1:09.83	2200m: 25:35.54	1:10.32	3500m: 40:33.94	1:09.03	4800m: 55:22.83	1:08.66
	1000m: 11:36.35	1:10.10	2300m: 26:45.70	1:10.16	3600m: 41:42.58	1:08.64	4900m: 56:30.99	1:08.16
	1100m: 12:46.03	1:09.68	2400m: 27:55.78	1:10.08	3700m: 42:52.39	1:09.81	5000m: 57:38.00	1:07.01
	1200m: 13:55.58	1:09.55	2500m: 29:05.81	1:10.03	3800m: 44:01.73	1:09.34		
	1300m: 15:05.64	1:10.06	2600m: 30:15.26	1:09.45	3900m: 45:11.56	1:09.83		
2.	Iris MATTHEY		88	Lancy-Natation		<b>57:41.43</b>	782	
	100m: 1:06.67	1:06.67	1400m: 16:15.61	1:10.01	2700m: 31:25.27	1:10.00	4000m: 46:20.87	1:09.37
	200m: 2:16.56	1:09.89	1500m: 17:25.39	1:09.78	2800m: 32:35.09	1:09.82	4100m: 47:29.54	1:08.67
	300m: 3:26.71	1:10.15	1600m: 18:35.24	1:09.85	2900m: 33:44.95	1:09.86	4200m: 48:37.74	1:08.20
	400m: 4:36.90	1:10.19	1700m: 19:45.10	1:09.86	3000m: 34:53.88	1:08.93	4300m: 49:46.12	1:08.38
	500m: 5:47.06	1:10.16	1800m: 20:55.01	1:09.91	3100m: 36:00.15	1:06.27	4400m: 50:54.00	1:07.88
	600m: 6:56.77	1:09.71	1900m: 22:04.99	1:09.98	3200m: 37:08.08	1:07.93	4500m: 52:01.36	1:07.36
	700m: 8:06.54	1:09.77	2000m: 23:15.24	1:10.25	3300m: 38:16.41	1:08.33	4600m: 53:09.96	1:08.60
	800m: 9:16.56	1:10.02	2100m: 24:25.27	1:10.03	3400m: 39:24.90	1:08.49	4700m: 54:19.18	1:09.22
	900m: 10:26.13	1:09.57	2200m: 25:35.42	1:10.15	3500m: 40:33.69	1:08.79	4800m: 55:27.68	1:08.50
	1000m: 11:36.23	1:10.10	2300m: 26:45.57	1:10.15	3600m: 41:42.66	1:08.97	4900m: 56:36.15	1:08.47
	1100m: 12:45.82	1:09.59	2400m: 27:55.76	1:10.19	3700m: 42:52.28	1:09.62	5000m: 57:41.43	1:05.28
	1200m: 13:55.50	1:09.68	2500m: 29:05.82	1:10.06	3800m: 44:01.74	1:09.46		
	1300m: 15:05.60	1:10.10	2600m: 30:15.27	1:09.45	3900m: 45:11.50	1:09.76		
3.	Susanne KELLER		80	Limmat Sharks Zürich		<b>1:00:22.38</b>	682	
	100m: 1:08.75	1:08.75	1400m: 16:43.30	1:12.20	2700m: 32:21.13	1:12.94	4000m: 48:09.87	1:13.52
	200m: 2:20.16	1:11.41	1500m: 17:54.99	1:11.69	2800m: 33:33.74	1:12.61	4100m: 49:23.34	1:13.47
	300m: 3:31.93	1:11.77	1600m: 19:07.12	1:12.13	2900m: 34:46.54	1:12.80	4200m: 50:36.76	1:13.42
	400m: 4:44.04	1:12.11	1700m: 20:18.83	1:11.71	3000m: 35:59.37	1:12.83	4300m: 51:49.80	1:13.04
	500m: 5:55.49	1:11.45	1800m: 21:30.70	1:11.87	3100m: 37:11.37	1:12.00	4400m: 53:03.04	1:13.24
	600m: 7:07.06	1:11.57	1900m: 22:42.87	1:12.17	3200m: 38:24.57	1:13.20	4500m: 54:15.98	1:12.94
	700m: 8:18.92	1:11.86	2000m: 23:55.11	1:12.24	3300m: 39:37.75	1:13.18	4600m: 55:29.04	1:13.06
	800m: 9:30.84	1:11.92	2100m: 25:07.42	1:12.31	3400m: 40:50.95	1:13.20	4700m: 56:42.47	1:13.43
	900m: 10:43.00	1:12.16	2200m: 26:19.50	1:12.08	3500m: 42:04.01	1:13.06	4800m: 57:56.22	1:13.75
	1000m: 11:54.41	1:11.41	2300m: 27:31.30	1:11.80	3600m: 43:17.40	1:13.39	4900m: 59:09.84	1:13.62
	1100m: 13:06.47	1:12.06	2400m: 28:43.90	1:12.60	3700m: 44:30.08	1:12.68	5000m: 1:00:22.38	1:12.54
	1200m: 14:18.58	1:12.11	2500m: 29:56.16	1:12.26	3800m: 45:43.15	1:13.07		
	1300m: 15:31.10	1:12.52	2600m: 31:08.19	1:12.03	3900m: 46:56.35	1:13.20		
4.	Rahel KÜNG		91	Schwimmclub Frauenfeld		<b>1:03:08.63</b>	596	
	100m: 1:08.05	1:08.05	1400m: 17:07.60	1:15.27	2700m: 33:31.02	1:15.44	4000m: 50:09.44	1:18.50
	200m: 2:20.26	1:12.21	1500m: 18:23.45	1:15.85	2800m: 34:46.55	1:15.53	4100m: 51:27.11	1:17.67
	300m: 3:32.12	1:11.86	1600m: 19:38.81	1:15.36	2900m: 36:02.21	1:15.66	4200m: 52:44.53	1:17.42
	400m: 4:44.20	1:12.08	1700m: 20:54.21	1:15.40	3000m: 37:18.62	1:16.41	4300m: 54:02.32	1:17.79
	500m: 5:55.81	1:11.61	1800m: 22:09.78	1:15.57	3100m: 38:35.83	1:17.21	4400m: 55:20.24	1:17.92
	600m: 7:08.51	1:12.70	1900m: 23:25.70	1:15.92	3200m: 39:52.40	1:16.57	4500m: 56:38.40	1:18.16
	700m: 8:22.24	1:13.73	2000m: 24:41.40	1:15.70	3300m: 41:08.93	1:16.53	4600m: 57:56.32	1:17.92
	800m: 9:36.42	1:14.18	2100m: 25:57.53	1:16.13	3400m: 42:26.21	1:17.28	4700m: 59:14.35	1:18.03
	900m: 10:50.36	1:13.94	2200m: 27:12.57	1:15.04	3500m: 43:42.78	1:16.57	4800m: 1:00:32.63	1:18.28
	1000m: 12:04.73	1:14.37	2300m: 28:29.01	1:16.44	3600m: 44:59.83	1:17.05	4900m: 1:01:51.27	1:18.64
	1100m: 13:20.28	1:15.55	2400m: 29:44.66	1:15.65	3700m: 46:16.84	1:17.01	5000m: 1:03:08.63	1:17.36
	1200m: 14:36.96	1:16.68	2500m: 31:00.10	1:15.44	3800m: 47:34.13	1:17.29		
	1300m: 15:52.33	1:15.37	2600m: 32:15.58	1:15.48	3900m: 48:50.94	1:16.81		

SM 5KM (pool) - CS 5km (pool)  
Bellinzona, 23.5.2009

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

Rango				An				Tempo	Pt.			
<b>5.</b>	<b>Maria AIRAGHI</b>			<b>94</b>	<b>Società Nuoto Bellinzona</b>			<b>1:04:46.99</b>	<b>552</b>			
	100m:	1:09.74	1:09.74	1400m:	17:37.30	1:16.92	2700m:	34:34.97	1:19.04	4000m:	51:41.86	1:18.37
	200m:	2:24.09	1:14.35	1500m:	18:54.94	1:17.64	2800m:	35:54.37	1:19.40	4100m:	53:00.41	1:18.55
	300m:	3:39.27	1:15.18	1600m:	20:12.60	1:17.66	2900m:	37:13.13	1:18.76	4200m:	54:19.01	1:18.60
	400m:	4:54.42	1:15.15	1700m:	21:30.42	1:17.82	3000m:	38:32.64	1:19.51	4300m:	55:38.17	1:19.16
	500m:	6:11.00	1:16.58	1800m:	22:48.39	1:17.97	3100m:	39:51.71	1:19.07	4400m:	56:57.50	1:19.33
	600m:	7:26.94	1:15.94	1900m:	24:06.32	1:17.93	3200m:	41:10.67	1:18.96	4500m:	58:16.98	1:19.48
	700m:	8:42.68	1:15.74	2000m:	25:24.38	1:18.06	3300m:	42:29.57	1:18.90	4600m:	59:35.06	1:18.08
	800m:	9:58.92	1:16.24	2100m:	26:42.82	1:18.44	3400m:	43:49.22	1:19.65	4700m:	1:00:54.59	1:19.53
	900m:	11:14.95	1:16.03	2200m:	28:01.43	1:18.61	3500m:	45:08.56	1:19.34	4800m:	1:02:14.80	1:20.21
	1000m:	12:31.31	1:16.36	2300m:	29:19.60	1:18.17	3600m:	46:26.41	1:17.85	4900m:	1:03:33.41	1:18.61
	1100m:	13:47.48	1:16.17	2400m:	30:38.43	1:18.83	3700m:	47:45.68	1:19.27	5000m:	1:04:46.99	1:13.58
	1200m:	15:04.16	1:16.68	2500m:	31:57.19	1:18.76	3800m:	49:04.29	1:18.61			
	1300m:	16:20.38	1:16.22	2600m:	33:15.93	1:18.74	3900m:	50:23.49	1:19.20			
<b>6.</b>	<b>Jutta BÄRENFALLER</b>			<b>94</b>	<b>Schwimmklub Bern</b>			<b>1:05:36.66</b>	<b>532</b>			
	100m:	1:14.89	1:14.89	1400m:	18:28.63	1:19.40	2700m:	35:40.68	1:19.44	4000m:	52:46.43	1:17.97
	200m:	2:34.39	1:19.50	1500m:	19:48.43	1:19.80	2800m:	36:59.91	1:19.23	4100m:	54:04.45	1:18.02
	300m:	3:54.10	1:19.71	1600m:	21:08.16	1:19.73	2900m:	38:19.41	1:19.50	4200m:	55:22.82	1:18.37
	400m:	5:14.08	1:19.98	1700m:	22:27.96	1:19.80	3000m:	39:38.93	1:19.52	4300m:	56:40.87	1:18.05
	500m:	6:34.12	1:20.04	1800m:	23:47.67	1:19.71	3100m:	40:58.68	1:19.75	4400m:	57:58.65	1:17.78
	600m:	7:53.64	1:19.52	1900m:	25:07.10	1:19.43	3200m:	42:18.15	1:19.47	4500m:	59:16.56	1:17.91
	700m:	9:13.21	1:19.57	2000m:	26:26.37	1:19.27	3300m:	43:37.43	1:19.28	4600m:	1:00:33.85	1:17.29
	800m:	10:33.15	1:19.94	2100m:	27:45.87	1:19.50	3400m:	44:55.98	1:18.55	4700m:	1:01:50.73	1:16.88
	900m:	11:52.22	1:19.07	2200m:	29:05.05	1:19.18	3500m:	46:15.33	1:19.35	4800m:	1:03:07.75	1:17.02
	1000m:	13:10.83	1:18.61	2300m:	30:24.27	1:19.22	3600m:	47:33.82	1:18.49	4900m:	1:04:24.38	1:16.63
	1100m:	14:30.03	1:19.20	2400m:	31:43.19	1:18.92	3700m:	48:51.71	1:17.89	5000m:	1:05:36.66	1:12.28
	1200m:	15:48.81	1:18.78	2500m:	33:02.08	1:18.89	3800m:	50:10.19	1:18.48			
	1300m:	17:09.23	1:20.42	2600m:	34:21.24	1:19.16	3900m:	51:28.46	1:18.27			
<b>7.</b>	<b>Ilona WEBBER</b>			<b>94</b>	<b>SC Uster Wallisellen</b>			<b>1:05:49.85</b>	<b>526</b>			
	100m:	1:17.13	1:17.13	1400m:	18:21.51	1:18.01	2700m:	35:26.68	1:19.43	4000m:	52:38.10	1:19.30
	200m:	2:37.08	1:19.95	1500m:	19:39.86	1:18.35	2800m:	36:45.48	1:18.80	4100m:	53:58.26	1:20.16
	300m:	3:57.35	1:20.27	1600m:	20:59.08	1:19.22	2900m:	38:03.76	1:18.28	4200m:	55:17.85	1:19.59
	400m:	5:16.94	1:19.59	1700m:	22:17.59	1:18.51	3000m:	39:23.29	1:19.53	4300m:	56:37.39	1:19.54
	500m:	6:36.36	1:19.42	1800m:	23:36.16	1:18.57	3100m:	40:42.67	1:19.38	4400m:	57:56.93	1:19.54
	600m:	7:55.51	1:19.15	1900m:	24:54.83	1:18.67	3200m:	42:02.65	1:19.98	4500m:	59:16.66	1:19.73
	700m:	9:14.42	1:18.91	2000m:	26:13.45	1:18.62	3300m:	43:22.30	1:19.65	4600m:	1:00:34.77	1:18.11
	800m:	10:32.92	1:18.50	2100m:	27:32.20	1:18.75	3400m:	44:42.69	1:20.39	4700m:	1:01:53.33	1:18.56
	900m:	11:51.65	1:18.73	2200m:	28:50.88	1:18.68	3500m:	46:02.02	1:19.33	4800m:	1:03:12.26	1:18.93
	1000m:	13:09.52	1:17.87	2300m:	30:10.01	1:19.13	3600m:	47:21.28	1:19.26	4900m:	1:04:30.58	1:18.32
	1100m:	14:27.09	1:17.57	2400m:	31:29.12	1:19.11	3700m:	48:40.10	1:18.82	5000m:	1:05:49.85	1:19.27
	1200m:	15:45.49	1:18.40	2500m:	32:47.97	1:18.85	3800m:	49:59.66	1:19.56			
	1300m:	17:03.50	1:18.01	2600m:	34:07.25	1:19.28	3900m:	51:18.80	1:19.14			
<b>8.</b>	<b>Julia BÄRENFALLER</b>			<b>94</b>	<b>Schwimmklub Bern</b>			<b>1:05:52.65</b>	<b>525</b>			
	100m:	1:15.69	1:15.69	1400m:	18:27.16	1:19.36	2700m:	35:42.21	1:19.82	4000m:	52:59.90	1:18.93
	200m:	2:35.12	1:19.43	1500m:	19:46.40	1:19.24	2800m:	37:02.28	1:20.07	4100m:	54:18.99	1:19.09
	300m:	3:54.77	1:19.65	1600m:	21:05.68	1:19.28	2900m:	38:22.19	1:19.91	4200m:	55:38.28	1:19.29
	400m:	5:14.26	1:19.49	1700m:	22:25.70	1:20.02	3000m:	39:42.12	1:19.93	4300m:	56:56.06	1:17.78
	500m:	6:33.94	1:19.68	1800m:	23:45.62	1:19.92	3100m:	41:01.80	1:19.68	4400m:	58:13.97	1:17.91
	600m:	7:53.45	1:19.51	1900m:	25:05.18	1:19.56	3200m:	42:22.17	1:20.37	4500m:	59:31.30	1:17.33
	700m:	9:13.42	1:19.97	2000m:	26:25.06	1:19.88	3300m:	43:42.92	1:20.75	4600m:	1:00:48.54	1:17.24
	800m:	10:32.30	1:18.88	2100m:	27:44.35	1:19.29	3400m:	45:02.83	1:19.91	4700m:	1:02:06.49	1:17.95
	900m:	11:51.68	1:19.38	2200m:	29:03.72	1:19.37	3500m:	46:23.17	1:20.34	4800m:	1:03:24.34	1:17.85
	1000m:	13:10.46	1:18.78	2300m:	30:22.79	1:19.07	3600m:	47:43.12	1:19.95	4900m:	1:04:39.97	1:15.63
	1100m:	14:29.49	1:19.03	2400m:	31:42.62	1:19.83	3700m:	49:03.36	1:20.24	5000m:	1:05:52.65	1:12.68
	1200m:	15:48.90	1:19.41	2500m:	33:02.56	1:19.94	3800m:	50:22.69	1:19.33			
	1300m:	17:07.80	1:18.90	2600m:	34:22.39	1:19.83	3900m:	51:40.97	1:18.28			

