

VM-Promotion (10.Team Trophy)  
Bellinzona, 5. - 6.12.2009

gara 1 Uomini, 200m Stile Libero Cat. generale  
5.12.09 Lista resulti

Pointi: FINA 2009

Rango	An		Tempo	Pt.	100m	200m
1.	89	Lugano Nuoto	<b>1:48.87</b>	826	52.72	56.15
2.	91	Rane Rosse Aqvasport	<b>1:52.68</b>	745	54.32	58.36
3.	91	A-Club ST Savosa SA	<b>1:52.77</b>	743	55.65	57.12
4.	89	Schwimmclub Aarefisch	<b>1:56.35</b>	677	56.82	59.53
5.	90	Morges-Natation	<b>1:58.91</b>	634	57.17	1:01.74
6.	92	Nuoto Sport Locarno	<b>1:58.98</b>	633	57.84	1:01.14
7.	92	Insubrika ASD	<b>2:01.67</b>	592	57.07	1:04.60
8.	90	Schwimmclub Meilen	<b>2:02.30</b>	583	59.06	1:03.24
9.	93	SG Berner Oberland	<b>2:04.69</b>	550	59.59	1:05.10
10.	93	Società Nuoto Bellinzona	<b>2:05.73</b>	536	1:01.18	1:04.55
11.	94	Schwimm-Club Wittenbach	<b>2:12.01</b>	463	1:01.90	1:10.11
12.	96	Mendrisiotto Nuoto	<b>2:31.46</b>	307	1:12.37	1:19.09

gara 101 Donne, 200m Stile Libero Cat. generale  
5.12.09 Lista resulti

Pointi: FINA 2009

Rango	An		Tempo	Pt.	100m	200m
1.	92	Insubrika ASD	<b>2:05.79</b>	734	1:00.81	1:04.98
2.	90	Rane Rosse Aqvasport	<b>2:06.97</b>	714	1:01.20	1:05.77
3.	95	Società Nuoto Bellinzona	<b>2:09.86</b>	667	1:02.81	1:07.05
4.	95	Nuoto Sport Locarno	<b>2:11.88</b>	637	1:03.25	1:08.63
5.	92	Rane Rosse Aqvasport	<b>2:12.85</b>	623	1:04.21	1:08.64
6.	92	Schwimm-Club Wittenbach	<b>2:14.53</b>	600	1:06.54	1:07.99
7.	97	A-Club ST Savosa SA	<b>2:14.76</b>	597	1:04.77	1:09.99
8.	93	Rane Rosse Aqvasport	<b>2:14.94</b>	595	1:05.31	1:09.63
9.	95	Insubrika ASD	<b>2:16.66</b>	573	1:06.24	1:10.42
10.	94	Schwimmclub Meilen	<b>2:20.58</b>	526	1:07.89	1:12.69
11.	92	Lugano Nuoto	<b>2:20.95</b>	522	1:07.27	1:13.68
12.	97	Mendrisiotto Nuoto	<b>2:31.81</b>	418	1:12.20	1:19.61

gara 2 Uomini, 100m Rana Cat. generale  
5.12.09 Lista resulti

Pointi: FINA 2009

Rango	An		Tempo	Pt.	50m	100m
1.	81	A-Club ST Savosa SA	<b>1:02.90</b>	766	29.74	33.16
2.	92	Rane Rosse Aqvasport	<b>1:04.71</b>	704		
3.	90	Schwimm-Club Wittenbach	<b>1:05.21</b>	688		
4.	90	Insubrika ASD	<b>1:05.88</b>	667		
5.	94	Schwimmclub Meilen	<b>1:06.65</b>	644		
6.	83	Nuoto Sport Locarno	<b>1:06.96</b>	635		
7.	91	Schwimmclub Aarefisch	<b>1:10.14</b>	553	32.64	37.50
8.	93	Lugano Nuoto	<b>1:10.39</b>	547	32.84	37.55
9.	91	SG Berner Oberland	<b>1:11.21</b>	528	33.49	37.72
10.	91	Società Nuoto Bellinzona	<b>1:13.24</b>	485	34.09	39.15
11.	89	Morges-Natation	<b>1:18.48</b>	395	36.50	41.98
12.	92	Mendrisiotto Nuoto	<b>1:21.00</b>	359		

VM-Promotion (10.Team Trophy)  
Bellinzona, 5. - 6.12.2009

gara 102 Donne, 100m Rana Cat. generale  
5.12.09 Lista resulti

Pointi: FINA 2009

Rango	An		Tempo	Pt.	50m	100m	
1.	ALBERGONI Daria	93	Rane Rosse Aqvasport	<b>1:10.87</b>	761	33.20	37.67
2.	MILANI Jessica	92	Insubrika ASD	<b>1:14.64</b>	652	35.30	39.34
3.	TOIA Maddalena	89	Insubrika ASD	<b>1:15.20</b>	637	35.48	39.72
4.	MOSSI Tiziana	94	Mendrisiotto Nuoto	<b>1:16.90</b>	596	35.72	41.18
5.	SUTER Ariane	94	Schwimmclub Meilen	<b>1:18.17</b>	567	36.81	41.36
6.	ZORIC Tea	92	Schwimm-Club Wittenbach	<b>1:19.61</b>	537	36.86	42.75
7.	LUCIBELLO Carola	94	A-Club ST Savosa SA	<b>1:19.79</b>	533	37.84	41.95
8.	SOLLBERGER Elena	94	Nuoto Sport Locarno	<b>1:21.03</b>	509	39.30	41.73
9.	PICCO Fabiana	92	Società Nuoto Bellinzona	<b>1:25.95</b>	427	40.84	45.11
10.	TROCHEN Ashanti	96	Lugano Nuoto	<b>1:29.07</b>	383	42.19	46.88

gara 3 Uomini, 200m Dorso Cat. generale  
5.12.09 Lista resulti

Pointi: FINA 2