SM 5KM (pool) - CS 5km (pool)  
Bellinzona, 23.5.2009

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

Rango			An			Tempo	Pt.	
<b>9.</b>	<b>Alice DELLA BRUNA</b>		<b>95</b>	<b>Società Nuoto Bellinzona</b>		<b>1:05:56.59</b>	<b>524</b>	
	100m: 1:11.55	1:11.55	1400m: 18:03.75	1:18.70	2700m: 35:16.26	1:20.42	4000m: 52:38.61	1:20.32
	200m: 2:26.97	1:15.42	1500m: 19:22.19	1:18.44	2800m: 36:36.47	1:20.21	4100m: 53:59.56	1:20.95
	300m: 3:43.30	1:16.33	1600m: 20:41.33	1:19.14	2900m: 37:56.68	1:20.21	4200m: 55:21.44	1:21.88
	400m: 5:00.18	1:16.88	1700m: 22:00.76	1:19.43	3000m: 39:16.62	1:19.94	4300m: 56:43.29	1:21.85
	500m: 6:17.85	1:17.67	1800m: 23:20.28	1:19.52	3100m: 40:36.62	1:20.00	4400m: 58:04.45	1:21.16
	600m: 7:35.36	1:17.51	1900m: 24:39.96	1:19.68	3200m: 41:56.92	1:20.30	4500m: 59:25.32	1:20.87
	700m: 8:53.86	1:18.50	2000m: 25:58.97	1:19.01	3300m: 43:17.08	1:20.16	4600m: 1:00:46.48	1:21.16
	800m: 10:11.71	1:17.85	2100m: 27:18.13	1:19.16	3400m: 44:37.60	1:20.52	4700m: 1:02:05.54	1:19.06
	900m: 11:30.51	1:18.80	2200m: 28:37.52	1:19.39	3500m: 45:57.48	1:19.88	4800m: 1:03:23.93	1:18.39
	1000m: 12:49.26	1:18.75	2300m: 29:56.65	1:19.13	3600m: 47:17.76	1:20.28	4900m: 1:04:41.06	1:17.13
	1100m: 14:07.43	1:18.17	2400m: 31:16.27	1:19.62	3700m: 48:37.90	1:20.14	5000m: 1:05:56.59	1:15.53
	1200m: 15:26.25	1:18.82	2500m: 32:36.06	1:19.79	3800m: 49:58.43	1:20.53		
	1300m: 16:45.05	1:18.80	2600m: 33:55.84	1:19.78	3900m: 51:18.29	1:19.86		
<b>10.</b>	<b>Andrea BÄCHLI</b>		<b>83</b>	<b>Schwimmclub Bülach</b>		<b>1:06:59.09</b>	<b>500</b>	
	100m: 1:15.12	1:15.12	1400m: 18:31.65	1:20.11	2700m: 35:58.28	1:20.87	4000m: 53:27.52	1:21.06
	200m: 2:33.64	1:18.52	1500m: 19:51.65	1:20.00	2800m: 37:18.90	1:20.62	4100m: 54:48.64	1:21.12
	300m: 3:52.59	1:18.95	1600m: 21:11.66	1:20.01	2900m: 38:39.25	1:20.35	4200m: 56:09.12	1:20.48
	400m: 5:12.49	1:19.90	1700m: 22:31.73	1:20.07	3000m: 39:59.89	1:20.64	4300m: 57:30.01	1:20.89
	500m: 6:31.98	1:19.49	1800m: 23:52.37	1:20.64	3100m: 41:20.53	1:20.64	4400m: 58:50.92	1:20.91
	600m: 7:51.97	1:19.99	1900m: 25:12.41	1:20.04	3200m: 42:41.26	1:20.73	4500m: 1:00:12.13	1:21.21
	700m: 9:11.90	1:19.93	2000m: 26:32.77	1:20.36	3300m: 44:01.56	1:20.30	4600m: 1:01:33.75	1:21.62
	800m: 10:31.57	1:19.67	2100m: 27:53.50	1:20.73	3400m: 45:22.20	1:20.64	4700m: 1:02:55.57	1:21.82
	900m: 11:51.13	1:19.56	2200m: 29:14.15	1:20.65	3500m: 46:42.83	1:20.63	4800m: 1:04:16.81	1:21.24
	1000m: 13:10.71	1:19.58	2300m: 30:34.70	1:20.55	3600m: 48:03.55	1:20.72	4900m: 1:05:38.40	1:21.59
	1100m: 14:30.90	1:20.19	2400m: 31:55.70	1:21.00	3700m: 49:25.05	1:21.50	5000m: 1:06:59.09	1:20.69
	1200m: 15:51.56	1:20.66	2500m: 33:16.52	1:20.82	3800m: 50:45.64	1:20.59		
	1300m: 17:11.54	1:19.98	2600m: 34:37.41	1:20.89	3900m: 52:06.46	1:20.82		
<b>11.</b>	<b>Michanne STEENBERGEN</b>		<b>92</b>	<b>Schwimmverein Emmen</b>		<b>1:08:13.79</b>	<b>473</b>	
	100m: 1:10.94	1:10.94	1400m: 18:22.04	1:20.25	2700m: 36:00.05	1:23.13	4000m: 54:15.27	1:24.50
	200m: 2:27.36	1:16.42	1500m: 19:40.75	1:18.71	2800m: 37:24.92	1:24.87	4100m: 55:40.73	1:25.46
	300m: 3:45.09	1:17.73	1600m: 21:00.88	1:20.13	2900m: 38:48.84	1:23.92	4200m: 57:05.31	1:24.58
	400m: 5:03.73	1:18.64	1700m: 22:21.21	1:20.33	3000m: 40:12.19	1:23.35	4300m: 58:29.68	1:24.37
	500m: 6:22.62	1:18.89	1800m: 23:42.98	1:21.77	3100m: 41:35.99	1:23.80	4400m: 59:53.84	1:24.16
	600m: 7:41.22	1:18.60	1900m: 25:05.01	1:22.03	3200m: 42:59.76	1:23.77	4500m: 1:01:17.63	1:23.79
	700m: 9:00.87	1:19.65	2000m: 26:26.59	1:21.58	3300m: 44:23.37	1:23.61	4600m: 1:02:42.14	1:24.51
	800m: 10:21.34	1:20.47	2100m: 27:45.95	1:19.36	3400m: 45:48.93	1:25.56	4700m: 1:04:07.46	1:25.32
	900m: 11:41.06	1:19.72	2200m: 29:05.47	1:19.52	3500m: 47:13.93	1:25.00	4800m: 1:05:30.86	1:23.40
	1000m: 13:01.89	1:20.83	2300m: 30:26.38	1:20.91	3600m: 48:38.29	1:24.36	4900m: 1:06:54.35	1:23.49
	1100m: 14:21.11	1:19.22	2400m: 31:50.54	1:24.16	3700m: 50:02.15	1:23.86	5000m: 1:08:13.79	1:19.44
	1200m: 15:40.49	1:19.38	2500m: 33:14.08	1:23.54	3800m: 51:27.70	1:25.55		
	1300m: 17:01.79	1:21.30	2600m: 34:36.92	1:22.84	3900m: 52:50.77	1:23.07		
<b>12.</b>	<b>Cornelia ZUBER</b>		<b>86</b>	<b>Schwimmclub Bülach</b>		<b>1:08:31.94</b>	<b>467</b>	
	100m: 1:17.24	1:17.24	1400m: 18:54.87	1:21.92	2700m: 36:46.52	1:22.68	4000m: 54:43.72	1:24.02
	200m: 2:38.87	1:21.63	1500m: 20:16.50	1:21.63	2800m: 38:09.83	1:23.31	4100m: 56:06.67	1:22.95
	300m: 4:00.71	1:21.84	1600m: 21:38.65	1:22.15	2900m: 39:32.61	1:22.78	4200m: 57:30.49	1:23.82
	400m: 5:22.42	1:21.71	1700m: 23:00.48	1:21.83	3000m: 40:54.90	1:22.29	4300m: 58:53.31	1:22.82
	500m: 6:43.95	1:21.53	1800m: 24:22.56	1:22.08	3100m: 42:17.25	1:22.35	4400m: 1:00:16.31	1:23.00
	600m: 8:05.34	1:21.39	1900m: 25:45.21	1:22.65	3200m: 43:40.05	1:22.80	4500m: 1:01:39.85	1:23.54
	700m: 9:26.54	1:21.20	2000m: 27:07.98	1:22.77	3300m: 45:03.22	1:23.17	4600m: 1:03:03.29	1:23.44
	800m: 10:47.94	1:21.40	2100m: 28:30.45	1:22.47	3400m: 46:25.08	1:21.86	4700m: 1:04:26.28	1:22.99
	900m: 12:09.04	1:21.10	2200m: 29:52.87	1:22.42	3500m: 47:47.36	1:22.28	4800m: 1:05:49.53	1:23.25
	1000m: 13:29.98	1:20.94	2300m: 31:15.44	1:22.57	3600m: 49:09.72	1:22.36	4900m: 1:07:12.16	1:22.63
	1100m: 14:50.34	1:20.36	2400m: 32:38.75	1:23.31	3700m: 50:33.06	1:23.34	5000m: 1:08:31.94	1:19.78
	1200m: 16:11.71	1:21.37	2500m: 34:01.19	1:22.44	3800m: 51:56.20	1:23.14		
	1300m: 17:32.95	1:21.24	2600m: 35:23.84	1:22.65	3900m: 53:19.70	1:23.50		

SM 5KM (pool) - CS 5km (pool)  
Bellinzona, 23.5.2009

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

Rango			An			Tempo	Pt.	
<b>13.</b>	<b>Soline KIPFER</b>		<b>93</b>	<b>Red Fish Neuchâtel</b>		<b>1:08:51.53</b>	<b>460</b>	
	100m: 1:16.33	1:16.33	1400m: 18:51.46	1:21.51	2700m: 36:43.95	1:22.94	4000m: 54:50.53	1:24.20
	200m: 2:37.14	1:20.81	1500m: 20:12.63	1:21.17	2800m: 38:06.85	1:22.90	4100m: 56:14.91	1:24.38
	300m: 3:58.06	1:20.92	1600m: 21:34.40	1:21.77	2900m: 39:29.35	1:22.50	4200m: 57:39.39	1:24.48
	400m: 5:19.28	1:21.22	1700m: 22:56.11	1:21.71	3000m: 40:52.98	1:23.63	4300m: 59:04.02	1:24.63
	500m: 6:39.62	1:20.34	1800m: 24:18.51	1:22.40	3100m: 42:16.62	1:23.64	4400m: 1:00:28.17	1:24.15
	600m: 8:00.99	1:21.37	1900m: 25:41.08	1:22.57	3200m: 43:40.03	1:23.41	4500m: 1:01:53.36	1:25.19
	700m: 9:22.39	1:21.40	2000m: 27:03.92	1:22.84	3300m: 45:03.73	1:23.70	4600m: 1:03:17.42	1:24.06
	800m: 10:43.94	1:21.55	2100m: 28:26.40	1:22.48	3400m: 46:28.00	1:24.27	4700m: 1:04:41.86	1:24.44
	900m: 12:05.85	1:21.91	2200m: 29:49.62	1:23.22	3500m: 47:51.39	1:23.39	4800m: 1:06:06.17	1:24.31
	1000m: 13:27.02	1:21.17	2300m: 31:12.74	1:23.12	3600m: 49:14.81	1:23.42	4900m: 1:07:30.43	1:24.26
	1100m: 14:47.96	1:20.94	2400m: 32:35.73	1:22.99	3700m: 50:38.38	1:23.57	5000m: 1:08:51.53	1:21.10
	1200m: 16:09.03	1:21.07	2500m: 33:58.38	1:22.65	3800m: 52:02.08	1:23.70		
	1300m: 17:29.95	1:20.92	2600m: 35:21.01	1:22.63	3900m: 53:26.33	1:24.25		
<b>14.</b>	<b>Miriam RIHS</b>		<b>94</b>	<b>Schwimmclub Kreuzlingen</b>		<b>1:09:28.78</b>	<b>448</b>	
	100m: 1:14.22	1:14.22	1400m: 18:35.64	1:20.40	2700m: 36:31.88	1:24.24	4000m: 55:11.21	1:26.84
	200m: 2:34.11	1:19.89	1500m: 19:56.66	1:21.02	2800m: 37:56.19	1:24.31	4100m: 56:37.97	1:26.76
	300m: 3:53.87	1:19.76	1600m: 21:18.39	1:21.73	2900m: 39:20.79	1:24.60	4200m: 58:05.27	1:27.30
	400m: 5:14.08	1:20.21	1700m: 22:40.74	1:22.35	3000m: 40:46.03	1:25.24	4300m: 59:31.76	1:26.49
	500m: 6:33.70	1:19.62	1800m: 24:03.38	1:22.64	3100m: 42:11.48	1:25.45	4400m: 1:00:58.29	1:26.53
	600m: 7:53.42	1:19.72	1900m: 25:25.34	1:21.96	3200m: 43:36.77	1:25.29	4500m: 1:02:25.48	1:27.19
	700m: 9:12.70	1:19.28	2000m: 26:47.73	1:22.39	3300m: 45:01.89	1:25.12	4600m: 1:03:49.88	1:24.40
	800m: 10:32.92	1:20.22	2100m: 28:11.06	1:23.33	3400m: 46:28.16	1:26.27	4700m: 1:05:17.16	1:27.28
	900m: 11:52.56	1:19.64	2200m: 29:33.91	1:22.85	3500m: 47:54.60	1:26.44	4800m: 1:06:44.40	1:27.24
	1000m: 13:12.12	1:19.56	2300m: 30:57.71	1:23.80	3600m: 49:21.33	1:26.73	4900m: 1:08:08.42	1:24.02
	1100m: 14:32.95	1:20.83	2400m: 32:20.14	1:22.43	3700m: 50:48.12	1:26.79	5000m: 1:09:28.78	1:20.36
	1200m: 15:53.70	1:20.75	2500m: 33:44.08	1:23.94	3800m: 52:16.19	1:28.07		
	1300m: 17:15.24	1:21.54	2600m: 35:07.64	1:23.56	3900m: 53:44.37	1:28.18		
<b>15.</b>	<b>Ivana BORIC</b>		<b>93</b>	<b>Società Nuoto Bellinzona</b>		<b>1:09:39.16</b>	<b>444</b>	
	100m: 1:15.93	1:15.93	1400m: 19:07.26	1:24.15	2700m: 37:12.64	1:24.94	4000m: 55:31.46	1:25.32
	200m: 2:36.77	1:20.84	1500m: 20:31.83	1:24.57	2800m: 38:37.63	1:24.99	4100m: 56:57.37	1:25.91
	300m: 3:57.95	1:21.18	1600m: 21:53.14	1:21.31	2900m: 40:02.44	1:24.81	4200m: 58:22.12	1:24.75
	400m: 5:20.03	1:22.08	1700m: 23:14.67	1:21.53	3000m: 41:28.26	1:25.82	4300m: 59:46.59	1:24.47
	500m: 6:41.49	1:21.46	1800m: 24:36.94	1:22.27	3100m: 42:52.07	1:23.81	4400m: 1:01:12.72	1:26.13
	600m: 8:03.10	1:21.61	1900m: 25:59.69	1:22.75	3200m: 44:15.82	1:23.75	4500m: 1:02:39.67	1:26.95
	700m: 9:25.59	1:22.49	2000m: 27:23.11	1:23.42	3300m: 45:39.52	1:23.70	4600m: 1:04:04.26	1:24.59
	800m: 10:48.13	1:22.54	2100m: 28:46.63	1:23.52	3400m: 47:03.29	1:23.77	4700m: 1:05:29.81	1:25.55
	900m: 12:10.76	1:22.63	2200m: 30:11.62	1:24.99	3500m: 48:28.29	1:25.00	4800m: 1:06:54.88	1:25.07
	1000m: 13:33.64	1:22.88	2300m: 31:36.21	1:24.59	3600m: 49:52.55	1:24.26	4900m: 1:08:18.82	1:23.94
	1100m: 14:56.09	1:22.45	2400m: 32:59.64	1:23.43	3700m: 51:16.60	1:24.05	5000m: 1:09:39.16	1:20.34
	1200m: 16:19.53	1:23.44	2500m: 34:23.75	1:24.11	3800m: 52:40.53	1:23.93		
	1300m: 17:43.11	1:23.58	2600m: 35:47.70	1:23.95	3900m: 54:06.14	1:25.61		
<b>16.</b>	<b>Amanda PICCO</b>		<b>94</b>	<b>Società Nuoto Bellinzona</b>		<b>1:10:02.87</b>	<b>437</b>	
	100m: 1:17.65	1:17.65	1400m: 19:04.63	1:22.58	2700m: 37:22.05	1:24.74	4000m: 55:49.05	1:24.93
	200m: 2:40.36	1:22.71	1500m: 20:27.65	1:23.02	2800m: 38:45.76	1:23.71	4100m: 57:13.54	1:24.49
	300m: 4:03.02	1:22.66	1600m: 21:51.65	1:24.00	2900m: 40:10.43	1:24.67	4200m: 58:39.02	1:25.48
	400m: 5:25.23	1:22.21	1700m: 23:15.65	1:24.00	3000m: 41:35.27	1:24.84	4300m: 1:00:04.07	1:25.05
	500m: 6:46.89	1:21.66	1800m: 24:39.96	1:24.31	3100m: 43:01.00	1:25.73	4400m: 1:01:29.97	1:25.90
	600m: 8:07.63	1:20.74	1900m: 26:04.85	1:24.89	3200m: 44:26.94	1:25.94	4500m: 1:02:56.80	1:26.83
	700m: 9:28.71	1:21.08	2000m: 27:29.86	1:25.01	3300m: 45:53.12	1:26.18	4600m: 1:04:22.92	1:26.12
	800m: 10:50.41	1:21.70	2100m: 28:54.10	1:24.24	3400m: 47:18.88	1:25.76	4700m: 1:05:49.56	1:26.64
	900m: 12:12.24	1:21.83	2200m: 30:17.77	1:23.67	3500m: 48:44.47	1:25.59	4800m: 1:07:15.27	1:25.71
	1000m: 13:34.28	1:22.04	2300m: 31:42.90	1:25.13	3600m: 50:09.63	1:25.16	4900m: 1:08:40.04	1:24.77
	1100m: 14:56.62	1:22.34	2400m: 33:07.82	1:24.92	3700m: 51:34.74	1:25.11	5000m: 1:10:02.87	1:22.83
	1200m: 16:19.32	1:22.70	2500m: 34:32.26	1:24.44	3800m: 52:59.78	1:25.04		
	1300m: 17:42.05	1:22.73	2600m: 35:57.31	1:25.05	3900m: 54:24.12	1:24.34		

SM 5KM (pool) - CS 5km (pool)  
Bellinzona, 23.5.2009

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

Rango			An			Tempo	Pt.	
<b>17.</b>	<b>Julia BAUER</b>		<b>95</b>	<b>SC Uster Wallisellen</b>		<b>1:11:29.79</b>	<b>411</b>	
	100m: 1:16.94	1:16.94	1400m: 19:20.74	1:24.21	2700m: 37:59.88	1:27.75	4000m: 56:52.40	1:27.82
	200m: 2:39.65	1:22.71	1500m: 20:45.83	1:25.09	2800m: 39:28.22	1:28.34	4100m: 58:20.54	1:28.14
	300m: 4:04.63	1:24.98	1600m: 22:10.30	1:24.47	2900m: 40:54.63	1:26.41	4200m: 59:49.45	1:28.91
	400m: 5:26.30	1:21.67	1700m: 23:35.46	1:25.16	3000m: 42:20.70	1:26.07	4300m: 1:01:18.01	1:28.56
	500m: 6:51.00	1:24.70	1800m: 25:00.07	1:24.61	3100m: 43:47.35	1:26.65	4400m: 1:02:46.72	1:28.71
	600m: 8:12.48	1:21.48	1900m: 26:27.45	1:27.38	3200m: 45:13.87	1:26.52	4500m: 1:04:15.65	1:28.93
	700m: 9:34.19	1:21.71	2000m: 27:53.21	1:25.76	3300m: 46:40.99	1:27.12	4600m: 1:05:43.59	1:27.94
	800m: 10:57.28	1:23.09	2100m: 29:18.28	1:25.07	3400m: 48:08.62	1:27.63	4700m: 1:07:11.98	1:28.39
	900m: 12:20.12	1:22.84	2200m: 30:44.53	1:26.25	3500m: 49:36.31	1:27.69	4800m: 1:08:40.03	1:28.05
	1000m: 13:43.95	1:23.83	2300m: 32:10.82	1:26.29	3600m: 51:04.69	1:28.38	4900m: 1:10:06.59	1:26.56
	1100m: 15:08.12	1:24.17	2400m: 33:37.93	1:27.11	3700m: 52:32.12	1:27.43	5000m: 1:11:29.79	1:23.20
	1200m: 16:32.24	1:24.12	2500m: 35:04.80	1:26.87	3800m: 53:57.63	1:25.51		
	1300m: 17:56.53	1:24.29	2600m: 36:32.13	1:27.33	3900m: 55:24.58	1:26.95		
<b>18.</b>	<b>Fabiana PICCO</b>		<b>92</b>	<b>Società Nuoto Bellinzona</b>		<b>1:12:05.64</b>	<b>401</b>	
	100m: 1:17.26	1:17.26	1400m: 19:29.78	1:26.45	2700m: 38:15.80	1:27.01	4000m: 57:21.52	1:29.06
	200m: 2:39.84	1:22.58	1500m: 20:55.94	1:26.16	2800m: 39:43.14	1:27.34	4100m: 58:49.94	1:28.42
	300m: 4:02.52	1:22.68	1600m: 22:22.54	1:26.60	2900m: 41:10.21	1:27.07	4200m: 1:00:18.99	1:29.05
	400m: 5:25.25	1:22.73	1700m: 23:48.37	1:25.83	3000m: 42:38.14	1:27.93	4300m: 1:01:46.87	1:27.88
	500m: 6:48.00	1:22.75	1800m: 25:14.40	1:26.03	3100m: 44:06.36	1:28.22	4400m: 1:03:15.68	1:28.81
	600m: 8:11.39	1:23.39	1900m: 26:41.07	1:26.67	3200m: 45:34.22	1:27.86	4500m: 1:04:44.62	1:28.94
	700m: 9:34.87	1:23.48	2000m: 28:07.37	1:26.30	3300m: 47:01.90	1:27.68	4600m: 1:06:13.33	1:28.71
	800m: 10:58.30	1:23.43	2100m: 29:33.73	1:26.36	3400m: 48:29.79	1:27.89	4700m: 1:07:42.48	1:29.15
	900m: 12:22.60	1:24.30	2200m: 31:00.46	1:26.73	3500m: 49:58.52	1:28.73	4800m: 1:09:10.70	1:28.22
	1000m: 13:47.34	1:24.74	2300m: 32:27.73	1:27.27	3600m: 51:27.14	1:28.62	4900m: 1:10:39.27	1:28.57
	1100m: 15:12.25	1:24.91	2400m: 33:55.31	1:27.58	3700m: 52:56.23	1:29.09	5000m: 1:12:05.64	1:26.37
	1200m: 16:37.91	1:25.66	2500m: 35:22.23	1:26.92	3800m: 54:24.31	1:28.08		
	1300m: 18:03.33	1:25.42	2600m: 36:48.79	1:26.56	3900m: 55:52.46	1:28.15		
<b>19.</b>	<b>Charlotte DEWARRAT</b>		<b>93</b>	<b>Genève Natation 1885</b>		<b>1:12:23.46</b>	<b>396</b>	
	100m: 1:14.82	1:14.82	1400m: 19:07.24	1:24.17	2700m: 37:57.48	1:30.11	4000m: 57:19.46	1:29.93
	200m: 2:34.28	1:19.46	1500m: 20:31.96	1:24.72	2800m: 39:25.95	1:28.47	4100m: 58:44.34	1:24.88
	300m: 3:54.22	1:19.94	1600m: 21:56.86	1:24.90	2900m: 40:55.27	1:29.32	4200m: 1:00:14.49	1:30.15
	400m: 5:14.85	1:20.63	1700m: 23:24.12	1:27.26	3000m: 42:24.28	1:29.01	4300m: 1:01:46.96	1:32.47
	500m: 6:37.85	1:23.00	1800m: 24:51.79	1:27.67	3100m: 43:52.70	1:28.42	4400m: 1:03:20.16	1:33.20
	600m: 7:59.75	1:21.90	1900m: 26:19.61	1:27.82	3200m: 45:21.79	1:29.09	4500m: 1:04:53.50	1:33.34
	700m: 9:21.92	1:22.17	2000m: 27:49.34	1:29.73	3300m: 46:50.02	1:28.23	4600m: 1:06:24.47	1:30.97
	800m: 10:44.62	1:22.70	2100m: 29:16.34	1:27.00	3400m: 48:17.68	1:27.66	4700m: 1:07:56.18	1:31.71
	900m: 12:07.77	1:23.15	2200m: 30:41.65	1:25.31	3500m: 49:46.74	1:29.06	4800m: 1:09:27.37	1:31.19
	1000m: 13:31.19	1:23.42	2300m: 32:08.43	1:26.78	3600m: 51:16.85	1:30.11	4900m: 1:10:57.50	1:30.13
	1100m: 14:55.71	1:24.52	2400m: 33:34.19	1:25.76	3700m: 52:47.71	1:30.86	5000m: 1:12:23.46	1:25.96
	1200m: 16:19.10	1:23.39	2500m: 35:01.71	1:27.52	3800m: 54:19.48	1:31.77		
	1300m: 17:43.07	1:23.97	2600m: 36:27.37	1:25.66	3900m: 55:49.53	1:30.05		
<b>20.</b>	<b>Tessa DAVID</b>		<b>94</b>	<b>Società Nuoto Bellinzona</b>		<b>1:12:32.46</b>	<b>393</b>	
	100m: 1:18.00	1:18.00	1400m: 19:45.17	1:28.75	2700m: 38:48.02	1:28.42	4000m: 58:03.92	1:28.88
	200m: 2:41.42	1:23.42	1500m: 21:13.27	1:28.10	2800m: 40:16.93	1:28.91	4100m: 59:32.20	1:28.28
	300m: 4:04.18	1:22.76	1600m: 22:41.15	1:27.88	2900m: 41:46.52	1:29.59	4200m: 1:00:59.33	1:27.13
	400m: 5:27.95	1:23.77	1700m: 24:08.30	1:27.15	3000m: 43:16.41	1:29.89	4300m: 1:02:26.98	1:27.65
	500m: 6:52.17	1:24.22	1800m: 25:35.80	1:27.50	3100m: 44:45.46	1:29.05	4400m: 1:03:55.10	1:28.12
	600m: 8:15.86	1:23.69	1900m: 27:03.78	1:27.98	3200m: 46:15.33	1:29.87	4500m: 1:05:22.98	1:27.88
	700m: 9:40.98	1:25.12	2000m: 28:31.22	1:27.44	3300m: 47:43.30	1:27.97	4600m: 1:06:49.71	1:26.73
	800m: 11:06.19	1:25.21	2100m: 29:58.98	1:27.76	3400m: 49:10.75	1:27.45	4700m: 1:08:16.54	1:26.83
	900m: 12:31.36	1:25.17	2200m: 31:25.81	1:26.83	3500m: 50:39.49	1:28.74	4800m: 1:09:42.43	1:25.89
	1000m: 13:57.11	1:25.75	2300m: 32:53.71	1:27.90	3600m: 52:08.26	1:28.77	4900m: 1:11:08.83	1:26.40
	1100m: 15:23.25	1:26.14	2400m: 34:21.64	1:27.93	3700m: 53:38.29	1:30.03	5000m: 1:12:32.46	1:23.63
	1200m: 16:49.78	1:26.53	2500m: 35:50.42	1:28.78	3800m: 55:07.06	1:28.77		
	1300m: 18:16.42	1:26.64	2600m: 37:19.60	1:29.18	3900m: 56:35.04	1:27.98		

SM 5KM (pool) - CS 5km (pool)  
Bellinzona, 23.5.2009

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

Rango	An	Tempo	Pt.				
<b>21. Sofia DELCÒ</b>	<b>93</b>	<b>Società Nuoto Bellinzona</b>	<b>1:13:20.87</b>	<b>381</b>			
100m: 1:19.76	1:19.76	1400m: 20:06.58	1:27.84	2700m: 39:11.44	1:28.00	4000m: 58:28.65	1:29.35
200m: 2:44.23	1:24.47	1500m: 21:34.10	1:27.52	2800m: 40:40.04	1:28.60	4100m: 59:56.47	1:27.82
300m: 4:09.40	1:25.17	1600m: 23:01.24	1:27.14	2900m: 42:07.65	1:27.61	4200m: 1:01:26.05	1:29.58
400m: 5:34.22	1:24.82	1700m: 24:29.30	1:28.06	3000m: 43:35.82	1:28.17	4300m: 1:02:56.31	1:30.26
500m: 6:59.84	1:25.62	1800m: 25:57.73	1:28.43	3100m: 45:03.12	1:27.30	4400m: 1:04:27.21	1:30.90
600m: 8:25.36	1:25.52	1900m: 27:24.91	1:27.18	3200m: 46:31.95	1:28.83	4500m: 1:05:57.05	1:29.84
700m: 9:52.30	1:26.94	2000m: 28:52.62	1:27.71	3300m: 48:00.87	1:28.92	4600m: 1:07:25.39	1:28.34
800m: 11:20.04	1:27.74	2100m: 30:20.92	1:28.30	3400m: 49:30.47	1:29.60	4700m: 1:08:54.66	1:29.27
900m: 12:47.86	1:27.82	2200m: 31:48.25	1:27.33	3500m: 51:01.19	1:30.72	4800m: 1:10:24.14	1:29.48
1000m: 14:15.99	1:28.13	2300m: 33:16.78	1:28.53	3600m: 52:30.43	1:29.24	4900m: 1:11:53.49	1:29.35
1100m: 15:43.29	1:27.30	2400m: 34:44.39	1:27.61	3700m: 53:59.85	1:29.42	5000m: 1:13:20.87	1:27.38
1200m: 17:10.96	1:27.67	2500m: 36:14.44	1:30.05	3800m: 55:29.86	1:30.01		
1300m: 18:38.74	1:27.78	2600m: 37:43.44	1:29.00	3900m: 56:59.30	1:29.44		
<b>22. Aline SIGRIST</b>	<b>95</b>	<b>Schwimmverein Emmen</b>	<b>1:15:44.55</b>	<b>346</b>			
100m: 1:19.39	1:19.39	1400m: 20:07.38	1:27.15	2700m: 39:28.99	1:31.66	4000m: 59:44.06	1:35.75
200m: 2:45.51	1:26.12	1500m: 21:35.29	1:27.91	2800m: 41:01.52	1:32.53	4100m: 1:01:19.63	1:35.57
300m: 4:11.61	1:26.10	1600m: 23:03.43	1:28.14	2900m: 42:34.27	1:32.75	4200m: 1:02:54.51	1:34.88
400m: 5:38.20	1:26.59	1700m: 24:31.91	1:28.48	3000m: 44:06.53	1:32.26	4300m: 1:04:29.37	1:34.86
500m: 7:06.08	1:27.88	1800m: 26:00.74	1:28.83	3100m: 45:39.17	1:32.64	4400m: 1:06:05.41	1:36.04
600m: 8:32.42	1:26.34	1900m: 27:29.08	1:28.34	3200m: 47:12.24	1:33.07	4500m: 1:07:42.60	1:37.19
700m: 9:59.01	1:26.59	2000m: 28:59.04	1:29.96	3300m: 48:45.03	1:32.79	4600m: 1:09:18.58	1:35.98
800m: 11:25.59	1:26.58	2100m: 30:27.55	1:28.51	3400m: 50:17.72	1:32.69	4700m: 1:10:55.36	1:36.78
900m: 12:52.38	1:26.79	2200m: 31:57.04	1:29.49	3500m: 51:51.19	1:33.47	4800m: 1:12:33.48	1:38.12
1000m: 14:19.57	1:27.19	2300m: 33:26.55	1:29.51	3600m: 53:24.95	1:33.76	4900m: 1:14:09.61	1:36.13
1100m: 15:46.07	1:26.50	2400m: 34:56.09	1:29.54	3700m: 54:58.78	1:33.83	5000m: 1:15:44.55	1:34.94
1200m: 17:13.04	1:26.97	2500m: 36:26.63	1:30.54	3800m: 56:33.11	1:34.33		
1300m: 18:40.23	1:27.19	2600m: 37:57.33	1:30.70	3900m: 58:08.31	1:35.20		
<b>abb. Martina DELCÒ</b>	<b>91</b>	<b>Società Nuoto Bellinzona</b>					
100m: 1:19.67	1:19.67	700m: 9:51.96	1:26.84	1300m: 18:40.22	1:28.51	1900m: 27:39.70	1:30.39
200m: 2:43.48	1:23.81	800m: 11:19.51	1:27.55	1400m: 20:09.35	1:29.13	2000m: 29:10.72	1:31.02
300m: 4:08.27	1:24.79	900m: 12:47.84	1:28.33	1500m: 21:39.03	1:29.68	2100m: 30:42.72	1:32.00
400m: 5:33.29	1:25.02	1000m: 14:16.02	1:28.18	1600m: 23:08.64	1:29.61	2200m: 32:14.45	1:31.73
500m: 6:58.94	1:25.65	1100m: 15:44.30	1:28.28	1700m: 24:38.64	1:30.00		
600m: 8:25.12	1:26.18	1200m: 17:11.71	1:27.41	1800m: 26:09.31	1:30.67		

gara 2  
23.5.09

Uomini, 5000m Stile Libero

14 anni e più vecchi

Lista risultati

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

Pointi: FINA 2008

Rango	An	Tempo	Pt.				
<b>1. Alexandre LIESS</b>	<b>91</b>	<b>SC Uster Wallisellen</b>	<b>55:52.71</b>	<b>676</b>			
<i>Campione svizzero sui 5 km</i>							
100m: 1:05.31	1:05.31	1400m: 15:33.30	1:07.18	2700m: 30:00.00	1:06.88	4000m: 44:34.72	1:07.77
200m: 2:12.62	1:07.31	1500m: 16:40.23	1:06.93	2800m: 31:06.94	1:06.94	4100m: 45:42.61	1:07.89
300m: 3:19.30	1:06.68	1600m: 17:47.11	1:06.88	2900m: 32:13.72	1:06.78	4200m: 46:49.99	1:07.38
400m: 4:25.97	1:06.67	1700m: 18:53.61	1:06.50	3000m: 33:20.63	1:06.91	4300m: 47:57.80	1:07.81
500m: 5:32.46	1:06.49	1800m: 19:59.89	1:06.28	3100m: 34:28.04	1:07.41	4400m: 49:05.76	1:07.96
600m: 6:38.76	1:06.30	1900m: 21:06.36	1:06.47	3200m: 35:35.31	1:07.27	4500m: 50:13.80	1:08.04
700m: 7:45.04	1:06.28	2000m: 22:12.84	1:06.48	3300m: 36:42.65	1:07.34	4600m: 51:22.04	1:08.24
800m: 8:51.19	1:06.15	2100m: 23:19.47	1:06.63	3400m: 37:50.38	1:07.73	4700m: 52:30.19	1:08.15
900m: 9:57.96	1:06.77	2200m: 24:26.13	1:06.66	3500m: 38:57.38	1:07.00	4800m: 53:38.48	1:08.29
1000m: 11:05.03	1:07.07	2300m: 25:32.92	1:06.79	3600m: 40:04.48	1:07.10	4900m: 54:46.40	1:07.92
1100m: 12:12.17	1:07.14	2400m: 26:39.82	1:06.90	3700m: 41:11.86	1:07.38	5000m: 55:52.71	1:06.31
1200m: 13:18.95	1:06.78	2500m: 27:46.29	1:06.47	3800m: 42:19.56	1:07.70		
1300m: 14:26.12	1:07.17	2600m: 28:53.12	1:06.83	3900m: 43:26.95	1:07.39		

SM 5KM (pool) - CS 5km (pool)  
Bellinzona, 23.5.2009

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

Rango			An			Tempo	Pt.	
<b>2.</b>	<b>Julien BAILLOD</b>		<b>80</b>	<b>SC Uster Wallisellen</b>		<b>56:17.51</b>	<b>661</b>	
	100m: 1:04.38	1:04.38	1400m: 15:33.78	1:07.29	2700m: 30:12.46	1:08.08	4000m: 45:00.34	1:07.38
	200m: 2:11.21	1:06.83	1500m: 16:41.23	1:07.45	2800m: 31:21.11	1:08.65	4100m: 46:08.46	1:08.12
	300m: 3:17.98	1:06.77	1600m: 17:47.90	1:06.67	2900m: 32:29.56	1:08.45	4200m: 47:16.39	1:07.93
	400m: 4:24.50	1:06.52	1700m: 18:54.92	1:07.02	3000m: 33:38.20	1:08.64	4300m: 48:24.51	1:08.12
	500m: 5:30.81	1:06.31	1800m: 20:02.26	1:07.34	3100m: 34:46.81	1:08.61	4400m: 49:32.31	1:07.80
	600m: 6:37.60	1:06.79	1900m: 21:09.39	1:07.13	3200m: 35:55.33	1:08.52	4500m: 50:40.37	1:08.06
	700m: 7:44.31	1:06.71	2000m: 22:16.76	1:07.37	3300m: 37:03.61	1:08.28	4600m: 51:48.71	1:08.34
	800m: 8:51.17	1:06.86	2100m: 23:24.33	1:07.57	3400m: 38:12.13	1:08.52	4700m: 52:56.88	1:08.17
	900m: 9:57.79	1:06.62	2200m: 24:31.81	1:07.48	3500m: 39:20.79	1:08.66	4800m: 54:04.89	1:08.01
	1000m: 11:04.93	1:07.14	2300m: 25:39.84	1:08.03	3600m: 40:29.30	1:08.51	4900m: 55:12.47	1:07.58
	1100m: 12:12.10	1:07.17	2400m: 26:47.88	1:08.04	3700m: 41:37.23	1:07.93	5000m: 56:17.51	1:05.04
	1200m: 13:19.42	1:07.32	2500m: 27:56.09	1:08.21	3800m: 42:45.14	1:07.91		
	1300m: 14:26.49	1:07.07	2600m: 29:04.38	1:08.29	3900m: 43:52.96	1:07.82		
<b>3.</b>	<b>Martin HOHL</b>		<b>83</b>	<b>Schwimmklub Bern</b>		<b>56:41.72</b>	<b>647</b>	
	100m: 1:04.82	1:04.82	1400m: 15:35.07	1:07.19	2700m: 30:22.95	1:09.09	4000m: 45:10.76	1:07.91
	200m: 2:10.77	1:05.95	1500m: 16:41.68	1:06.61	2800m: 31:32.54	1:09.59	4100m: 46:18.34	1:07.58
	300m: 3:17.04	1:06.27	1600m: 17:48.73	1:07.05	2900m: 32:42.25	1:09.71	4200m: 47:26.57	1:08.23
	400m: 4:23.41	1:06.37	1700m: 18:56.98	1:08.25	3000m: 33:51.89	1:09.64	4300m: 48:34.42	1:07.85
	500m: 5:30.78	1:07.37	1800m: 20:04.75	1:07.77	3100m: 35:00.45	1:08.56	4400m: 49:43.32	1:08.90
	600m: 6:38.49	1:07.71	1900m: 21:12.96	1:08.21	3200m: 36:08.97	1:08.52	4500m: 50:53.40	1:10.08
	700m: 7:46.16	1:07.67	2000m: 22:21.51	1:08.55	3300m: 37:17.08	1:08.11	4600m: 52:03.53	1:10.13
	800m: 8:53.21	1:07.05	2100m: 23:30.25	1:08.74	3400m: 38:25.74	1:08.66	4700m: 53:13.72	1:10.19
	900m: 10:00.00	1:06.79	2200m: 24:38.74	1:08.49	3500m: 39:33.90	1:08.16	4800m: 54:23.76	1:10.04
	1000m: 11:07.61	1:07.61	2300m: 25:47.52	1:08.78	3600m: 40:41.10	1:07.20	4900m: 55:33.73	1:09.97
	1100m: 12:14.26	1:06.65	2400m: 26:56.25	1:08.73	3700m: 41:48.55	1:07.45	5000m: 56:41.72	1:07.99
	1200m: 13:21.09	1:06.83	2500m: 28:05.02	1:08.77	3800m: 42:56.01	1:07.46		
	1300m: 14:27.88	1:06.79	2600m: 29:13.86	1:08.84	3900m: 44:02.85	1:06.84		
<b>4.</b>	<b>Simon RABOLD</b>		<b>90</b>	<b>SC Uster Wallisellen</b>		<b>57:15.67</b>	<b>628</b>	
	100m: 1:04.80	1:04.80	1400m: 15:59.76	1:09.25	2700m: 31:01.27	1:09.48	4000m: 45:56.72	1:08.29
	200m: 2:13.49	1:08.69	1500m: 17:09.12	1:09.36	2800m: 32:09.36	1:08.09	4100m: 47:04.96	1:08.24
	300m: 3:22.14	1:08.65	1600m: 18:18.40	1:09.28	2900m: 33:18.11	1:08.75	4200m: 48:13.64	1:08.68
	400m: 4:31.27	1:09.13	1700m: 19:27.59	1:09.19	3000m: 34:26.90	1:08.79	4300m: 49:22.17	1:08.53
	500m: 5:40.02	1:08.75	1800m: 20:36.72	1:09.13	3100m: 35:36.40	1:09.50	4400m: 50:30.71	1:08.54
	600m: 6:49.21	1:09.19	1900m: 21:45.89	1:09.17	3200m: 36:45.84	1:09.44	4500m: 51:39.48	1:08.77
	700m: 7:57.53	1:08.32	2000m: 22:55.45	1:09.56	3300m: 37:55.63	1:09.79	4600m: 52:47.78	1:08.30
	800m: 9:06.49	1:08.96	2100m: 24:04.97	1:09.52	3400m: 39:05.10	1:09.47	4700m: 53:56.33	1:08.55
	900m: 10:14.97	1:08.48	2200m: 25:14.41	1:09.44	3500m: 40:14.02	1:08.92	4800m: 55:03.86	1:07.53
	1000m: 11:23.56	1:08.59	2300m: 26:23.50	1:09.09	3600m: 41:22.44	1:08.42	4900m: 56:10.11	1:06.25
	1100m: 12:32.63	1:09.07	2400m: 27:32.87	1:09.37	3700m: 42:30.97	1:08.53	5000m: 57:15.67	1:05.56
	1200m: 13:41.27	1:08.64	2500m: 28:42.71	1:09.84	3800m: 43:39.76	1:08.79		
	1300m: 14:50.51	1:09.24	2600m: 29:51.79	1:09.08	3900m: 44:48.43	1:08.67		
<b>5.</b>	<b>Martin ROTHENBERGER</b>		<b>89</b>	<b>Schwimmclub Burgdorf</b>		<b>57:20.21</b>	<b>626</b>	
	100m: 1:05.82	1:05.82	1400m: 15:59.63	1:09.33	2700m: 30:55.86	1:09.26	4000m: 45:53.23	1:09.67
	200m: 2:14.36	1:08.54	1500m: 17:08.80	1:09.17	2800m: 32:05.15	1:09.29	4100m: 47:02.40	1:09.17
	300m: 3:23.22	1:08.86	1600m: 18:18.10	1:09.30	2900m: 33:14.34	1:09.19	4200m: 48:11.76	1:09.36
	400m: 4:31.60	1:08.38	1700m: 19:26.70	1:08.60	3000m: 34:23.03	1:08.69	4300m: 49:20.69	1:08.93
	500m: 5:40.24	1:08.64	1800m: 20:35.29	1:08.59	3100m: 35:31.41	1:08.38	4400m: 50:29.61	1:08.92
	600m: 6:48.33	1:08.09	1900m: 21:43.94	1:08.65	3200m: 36:39.71	1:08.30	4500m: 51:38.50	1:08.89
	700m: 7:56.82	1:08.49	2000m: 22:52.67	1:08.73	3300m: 37:48.62	1:08.91	4600m: 52:46.87	1:08.37
	800m: 9:05.39	1:08.57	2100m: 24:01.74	1:09.07	3400m: 38:57.63	1:09.01	4700m: 53:55.51	1:08.64
	900m: 10:14.14	1:08.75	2200m: 25:10.46	1:08.72	3500m: 40:06.91	1:09.28	4800m: 55:04.53	1:09.02
	1000m: 11:22.71	1:08.57	2300m: 26:19.13	1:08.67	3600m: 41:15.66	1:08.75	4900m: 56:14.13	1:09.60
	1100m: 12:31.95	1:09.24	2400m: 27:28.22	1:09.09	3700m: 42:24.43	1:08.77	5000m: 57:20.21	1:06.08
	1200m: 13:41.31	1:09.36	2500m: 28:37.09	1:08.87	3800m: 43:33.95	1:09.52		
	1300m: 14:50.30	1:08.99	2600m: 29:46.60	1:09.51	3900m: 44:43.56	1:09.61		

SM 5KM (pool) - CS 5km (pool)  
Bellinzona, 23.5.2009

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

Rango			An			Tempo	Pt.	
<b>6.</b>	<b>Stephan MOHR</b>		<b>85</b>	<b>SV beider Basel</b>		<b>57:42.92</b>	<b>614</b>	
	100m: 1:05.91	1:05.91	1400m: 15:59.24	1:08.80	2700m: 31:01.93	1:09.68	4000m: 46:01.85	1:09.85
	200m: 2:14.25	1:08.34	1500m: 17:08.44	1:09.20	2800m: 32:10.88	1:08.95	4100m: 47:11.61	1:09.76
	300m: 3:22.82	1:08.57	1600m: 18:17.79	1:09.35	2900m: 33:19.26	1:08.38	4200m: 48:21.75	1:10.14
	400m: 4:31.35	1:08.53	1700m: 19:27.26	1:09.47	3000m: 34:28.66	1:09.40	4300m: 49:32.38	1:10.63
	500m: 5:39.93	1:08.58	1800m: 20:36.77	1:09.51	3100m: 35:37.51	1:08.85	4400m: 50:42.51	1:10.13
	600m: 6:48.52	1:08.59	1900m: 21:45.99	1:09.22	3200m: 36:46.66	1:09.15	4500m: 51:53.08	1:10.57
	700m: 7:57.29	1:08.77	2000m: 22:55.24	1:09.25	3300m: 37:55.66	1:09.00	4600m: 53:03.40	1:10.32
	800m: 9:06.01	1:08.72	2100m: 24:04.71	1:09.47	3400m: 39:05.34	1:09.68	4700m: 54:14.00	1:10.60
	900m: 10:15.05	1:09.04	2200m: 25:14.19	1:09.48	3500m: 40:14.48	1:09.14	4800m: 55:24.29	1:10.29
	1000m: 11:23.72	1:08.67	2300m: 26:23.75	1:09.56	3600m: 41:23.40	1:08.92	4900m: 56:34.27	1:09.98
	1100m: 12:32.74	1:09.02	2400m: 27:33.15	1:09.40	3700m: 42:32.80	1:09.40	5000m: 57:42.92	1:08.65
	1200m: 13:41.60	1:08.86	2500m: 28:42.65	1:09.50	3800m: 43:42.15	1:09.35		
	1300m: 14:50.44	1:08.84	2600m: 29:52.25	1:09.60	3900m: 44:52.00	1:09.85		
<b>7.</b>	<b>Jovan MITROVIC</b>		<b>91</b>	<b>A Club Swimming Team Savosa SA</b>		<b>58:14.89</b>	<b>597</b>	
	100m: 1:04.23	1:04.23	1400m: 15:40.41	1:07.99	2700m: 30:46.83	1:11.14	4000m: 46:09.64	1:12.34
	200m: 2:11.30	1:07.07	1500m: 16:49.12	1:08.71	2800m: 31:58.94	1:12.11	4100m: 47:21.97	1:12.33
	300m: 3:18.10	1:06.80	1600m: 17:58.18	1:09.06	2900m: 33:11.25	1:12.31	4200m: 48:35.10	1:13.13
	400m: 4:25.53	1:07.43	1700m: 19:06.90	1:08.72	3000m: 34:23.09	1:11.84	4300m: 49:48.51	1:13.41
	500m: 5:33.02	1:07.49	1800m: 20:16.18	1:09.28	3100m: 35:31.90	1:08.81	4400m: 51:02.31	1:13.80
	600m: 6:40.39	1:07.37	1900m: 21:24.79	1:08.61	3200m: 36:40.50	1:08.60	4500m: 52:15.75	1:13.44
	700m: 7:48.06	1:07.67	2000m: 22:34.51	1:09.72	3300m: 37:51.06	1:10.56	4600m: 53:29.04	1:13.29
	800m: 8:55.18	1:07.12	2100m: 23:42.79	1:08.28	3400m: 39:02.24	1:11.18	4700m: 54:43.20	1:14.16
	900m: 10:02.57	1:07.39	2200m: 24:52.87	1:10.08	3500m: 40:13.17	1:10.93	4800m: 55:56.72	1:13.52
	1000m: 11:10.07	1:07.50	2300m: 26:03.25	1:10.38	3600m: 41:23.29	1:10.12	4900m: 57:07.35	1:10.63
	1100m: 12:17.27	1:07.20	2400m: 27:14.34	1:11.09	3700m: 42:33.98	1:10.69	5000m: 58:14.89	1:07.54
	1200m: 13:24.97	1:07.70	2500m: 28:25.21	1:10.87	3800m: 43:45.85	1:11.87		
	1300m: 14:32.42	1:07.45	2600m: 29:35.69	1:10.48	3900m: 44:57.30	1:11.45		
<b>8.</b>	<b>Jean-Baptiste FEBO</b>		<b>92</b>	<b>CN Plan-les-Ouates</b>		<b>59:46.18</b>	<b>552</b>	
	100m: 1:07.46	1:07.46	1400m: 16:37.88	1:12.26	2700m: 32:16.42	1:11.96	4000m: 48:03.61	1:13.22
	200m: 2:18.98	1:11.52	1500m: 17:49.63	1:11.75	2800m: 33:28.95	1:12.53	4100m: 49:16.00	1:12.39
	300m: 3:30.72	1:11.74	1600m: 19:01.38	1:11.75	2900m: 34:42.04	1:13.09	4200m: 50:26.77	1:10.77
	400m: 4:42.51	1:11.79	1700m: 20:13.59	1:12.21	3000m: 35:54.74	1:12.70	4300m: 51:37.38	1:10.61
	500m: 5:54.02	1:11.51	1800m: 21:25.77	1:12.18	3100m: 37:06.42	1:11.68	4400m: 52:47.73	1:10.35
	600m: 7:04.97	1:10.95	1900m: 22:38.58	1:12.81	3200m: 38:18.72	1:12.30	4500m: 53:57.37	1:09.64
	700m: 8:16.55	1:11.58	2000m: 23:50.80	1:12.22	3300m: 39:31.26	1:12.54	4600m: 55:07.29	1:09.92
	800m: 9:28.08	1:11.53	2100m: 25:02.95	1:12.15	3400m: 40:44.20	1:12.94	4700m: 56:17.08	1:09.79
	900m: 10:39.35	1:11.27	2200m: 26:15.84	1:12.89	3500m: 41:58.12	1:13.92	4800m: 57:27.32	1:10.24
	1000m: 11:50.55	1:11.20	2300m: 27:28.17	1:12.33	3600m: 43:10.77	1:12.65	4900m: 58:37.64	1:10.32
	1100m: 13:02.40	1:11.85	2400m: 28:40.19	1:12.02	3700m: 44:23.87	1:13.10	5000m: 59:46.18	1:08.54
	1200m: 14:13.70	1:11.30	2500m: 29:52.46	1:12.27	3800m: 45:37.40	1:13.53		
	1300m: 15:25.62	1:11.92	2600m: 31:04.46	1:12.00	3900m: 46:50.39	1:12.99		
<b>9.</b>	<b>Joshua CASTRO</b>		<b>90</b>	<b>Lausanne Natation</b>		<b>1:00:03.92</b>	<b>544</b>	
	100m: 1:08.16	1:08.16	1400m: 16:33.16	1:11.34	2700m: 32:04.01	1:12.44	4000m: 47:43.74	1:13.60
	200m: 2:20.21	1:12.05	1500m: 17:44.34	1:11.18	2800m: 33:16.03	1:12.02	4100m: 48:57.44	1:13.70
	300m: 3:31.30	1:11.09	1600m: 18:55.37	1:11.03	2900m: 34:28.21	1:12.18	4200m: 50:10.67	1:13.23
	400m: 4:42.94	1:11.64	1700m: 20:07.04	1:11.67	3000m: 35:40.07	1:11.86	4300m: 51:24.71	1:14.04
	500m: 5:54.32	1:11.38	1800m: 21:18.41	1:11.37	3100m: 36:51.99	1:11.92	4400m: 52:38.28	1:13.57
	600m: 7:05.35	1:11.03	1900m: 22:29.80	1:11.39	3200m: 38:03.76	1:11.77	4500m: 53:52.45	1:14.17
	700m: 8:16.38	1:11.03	2000m: 23:41.51	1:11.71	3300m: 39:15.93	1:12.17	4600m: 55:06.96	1:14.51
	800m: 9:27.77	1:11.39	2100m: 24:52.70	1:11.19	3400m: 40:28.50	1:12.57	4700m: 56:21.61	1:14.65
	900m: 10:38.76	1:10.99	2200m: 26:04.76	1:12.06	3500m: 41:40.73	1:12.23	4800m: 57:36.66	1:15.05
	1000m: 11:49.54	1:10.78	2300m: 27:16.27	1:11.51	3600m: 42:52.95	1:12.22	4900m: 58:51.42	1:14.76
	1100m: 13:00.65	1:11.11	2400m: 28:27.96	1:11.69	3700m: 44:05.27	1:12.32	5000m: 1:00:03.92	1:12.50
	1200m: 14:11.31	1:10.66	2500m: 29:39.76	1:11.80	3800m: 45:17.75	1:12.48		
	1300m: 15:21.82	1:10.51	2600m: 30:51.57	1:11.81	3900m: 46:30.14	1:12.39		

SM 5KM (pool) - CS 5km (pool)  
Bellinzona, 23.5.2009

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

Rango			An			Tempo	Pt.	
<b>10.</b>	<b>Simon VERBICARO</b>		<b>92</b>	<b>Schwimmklub Bern</b>		<b>1:00:59.11</b>	<b>520</b>	
	100m: 1:08.30	1:08.30	1400m: 16:59.21	1:13.01	2700m: 32:52.62	1:12.99	4000m: 48:46.49	1:13.65
	200m: 2:20.80	1:12.50	1500m: 18:12.99	1:13.78	2800m: 34:05.96	1:13.34	4100m: 49:59.83	1:13.34
	300m: 3:33.10	1:12.30	1600m: 19:26.59	1:13.60	2900m: 35:18.82	1:12.86	4200m: 51:13.36	1:13.53
	400m: 4:45.14	1:12.04	1700m: 20:40.24	1:13.65	3000m: 36:31.52	1:12.70	4300m: 52:26.98	1:13.62
	500m: 5:58.87	1:13.73	1800m: 21:53.51	1:13.27	3100m: 37:44.39	1:12.87	4400m: 53:40.71	1:13.73
	600m: 7:12.96	1:14.09	1900m: 23:06.48	1:12.97	3200m: 38:57.14	1:12.75	4500m: 54:54.40	1:13.69
	700m: 8:26.95	1:13.99	2000m: 24:19.82	1:13.34	3300m: 40:10.28	1:13.14	4600m: 56:07.75	1:13.35
	800m: 9:40.60	1:13.65	2100m: 25:33.13	1:13.31	3400m: 41:23.59	1:13.31	4700m: 57:21.64	1:13.89
	900m: 10:53.79	1:13.19	2200m: 26:46.86	1:13.73	3500m: 42:36.96	1:13.37	4800m: 58:35.58	1:13.94
	1000m: 12:06.63	1:12.84	2300m: 28:00.18	1:13.32	3600m: 43:50.92	1:13.96	4900m: 59:48.65	1:13.07
	1100m: 13:19.24	1:12.61	2400m: 29:13.05	1:12.87	3700m: 45:05.00	1:14.08	5000m: 1:00:59.11	1:10.46
	1200m: 14:32.57	1:13.33	2500m: 30:26.59	1:13.54	3800m: 46:18.68	1:13.68		
	1300m: 15:46.20	1:13.63	2600m: 31:39.63	1:13.04	3900m: 47:32.84	1:14.16		
<b>11.</b>	<b>Marco MANZOCCHI</b>		<b>94</b>	<b>Società Nuoto Bellinzona</b>		<b>1:03:08.55</b>	<b>469</b>	
	100m: 1:09.65	1:09.65	1400m: 17:24.96	1:14.97	2700m: 33:51.13	1:16.57	4000m: 50:30.88	1:16.67
	200m: 2:24.55	1:14.90	1500m: 18:40.34	1:15.38	2800m: 35:07.77	1:16.64	4100m: 51:47.37	1:16.49
	300m: 3:39.84	1:15.29	1600m: 19:55.24	1:14.90	2900m: 36:24.51	1:16.74	4200m: 53:04.37	1:17.00
	400m: 4:54.71	1:14.87	1700m: 21:10.39	1:15.15	3000m: 37:40.45	1:15.94	4300m: 54:21.33	1:16.96
	500m: 6:10.30	1:15.59	1800m: 22:25.42	1:15.03	3100m: 38:56.91	1:16.46	4400m: 55:38.87	1:17.54
	600m: 7:25.20	1:14.90	1900m: 23:41.13	1:15.71	3200m: 40:13.85	1:16.94	4500m: 56:55.62	1:16.75
	700m: 8:40.63	1:15.43	2000m: 24:57.09	1:15.96	3300m: 41:31.50	1:17.65	4600m: 58:09.42	1:13.80
	800m: 9:55.36	1:14.73	2100m: 26:12.84	1:15.75	3400m: 42:48.65	1:17.15	4700m: 59:25.49	1:16.07
	900m: 11:09.74	1:14.38	2200m: 27:28.66	1:15.82	3500m: 44:05.89	1:17.24	4800m: 1:00:42.00	1:16.51
	1000m: 12:24.85	1:15.11	2300m: 28:44.50	1:15.84	3600m: 45:23.49	1:17.60	4900m: 1:01:58.30	1:16.30
	1100m: 13:40.00	1:15.15	2400m: 30:01.11	1:16.61	3700m: 46:40.64	1:17.15	5000m: 1:03:08.55	1:10.25
	1200m: 14:54.62	1:14.62	2500m: 31:17.99	1:16.88	3800m: 47:57.44	1:16.80		
	1300m: 16:09.99	1:15.37	2600m: 32:34.56	1:16.57	3900m: 49:14.21	1:16.77		
<b>12.</b>	<b>Mathieu WANNER</b>		<b>91</b>	<b>Lausanne Natation</b>		<b>1:03:23.20</b>	<b>463</b>	
	100m: 1:07.78	1:07.78	1400m: 17:01.67	1:15.59	2700m: 33:38.14	1:17.10	4000m: 50:27.25	1:18.00
	200m: 2:19.90	1:12.12	1500m: 18:17.58	1:15.91	2800m: 34:56.14	1:18.00	4100m: 51:44.84	1:17.59
	300m: 3:31.19	1:11.29	1600m: 19:33.57	1:15.99	2900m: 36:13.91	1:17.77	4200m: 53:02.72	1:17.88
	400m: 4:42.91	1:11.72	1700m: 20:49.67	1:16.10	3000m: 37:32.03	1:18.12	4300m: 54:21.20	1:18.48
	500m: 5:54.37	1:11.46	1800m: 22:05.92	1:16.25	3100m: 38:49.90	1:17.87	4400m: 55:39.33	1:18.13
	600m: 7:06.81	1:12.44	1900m: 23:22.68	1:16.76	3200m: 40:07.34	1:17.44	4500m: 56:57.44	1:18.11
	700m: 8:19.70	1:12.89	2000m: 24:39.69	1:17.01	3300m: 41:24.90	1:17.56	4600m: 58:14.92	1:17.48
	800m: 9:33.67	1:13.97	2100m: 25:56.18	1:16.49	3400m: 42:42.43	1:17.53	4700m: 59:32.23	1:17.31
	900m: 10:47.72	1:14.05	2200m: 27:13.24	1:17.06	3500m: 43:59.59	1:17.16	4800m: 1:00:49.94	1:17.71
	1000m: 12:01.91	1:14.19	2300m: 28:29.58	1:16.34	3600m: 45:17.03	1:17.44	4900m: 1:02:07.45	1:17.51
	1100m: 13:16.59	1:14.68	2400m: 29:46.92	1:17.34	3700m: 46:34.60	1:17.57	5000m: 1:03:23.20	1:15.75
	1200m: 14:31.01	1:14.42	2500m: 31:04.67	1:17.75	3800m: 47:51.91	1:17.31		
	1300m: 15:46.08	1:15.07	2600m: 32:21.04	1:16.37	3900m: 49:09.25	1:17.34		
<b>13.</b>	<b>Ivan MITROVIC</b>		<b>94</b>	<b>A Club Swimming Team Savosa SA</b>		<b>1:03:56.42</b>	<b>451</b>	
	100m: 1:10.04	1:10.04	1400m: 17:37.69	1:16.01	2700m: 34:15.20	1:17.13	4000m: 51:01.72	1:17.87
	200m: 2:25.29	1:15.25	1500m: 18:53.95	1:16.26	2800m: 35:31.24	1:16.04	4100m: 52:19.08	1:17.36
	300m: 3:42.04	1:16.75	1600m: 20:10.96	1:17.01	2900m: 36:48.22	1:16.98	4200m: 53:37.46	1:18.38
	400m: 4:58.05	1:16.01	1700m: 21:27.89	1:16.93	3000m: 38:05.08	1:16.86	4300m: 54:56.37	1:18.91
	500m: 6:13.60	1:15.55	1800m: 22:45.23	1:17.34	3100m: 39:21.69	1:16.61	4400m: 56:15.06	1:18.69
	600m: 7:30.06	1:16.46	1900m: 24:00.94	1:15.71	3200m: 40:39.72	1:18.03	4500m: 57:33.35	1:18.29
	700m: 8:45.84	1:15.78	2000m: 25:18.03	1:17.09	3300m: 41:57.45	1:17.73	4600m: 58:51.30	1:17.95
	800m: 10:01.76	1:15.92	2100m: 26:35.15	1:17.12	3400m: 43:15.38	1:17.93	4700m: 1:00:09.31	1:18.01
	900m: 11:17.71	1:15.95	2200m: 27:51.72	1:16.57	3500m: 44:33.71	1:18.33	4800m: 1:01:27.67	1:18.36
	1000m: 12:34.08	1:16.37	2300m: 29:08.12	1:16.40	3600m: 45:50.62	1:16.91	4900m: 1:02:44.94	1:17.27
	1100m: 13:50.14	1:16.06	2400m: 30:25.05	1:16.93	3700m: 47:08.95	1:18.33	5000m: 1:03:56.42	1:11.48
	1200m: 15:05.91	1:15.77	2500m: 31:41.79	1:16.74	3800m: 48:26.07	1:17.12		
	1300m: 16:21.68	1:15.77	2600m: 32:58.07	1:16.28	3900m: 49:43.85	1:17.78		

SM 5KM (pool) - CS 5km (pool)  
Bellinzona, 23.5.2009

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

Rango			An			Tempo	Pt.	
<b>14.</b>	<b>Gian Carlo BAUER</b>		<b>92</b>	<b>SC Uster Wallisellen</b>		<b>1:04:56.04</b>	<b>431</b>	
	100m: 1:10.78	1:10.78	1400m: 17:46.87	1:18.51	2700m: 34:47.87	1:19.56	4000m: 51:48.35	1:19.79
	200m: 2:26.48	1:15.70	1500m: 19:03.99	1:17.12	2800m: 36:07.17	1:19.30	4100m: 53:08.44	1:20.09
	300m: 3:41.85	1:15.37	1600m: 20:22.04	1:18.05	2900m: 37:25.54	1:18.37	4200m: 54:28.25	1:19.81
	400m: 4:57.58	1:15.73	1700m: 21:40.63	1:18.59	3000m: 38:44.55	1:19.01	4300m: 55:46.77	1:18.52
	500m: 6:12.56	1:14.98	1800m: 22:59.38	1:18.75	3100m: 40:03.56	1:19.01	4400m: 57:06.34	1:19.57
	600m: 7:27.88	1:15.32	1900m: 24:17.43	1:18.05	3200m: 41:22.75	1:19.19	4500m: 58:25.36	1:19.02
	700m: 8:43.98	1:16.10	2000m: 25:35.75	1:18.32	3300m: 42:41.33	1:18.58	4600m: 59:43.98	1:18.62
	800m: 10:01.09	1:17.11	2100m: 26:54.50	1:18.75	3400m: 43:59.14	1:17.81	4700m: 1:01:02.54	1:18.56
	900m: 11:18.91	1:17.82	2200m: 28:13.23	1:18.73	3500m: 45:16.74	1:17.60	4800m: 1:02:21.07	1:18.53
	1000m: 12:35.83	1:16.92	2300m: 29:31.20	1:17.97	3600m: 46:34.28	1:17.54	4900m: 1:03:39.16	1:18.09
	1100m: 13:52.98	1:17.15	2400m: 30:50.30	1:19.10	3700m: 47:52.02	1:17.74	5000m: 1:04:56.04	1:16.88
	1200m: 15:10.31	1:17.33	2500m: 32:09.33	1:19.03	3800m: 49:10.15	1:18.13		
	1300m: 16:28.36	1:18.05	2600m: 33:28.31	1:18.98	3900m: 50:28.56	1:18.41		
<b>15.</b>	<b>Erik VAN DOOREN</b>		<b>91</b>	<b>Genève Natation 1885</b>		<b>1:05:19.59</b>	<b>423</b>	
	100m: 1:09.84	1:09.84	1400m: 18:00.03	1:17.88	2700m: 34:58.28	1:19.95	4000m: 52:13.89	1:17.90
	200m: 2:25.26	1:15.42	1500m: 19:18.40	1:18.37	2800m: 36:18.11	1:19.83	4100m: 53:32.36	1:18.47
	300m: 3:43.23	1:17.97	1600m: 20:35.16	1:16.76	2900m: 37:38.08	1:19.97	4200m: 54:51.08	1:18.72
	400m: 5:01.82	1:18.59	1700m: 21:53.17	1:18.01	3000m: 38:58.33	1:20.25	4300m: 56:10.13	1:19.05
	500m: 6:20.15	1:18.33	1800m: 23:07.91	1:14.74	3100m: 40:19.14	1:20.81	4400m: 57:28.44	1:18.31
	600m: 7:38.90	1:18.75	1900m: 24:25.72	1:17.81	3200m: 41:39.87	1:20.73	4500m: 58:47.72	1:19.28
	700m: 8:57.80	1:18.90	2000m: 25:44.47	1:18.75	3300m: 43:00.78	1:20.91	4600m: 1:00:06.25	1:18.53
	800m: 10:16.46	1:18.66	2100m: 27:03.46	1:18.99	3400m: 44:21.14	1:20.36	4700m: 1:01:25.76	1:19.51
	900m: 11:34.46	1:18.00	2200m: 28:22.91	1:19.45	3500m: 45:40.83	1:19.69	4800m: 1:02:44.99	1:19.23
	1000m: 12:51.37	1:16.91	2300m: 29:41.59	1:18.68	3600m: 46:58.06	1:17.23	4900m: 1:04:03.04	1:18.05
	1100m: 14:08.19	1:16.82	2400m: 30:59.93	1:18.34	3700m: 48:16.78	1:18.72	5000m: 1:05:19.59	1:16.55
	1200m: 15:24.60	1:16.41	2500m: 32:19.50	1:19.57	3800m: 49:35.93	1:19.15		
	1300m: 16:42.15	1:17.55	2600m: 33:38.33	1:18.83	3900m: 50:55.99	1:20.06		
<b>16.</b>	<b>Christian ROTH</b>		<b>91</b>	<b>Schwimmclub Bülach</b>		<b>1:06:03.36</b>	<b>409</b>	
	100m: 1:11.78	1:11.78	1400m: 18:13.96	1:19.25	2700m: 35:30.26	1:19.98	4000m: 52:48.62	1:20.69
	200m: 2:29.12	1:17.34	1500m: 19:33.66	1:19.70	2800m: 36:50.49	1:20.23	4100m: 54:08.32	1:19.70
	300m: 3:46.98	1:17.86	1600m: 20:52.56	1:18.90	2900m: 38:09.60	1:19.11	4200m: 55:27.53	1:19.21
	400m: 5:05.06	1:18.08	1700m: 22:11.71	1:19.15	3000m: 39:29.25	1:19.65	4300m: 56:46.27	1:18.74
	500m: 6:23.82	1:18.76	1800m: 23:31.36	1:19.65	3100m: 40:49.51	1:20.26	4400m: 58:05.07	1:18.80
	600m: 7:42.20	1:18.38	1900m: 24:50.55	1:19.19	3200m: 42:09.83	1:20.32	4500m: 59:24.60	1:19.53
	700m: 9:00.83	1:18.63	2000m: 26:09.95	1:19.40	3300m: 43:29.30	1:19.47	4600m: 1:00:44.27	1:19.67
	800m: 10:19.93	1:19.10	2100m: 27:29.76	1:19.81	3400m: 44:48.91	1:19.61	4700m: 1:02:04.26	1:19.99
	900m: 11:39.29	1:19.36	2200m: 28:49.58	1:19.82	3500m: 46:08.98	1:20.07	4800m: 1:03:24.43	1:20.17
	1000m: 12:58.35	1:19.06	2300m: 30:09.23	1:19.65	3600m: 47:28.56	1:19.58	4900m: 1:04:44.55	1:20.12
	1100m: 14:16.77	1:18.42	2400m: 31:29.97	1:20.74	3700m: 48:47.71	1:19.15	5000m: 1:06:03.36	1:18.81
	1200m: 15:36.11	1:19.34	2500m: 32:49.80	1:19.83	3800m: 50:07.50	1:19.79		
	1300m: 16:54.71	1:18.60	2600m: 34:10.28	1:20.48	3900m: 51:27.93	1:20.43		
<b>17.</b>	<b>Stefano MINOTTI</b>		<b>91</b>	<b>Società Nuoto Bellinzona</b>		<b>1:06:07.73</b>	<b>408</b>	
	100m: 1:10.43	1:10.43	1400m: 17:50.28	1:18.42	2700m: 35:13.63	1:21.44	4000m: 52:37.36	1:21.90
	200m: 2:25.85	1:15.42	1500m: 19:08.88	1:18.60	2800m: 36:34.00	1:20.37	4100m: 53:59.66	1:22.30
	300m: 3:41.19	1:15.34	1600m: 20:27.70	1:18.82	2900m: 37:53.96	1:19.96	4200m: 55:21.09	1:21.43
	400m: 4:57.08	1:15.89	1700m: 21:46.28	1:18.58	3000m: 39:14.41	1:20.45	4300m: 56:43.64	1:22.55
	500m: 6:13.49	1:16.41	1800m: 23:07.53	1:21.25	3100m: 40:34.37	1:19.96	4400m: 58:05.17	1:21.53
	600m: 7:30.58	1:17.09	1900m: 24:26.13	1:18.60	3200m: 41:53.26	1:18.89	4500m: 59:25.27	1:20.10
	700m: 8:47.79	1:17.21	2000m: 25:46.19	1:20.06	3300m: 43:12.35	1:19.09	4600m: 1:00:44.57	1:19.30
	800m: 10:04.64	1:16.85	2100m: 27:06.75	1:20.56	3400m: 44:31.66	1:19.31	4700m: 1:02:05.43	1:20.86
	900m: 11:22.10	1:17.46	2200m: 28:27.85	1:21.10	3500m: 45:51.57	1:19.91	4800m: 1:03:27.55	1:22.12
	1000m: 12:38.62	1:16.52	2300m: 29:49.32	1:21.47	3600m: 47:12.09	1:20.52	4900m: 1:04:49.28	1:21.73
	1100m: 13:55.33	1:16.71	2400m: 31:11.20	1:21.88	3700m: 48:33.10	1:21.01	5000m: 1:06:07.73	1:18.45
	1200m: 15:13.04	1:17.71	2500m: 32:32.73	1:21.53	3800m: 49:54.37	1:21.27		
	1300m: 16:31.86	1:18.82	2600m: 33:52.19	1:19.46	3900m: 51:15.46	1:21.09		

SM 5KM (pool) - CS 5km (pool)  
Bellinzona, 23.5.2009

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

Rango			An			Tempo	Pt.	
<b>18.</b>	<b>Stephan LIVIO</b>		<b>95</b>	<b>SC Uster Wallisellen</b>		<b>1:06:17.88</b>	<b>405</b>	
	100m: 1:17.42	1:17.42	1400m: 18:42.59	1:19.23	2700m: 35:57.97	1:21.18	4000m: 53:10.36	1:18.44
	200m: 2:38.77	1:21.35	1500m: 20:01.09	1:18.50	2800m: 37:18.39	1:20.42	4100m: 54:29.20	1:18.84
	300m: 3:58.58	1:19.81	1600m: 21:19.31	1:18.22	2900m: 38:38.21	1:19.82	4200m: 55:47.91	1:18.71
	400m: 5:19.26	1:20.68	1700m: 22:38.68	1:19.37	3000m: 39:57.61	1:19.40	4300m: 57:07.49	1:19.58
	500m: 6:40.16	1:20.90	1800m: 23:57.33	1:18.65	3100m: 41:18.52	1:20.91	4400m: 58:26.17	1:18.68
	600m: 8:01.06	1:20.90	1900m: 25:16.64	1:19.31	3200m: 42:38.24	1:19.72	4500m: 59:45.36	1:19.19
	700m: 9:22.31	1:21.25	2000m: 26:35.93	1:19.29	3300m: 43:58.36	1:20.12	4600m: 1:01:04.71	1:19.35
	800m: 10:43.66	1:21.35	2100m: 27:55.74	1:19.81	3400m: 45:18.15	1:19.79	4700m: 1:02:24.07	1:19.36
	900m: 12:05.38	1:21.72	2200m: 29:16.11	1:20.37	3500m: 46:36.94	1:18.79	4800m: 1:03:43.59	1:19.52
	1000m: 13:24.24	1:18.86	2300m: 30:35.76	1:19.65	3600m: 47:56.00	1:19.06	4900m: 1:05:01.44	1:17.85
	1100m: 14:43.81	1:19.57	2400m: 31:55.97	1:20.21	3700m: 49:14.70	1:18.70	5000m: 1:06:17.88	1:16.44
	1200m: 16:03.81	1:20.00	2500m: 33:16.24	1:20.27	3800m: 50:32.77	1:18.07		
	1300m: 17:23.36	1:19.55	2600m: 34:36.79	1:20.55	3900m: 51:51.92	1:19.15		
<b>19.</b>	<b>Yann HAYOZ</b>		<b>93</b>	<b>Red Fish Neuchâtel</b>		<b>1:06:31.27</b>	<b>401</b>	
	100m: 1:11.45	1:11.45	1400m: 18:35.95	1:21.27	2700m: 35:29.06	1:20.65	4000m: 53:03.84	1:18.76
	200m: 2:30.12	1:18.67	1500m: 19:53.04	1:17.09	2800m: 36:50.46	1:21.40	4100m: 54:23.75	1:19.91
	300m: 3:51.32	1:21.20	1600m: 21:10.22	1:17.18	2900m: 38:10.77	1:20.31	4200m: 55:45.29	1:21.54
	400m: 5:13.23	1:21.91	1700m: 22:23.24	1:13.02	3000m: 39:30.40	1:19.63	4300m: 57:07.21	1:21.92
	500m: 6:33.55	1:20.32	1800m: 23:39.18	1:15.94	3100m: 40:51.20	1:20.80	4400m: 58:28.94	1:21.73
	600m: 7:54.80	1:21.25	1900m: 24:55.18	1:16.00	3200m: 42:11.20	1:20.00	4500m: 59:52.13	1:23.19
	700m: 9:15.44	1:20.64	2000m: 26:12.00	1:16.82	3300m: 43:33.28	1:22.08	4600m: 1:01:12.80	1:20.67
	800m: 10:36.12	1:20.68	2100m: 27:29.53	1:17.53	3400m: 44:55.18	1:21.90	4700m: 1:02:34.65	1:21.85
	900m: 11:56.31	1:20.19	2200m: 28:48.02	1:18.49	3500m: 46:17.45	1:22.27	4800m: 1:03:56.08	1:21.43
	1000m: 13:15.40	1:19.09	2300m: 30:07.17	1:19.15	3600m: 47:40.33	1:22.88	4900m: 1:05:17.83	1:21.75
	1100m: 14:34.29	1:18.89	2400m: 31:27.55	1:20.38	3700m: 49:02.67	1:22.34	5000m: 1:06:31.27	1:13.44
	1200m: 15:53.75	1:19.46	2500m: 32:48.08	1:20.53	3800m: 50:24.36	1:21.69		
	1300m: 17:14.68	1:20.93	2600m: 34:08.41	1:20.33	3900m: 51:45.08	1:20.72		
<b>20.</b>	<b>Andri STURZENEGGER</b>		<b>95</b>	<b>SC Uster Wallisellen</b>		<b>1:06:37.39</b>	<b>399</b>	
	100m: 1:16.77	1:16.77	1400m: 18:45.73	1:19.82	2700m: 36:09.35	1:20.15	4000m: 53:15.73	1:19.51
	200m: 2:38.42	1:21.65	1500m: 20:05.55	1:19.82	2800m: 37:29.83	1:20.48	4100m: 54:34.12	1:18.39
	300m: 3:58.31	1:19.89	1600m: 21:26.03	1:20.48	2900m: 38:50.53	1:20.70	4200m: 55:54.39	1:20.27
	400m: 5:19.08	1:20.77	1700m: 22:47.02	1:20.99	3000m: 40:11.36	1:20.83	4300m: 57:13.47	1:19.08
	500m: 6:40.22	1:21.14	1800m: 24:06.26	1:19.24	3100m: 41:30.58	1:19.22	4400m: 58:34.22	1:20.75
	600m: 8:01.69	1:21.47	1900m: 25:26.62	1:20.36	3200m: 42:49.75	1:19.17	4500m: 59:54.89	1:20.67
	700m: 9:22.63	1:20.94	2000m: 26:45.44	1:18.82	3300m: 44:07.42	1:17.67	4600m: 1:01:14.53	1:19.64
	800m: 10:44.09	1:21.46	2100m: 28:05.77	1:20.33	3400m: 45:25.17	1:17.75	4700m: 1:02:36.35	1:21.82
	900m: 12:04.85	1:20.76	2200m: 29:26.04	1:20.27	3500m: 46:42.96	1:17.79	4800m: 1:03:57.23	1:20.88
	1000m: 13:25.61	1:20.76	2300m: 30:42.53	1:16.49	3600m: 48:00.86	1:17.90	4900m: 1:05:18.57	1:21.34
	1100m: 14:45.48	1:19.87	2400m: 32:07.85	1:25.32	3700m: 49:19.18	1:18.32	5000m: 1:06:37.39	1:18.82
	1200m: 16:05.97	1:20.49	2500m: 33:28.62	1:20.77	3800m: 50:38.45	1:19.27		
	1300m: 17:25.91	1:19.94	2600m: 34:49.20	1:20.58	3900m: 51:56.22	1:17.77		
<b>21.</b>	<b>Alessio PIETRA</b>		<b>94</b>	<b>A Club Swimming Team Savosa SA</b>		<b>1:06:44.13</b>	<b>397</b>	
	100m: 1:12.29	1:12.29	1400m: 18:00.37	1:17.90	2700m: 34:54.02	1:19.17	4000m: 52:17.15	1:23.21
	200m: 2:29.39	1:17.10	1500m: 19:17.73	1:17.36	2800m: 36:12.91	1:18.89	4100m: 53:40.98	1:23.83
	300m: 3:47.01	1:17.62	1600m: 20:34.73	1:17.00	2900m: 37:31.67	1:18.76	4200m: 55:05.38	1:24.40
	400m: 5:04.95	1:17.94	1700m: 21:52.48	1:17.75	3000m: 38:50.08	1:18.41	4300m: 56:31.28	1:25.90
	500m: 6:23.60	1:18.65	1800m: 23:10.23	1:17.75	3100m: 40:09.20	1:19.12	4400m: 57:57.76	1:26.48
	600m: 7:41.13	1:17.53	1900m: 24:27.78	1:17.55	3200m: 41:28.52	1:19.32	4500m: 59:24.52	1:26.76
	700m: 8:59.59	1:18.46	2000m: 25:45.74	1:17.96	3300m: 42:47.40	1:18.88	4600m: 1:00:50.90	1:26.38
	800m: 10:16.39	1:16.80	2100m: 27:03.83	1:18.09	3400m: 44:06.95	1:19.55	4700m: 1:02:19.48	1:28.58
	900m: 11:33.70	1:17.31	2200m: 28:21.79	1:17.96	3500m: 45:27.66	1:20.71	4800m: 1:03:48.71	1:29.23
	1000m: 12:50.55	1:16.85	2300m: 29:39.79	1:18.00	3600m: 46:48.70	1:21.04	4900m: 1:05:17.25	1:28.54
	1100m: 14:07.16	1:16.61	2400m: 30:58.02	1:18.23	3700m: 48:09.83	1:21.13	5000m: 1:06:44.13	1:26.88
	1200m: 15:24.66	1:17.50	2500m: 32:16.48	1:18.46	3800m: 49:31.42	1:21.59		
	1300m: 16:42.47	1:17.81	2600m: 33:34.85	1:18.37	3900m: 50:53.94	1:22.52		

SM 5KM (pool) - CS 5km (pool)  
Bellinzona, 23.5.2009

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

Rango	An	Tempo	Pt.
<b>22.</b>	<b>Luca FREGOSI</b>	<b>93 A Club Swimming Team Savosa SA</b>	<b>1:06:53.17 394</b>
100m:	1:11.22 1:11.22	1400m:	17:51.33 1:18.22
200m:	2:26.38 1:15.16	1500m:	19:09.63 1:18.30
300m:	3:41.52 1:15.14	1600m:	20:26.82 1:17.19
400m:	4:56.31 1:14.79	1700m:	21:43.72 1:16.90
500m:	6:12.45 1:16.14	1800m:	23:00.48 1:16.76
600m:	7:28.61 1:16.16	1900m:	24:16.89 1:16.41
700m:	8:45.23 1:16.62	2000m:	25:33.89 1:17.00
800m:	10:02.67 1:17.44	2100m:	26:52.37 1:18.48
900m:	11:20.14 1:17.47	2200m:	28:11.29 1:18.92
1000m:	12:37.95 1:17.81	2300m:	29:31.95 1:20.66
1100m:	13:56.28 1:18.33	2400m:	30:53.14 1:21.19
1200m:	15:14.20 1:17.92	2500m:	32:14.10 1:20.96
1300m:	16:33.11 1:18.91	2600m:	33:34.60 1:20.50
		2700m:	34:56.19 1:21.59
		2800m:	36:18.02 1:21.83
		2900m:	37:40.01 1:21.99
		3000m:	39:02.55 1:22.54
		3100m:	40:25.17 1:22.62
		3200m:	41:47.34 1:22.17
		3300m:	43:09.47 1:22.13
		3400m:	44:31.61 1:22.14
		3500m:	45:53.70 1:22.09
		3600m:	47:17.37 1:23.67
		3700m:	48:41.56 1:24.19
		3800m:	50:05.38 1:23.82
		3900m:	51:30.05 1:24.67
		4000m:	52:55.02 1:24.97
		4100m:	54:19.63 1:24.61
		4200m:	55:45.02 1:25.39
		4300m:	57:10.19 1:25.17
		4400m:	58:34.38 1:24.19
		4500m:	59:58.33 1:23.95
		4600m:	1:01:21.18 1:22.85
		4700m:	1:02:44.46 1:23.28
		4800m:	1:04:06.79 1:22.33
		4900m:	1:05:29.90 1:23.11
		5000m:	1:06:53.17 1:23.27
<b>23.</b>	<b>David BERNASCONI</b>	<b>91 Società Nuoto Bellinzona</b>	<b>1:07:37.41 381</b>
100m:	1:12.86 1:12.86	1400m:	18:13.21 1:19.51
200m:	2:30.26 1:17.40	1500m:	19:32.92 1:19.71
300m:	3:49.52 1:19.26	1600m:	20:53.16 1:20.24
400m:	5:08.94 1:19.42	1700m:	22:12.37 1:19.21
500m:	6:27.23 1:18.29	1800m:	23:33.45 1:21.08
600m:	7:45.69 1:18.46	1900m:	24:54.39 1:20.94
700m:	9:03.61 1:17.92	2000m:	26:14.92 1:20.53
800m:	10:21.72 1:18.11	2100m:	27:36.45 1:21.53
900m:	11:39.25 1:17.53	2200m:	28:56.97 1:20.52
1000m:	12:57.75 1:18.50	2300m:	30:19.38 1:22.41
1100m:	14:16.19 1:18.44	2400m:	31:41.03 1:21.65
1200m:	15:34.55 1:18.36	2500m:	33:01.46 1:20.43
1300m:	16:53.70 1:19.15	2600m:	34:23.64 1:22.18
		2700m:	35:46.01 1:22.37
		2800m:	37:07.99 1:21.98
		2900m:	38:30.04 1:22.05
		3000m:	39:52.85 1:22.81
		3100m:	41:15.68 1:22.83
		3200m:	42:38.99 1:23.31
		3300m:	44:01.71 1:22.72
		3400m:	45:24.87 1:23.16
		3500m:	46:47.99 1:23.12
		3600m:	48:11.11 1:23.12
		3700m:	49:33.36 1:22.25
		3800m:	50:56.30 1:22.94
		3900m:	52:19.93 1:23.63
		4000m:	53:44.30 1:24.37
		4100m:	55:08.19 1:23.89
		4200m:	56:32.75 1:24.56
		4300m:	57:57.49 1:24.74
		4400m:	59:22.98 1:25.49
		4500m:	1:00:45.67 1:22.69
		4600m:	1:02:08.63 1:22.96
		4700m:	1:03:31.60 1:22.97
		4800m:	1:04:54.72 1:23.12
		4900m:	1:06:16.88 1:22.16
		5000m:	1:07:37.41 1:20.53
<b>24.</b>	<b>Thomas SCIBOZ</b>	<b>93 Red Fish Neuchâtel</b>	<b>1:07:57.92 376</b>
100m:	1:14.94 1:14.94	1400m:	18:48.80 1:21.64
200m:	2:35.03 1:20.09	1500m:	20:08.93 1:20.13
300m:	3:56.70 1:21.67	1600m:	21:30.39 1:21.46
400m:	5:18.11 1:21.41	1700m:	22:51.85 1:21.46
500m:	6:40.00 1:21.89	1800m:	24:11.16 1:19.31
600m:	8:01.30 1:21.30	1900m:	25:32.00 1:20.84
700m:	9:21.98 1:20.68	2000m:	26:53.16 1:21.16
800m:	10:43.24 1:21.26	2100m:	28:14.38 1:21.22
900m:	12:04.27 1:21.03	2200m:	29:35.47 1:21.09
1000m:	13:24.82 1:20.55	2300m:	30:56.22 1:20.75
1100m:	14:45.50 1:20.68	2400m:	32:17.01 1:20.79
1200m:	16:06.16 1:20.66	2500m:	33:38.67 1:21.66
1300m:	17:27.16 1:21.00	2600m:	34:59.67 1:21.00
		2700m:	36:20.99 1:21.32
		2800m:	37:42.53 1:21.54
		2900m:	39:04.19 1:21.66
		3000m:	40:26.11 1:21.92
		3100m:	41:47.67 1:21.56
		3200m:	43:09.54 1:21.87
		3300m:	44:31.03 1:21.49
		3400m:	45:53.88 1:22.85
		3500m:	47:16.59 1:22.71
		3600m:	48:38.71 1:22.12
		3700m:	50:01.20 1:22.49
		3800m:	51:23.75 1:22.55
		3900m:	52:46.72 1:22.97
		4000m:	54:10.31 1:23.59
		4100m:	55:33.50 1:23.19
		4200m:	56:56.13 1:22.63
		4300m:	58:19.61 1:23.48
		4400m:	59:43.09 1:23.48
		4500m:	1:01:06.24 1:23.15
		4600m:	1:02:29.66 1:23.42
		4700m:	1:03:52.81 1:23.15
		4800m:	1:05:16.81 1:24.00
		4900m:	1:06:38.63 1:21.82
		5000m:	1:07:57.92 1:19.29
<b>25.</b>	<b>Dejan MARJANOVIC</b>	<b>93 Società Nuoto Bellinzona</b>	<b>1:08:45.61 363</b>
100m:	1:11.51 1:11.51	1400m:	18:27.04 1:21.82
200m:	2:29.40 1:17.89	1500m:	19:47.96 1:20.92
300m:	3:47.80 1:18.40	1600m:	21:09.47 1:21.51
400m:	5:06.95 1:19.15	1700m:	22:30.23 1:20.76
500m:	6:26.31 1:19.36	1800m:	23:51.57 1:21.34
600m:	7:45.72 1:19.41	1900m:	25:13.32 1:21.75
700m:	9:04.60 1:18.88	2000m:	26:36.09 1:22.77
800m:	10:22.95 1:18.35	2100m:	27:57.17 1:21.08
900m:	11:42.49 1:19.54	2200m:	29:19.77 1:22.60
1000m:	13:02.52 1:20.03	2300m:	30:40.80 1:21.03
1100m:	14:22.82 1:20.30	2400m:	32:03.61 1:22.81
1200m:	15:43.38 1:20.56	2500m:	33:26.42 1:22.81
1300m:	17:05.22 1:21.84	2600m:	34:49.45 1:23.03
		2700m:	36:13.80 1:24.35
		2800m:	37:39.15 1:25.35
		2900m:	39:02.32 1:23.17
		3000m:	40:25.11 1:22.79
		3100m:	41:47.80 1:22.69
		3200m:	43:11.50 1:23.70
		3300m:	44:35.52 1:24.02
		3400m:	46:00.59 1:25.07
		3500m:	47:25.33 1:24.74
		3600m:	48:49.89 1:24.56
		3700m:	50:14.73 1:24.84
		3800m:	51:39.86 1:25.13
		3900m:	53:05.62 1:25.76
		4000m:	54:30.56 1:24.94
		4100m:	55:55.15 1:24.59
		4200m:	57:20.80 1:25.65
		4300m:	58:46.01 1:25.21
		4400m:	1:00:12.11 1:26.10
		4500m:	1:01:38.77 1:26.66
		4600m:	1:03:03.30 1:24.53
		4700m:	1:04:29.20 1:25.90
		4800m:	1:05:55.18 1:25.98
		4900m:	1:07:21.04 1:25.86
		5000m:	1:08:45.61 1:24.57

SM 5KM (pool) - CS 5km (pool)  
Bellinzona, 23.5.2009

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

Rango			An			Tempo	Pt.	
<b>26.</b>	<b>Jonas AMBROSINI</b>		<b>95</b>	<b>Società Nuoto Bellinzona</b>		<b>1:09:35.43</b>	<b>350</b>	
	100m: 1:13.43	1:13.43	1400m: 19:00.80	1:23.81	2700m: 37:19.77	1:25.33	4000m: 55:39.10	1:24.61
	200m: 2:34.48	1:21.05	1500m: 20:24.14	1:23.34	2800m: 38:44.15	1:24.38	4100m: 57:02.78	1:23.68
	300m: 3:55.94	1:21.46	1600m: 21:48.34	1:24.20	2900m: 40:09.43	1:25.28	4200m: 58:27.04	1:24.26
	400m: 5:16.48	1:20.54	1700m: 23:12.72	1:24.38	3000m: 41:34.28	1:24.85	4300m: 59:51.48	1:24.44
	500m: 6:37.46	1:20.98	1800m: 24:36.45	1:23.73	3100m: 42:58.14	1:23.86	4400m: 1:01:15.87	1:24.39
	600m: 7:58.55	1:21.09	1900m: 26:01.11	1:24.66	3200m: 44:22.88	1:24.74	4500m: 1:02:39.51	1:23.64
	700m: 9:19.71	1:21.16	2000m: 27:25.05	1:23.94	3300m: 45:47.46	1:24.58	4600m: 1:04:02.80	1:23.29
	800m: 10:42.07	1:22.36	2100m: 28:49.10	1:24.05	3400m: 47:12.04	1:24.58	4700m: 1:05:27.43	1:24.63
	900m: 12:05.27	1:23.20	2200m: 30:14.09	1:24.99	3500m: 48:37.72	1:25.68	4800m: 1:06:52.33	1:24.90
	1000m: 13:27.86	1:22.59	2300m: 31:38.21	1:24.12	3600m: 50:01.43	1:23.71	4900m: 1:08:14.97	1:22.64
	1100m: 14:50.44	1:22.58	2400m: 33:04.02	1:25.81	3700m: 51:25.11	1:23.68	5000m: 1:09:35.43	1:20.46
	1200m: 16:13.89	1:23.45	2500m: 34:29.11	1:25.09	3800m: 52:50.57	1:25.46		
	1300m: 17:36.99	1:23.10	2600m: 35:54.44	1:25.33	3900m: 54:14.49	1:23.92		
<b>27.</b>	<b>Erik LÖFFLER</b>		<b>94</b>	<b>SC Uster Wallisellen</b>		<b>1:10:05.54</b>	<b>343</b>	
	100m: 1:12.48	1:12.48	1400m: 19:11.80	1:23.25	2700m: 37:30.26	1:25.52	4000m: 55:52.42	1:24.77
	200m: 2:34.05	1:21.57	1500m: 20:34.42	1:22.62	2800m: 38:55.31	1:25.05	4100m: 57:17.89	1:25.47
	300m: 3:56.73	1:22.68	1600m: 21:58.76	1:24.34	2900m: 40:19.98	1:24.67	4200m: 58:43.04	1:25.15
	400m: 5:18.24	1:21.51	1700m: 23:23.01	1:24.25	3000m: 41:45.32	1:25.34	4300m: 1:00:08.47	1:25.43
	500m: 6:41.78	1:23.54	1800m: 24:47.37	1:24.36	3100m: 43:10.17	1:24.85	4400m: 1:01:34.74	1:26.27
	600m: 8:05.30	1:23.52	1900m: 26:12.40	1:25.03	3200m: 44:35.45	1:25.28	4500m: 1:03:01.18	1:26.44
	700m: 9:28.61	1:23.31	2000m: 27:36.40	1:24.00	3300m: 45:59.80	1:24.35	4600m: 1:04:27.29	1:26.11
	800m: 10:52.38	1:23.77	2100m: 29:01.30	1:24.90	3400m: 47:25.25	1:25.45	4700m: 1:05:52.83	1:25.54
	900m: 12:15.64	1:23.26	2200m: 30:25.10	1:23.80	3500m: 48:48.89	1:23.64	4800m: 1:07:18.95	1:26.12
	1000m: 13:38.78	1:23.14	2300m: 31:49.78	1:24.68	3600m: 50:13.25	1:24.36	4900m: 1:08:43.52	1:24.57
	1100m: 15:01.78	1:23.00	2400m: 33:14.40	1:24.62	3700m: 51:37.58	1:24.33	5000m: 1:10:05.54	1:22.02
	1200m: 16:25.06	1:23.28	2500m: 34:39.39	1:24.99	3800m: 53:02.81	1:25.23		
	1300m: 17:48.55	1:23.49	2600m: 36:04.74	1:25.35	3900m: 54:27.65	1:24.84		
<b>28.</b>	<b>Amar CEHIC</b>		<b>95</b>	<b>Società Nuoto Bellinzona</b>		<b>1:11:16.62</b>	<b>326</b>	
	100m: 1:16.48	1:16.48	1400m: 19:22.52	1:24.97	2700m: 37:59.06	1:27.25	4000m: 56:56.24	1:29.40
	200m: 2:38.19	1:21.71	1500m: 20:47.57	1:25.05	2800m: 39:24.74	1:25.68	4100m: 58:21.97	1:25.73
	300m: 4:00.33	1:22.14	1600m: 22:13.42	1:25.85	2900m: 40:51.81	1:27.07	4200m: 59:49.62	1:27.65
	400m: 5:24.24	1:23.91	1700m: 23:38.89	1:25.47	3000m: 42:19.21	1:27.40	4300m: 1:01:17.96	1:28.34
	500m: 6:47.65	1:23.41	1800m: 25:06.64	1:27.75	3100m: 43:46.57	1:27.36	4400m: 1:02:45.78	1:27.82
	600m: 8:10.23	1:22.58	1900m: 26:32.38	1:25.74	3200m: 45:13.25	1:26.68	4500m: 1:04:12.73	1:26.95
	700m: 9:33.89	1:23.66	2000m: 27:57.26	1:24.88	3300m: 46:40.27	1:27.02	4600m: 1:05:38.44	1:25.71
	800m: 10:56.47	1:22.58	2100m: 29:23.91	1:26.65	3400m: 48:07.44	1:27.17	4700m: 1:07:04.69	1:26.25
	900m: 12:20.44	1:23.97	2200m: 30:50.43	1:26.52	3500m: 49:34.44	1:27.00	4800m: 1:08:29.88	1:25.19
	1000m: 13:44.52	1:24.08	2300m: 32:15.64	1:25.21	3600m: 51:02.27	1:27.83	4900m: 1:09:54.59	1:24.71
	1100m: 15:08.86	1:24.34	2400m: 33:39.03	1:23.39	3700m: 52:30.01	1:27.74	5000m: 1:11:16.62	1:22.03
	1200m: 16:32.67	1:23.81	2500m: 35:05.33	1:26.30	3800m: 53:58.82	1:28.81		
	1300m: 17:57.55	1:24.88	2600m: 36:31.81	1:26.48	3900m: 55:26.84	1:28.02		
<b>29.</b>	<b>Michael SCHURTER</b>		<b>95</b>	<b>SC Uster Wallisellen</b>		<b>1:12:31.21</b>	<b>309</b>	
	100m: 1:14.23	1:14.23	1400m: 19:18.83	1:24.95	2700m: 38:05.94	1:29.58	4000m: 57:26.78	1:29.90
	200m: 2:35.20	1:20.97	1500m: 20:43.40	1:24.57	2800m: 39:33.86	1:27.92	4100m: 58:57.24	1:30.46
	300m: 3:57.00	1:21.80	1600m: 22:08.25	1:24.85	2900m: 41:00.01	1:26.15	4200m: 1:00:28.65	1:31.41
	400m: 5:20.91	1:23.91	1700m: 23:32.95	1:24.70	3000m: 42:29.64	1:29.63	4300m: 1:01:59.51	1:30.86
	500m: 6:44.15	1:23.24	1800m: 24:58.64	1:25.69	3100m: 43:58.20	1:28.56	4400m: 1:03:29.91	1:30.40
	600m: 8:07.69	1:23.54	1900m: 26:24.72	1:26.08	3200m: 45:27.07	1:28.87	4500m: 1:05:00.21	1:30.30
	700m: 9:31.65	1:23.96	2000m: 27:52.60	1:27.88	3300m: 46:57.35	1:30.28	4600m: 1:06:30.44	1:30.23
	800m: 10:53.66	1:22.01	2100m: 29:18.43	1:25.83	3400m: 48:27.47	1:30.12	4700m: 1:08:00.64	1:30.20
	900m: 12:16.15	1:22.49	2200m: 30:45.54	1:27.11	3500m: 49:56.84	1:29.37	4800m: 1:09:30.78	1:30.14
	1000m: 13:38.76	1:22.61	2300m: 32:12.45	1:26.91	3600m: 51:26.32	1:29.48	4900m: 1:11:01.60	1:30.82
	1100m: 15:04.61	1:25.85	2400m: 33:40.18	1:27.73	3700m: 52:55.87	1:29.55	5000m: 1:12:31.21	1:29.61
	1200m: 16:29.13	1:24.52	2500m: 35:07.70	1:27.52	3800m: 54:26.24	1:30.37		
	1300m: 17:53.88	1:24.75	2600m: 36:36.36	1:28.66	3900m: 55:56.88	1:30.64		

SM 5KM (pool) - CS 5km (pool)  
Bellinzona, 23.5.2009

---

gara 2, Uomini, 5000m Stile Libero

Rango			An			Tempo	Pt.				
fg.	Ahmed GAD		92	Limmat Sharks Zürich		<b>57:19.82</b>	<b>626</b>				
100m:	1:06.35	1:06.35	1400m:	15:49.57	1:08.33	2700m:	30:31.54	1:08.90	4000m:	45:37.08	1:10.99
200m:	2:14.35	1:08.00	1500m:	16:57.46	1:07.89	2800m:	31:40.35	1:08.81	4100m:	46:47.80	1:10.72
300m:	3:22.97	1:08.62	1600m:	18:05.33	1:07.87	2900m:	32:48.97	1:08.62	4200m:	47:59.14	1:11.34
400m:	4:31.46	1:08.49	1700m:	19:12.65	1:07.32	3000m:	33:57.11	1:08.14	4300m:	49:09.62	1:10.48
500m:	5:39.82	1:08.36	1800m:	20:20.11	1:07.46	3100m:	35:05.80	1:08.69	4400m:	50:20.94	1:11.32
600m:	6:47.72	1:07.90	1900m:	21:27.59	1:07.48	3200m:	36:14.60	1:08.80	4500m:	51:32.32	1:11.38
700m:	7:55.06	1:07.34	2000m:	22:34.49	1:06.90	3300m:	37:24.22	1:09.62	4600m:	52:43.56	1:11.24
800m:	9:02.90	1:07.84	2100m:	23:40.87	1:06.38	3400m:	38:33.92	1:09.70	4700m:	53:54.82	1:11.26
900m:	10:10.29	1:07.39	2200m:	24:48.93	1:08.06	3500m:	39:44.32	1:10.40	4800m:	55:05.94	1:11.12
1000m:	11:17.89	1:07.60	2300m:	25:56.79	1:07.86	3600m:	40:54.81	1:10.49	4900m:	56:14.53	1:08.59
1100m:	12:25.11	1:07.22	2400m:	27:05.06	1:08.27	3700m:	42:04.90	1:10.09	5000m:	57:19.82	1:05.29
1200m:	13:33.34	1:08.23	2500m:	28:13.75	1:08.69	3800m:	43:15.25	1:10.35			
1300m:	14:41.24	1:07.90	2600m:	29:22.64	1:08.89	3900m:	44:26.09	1:10.84			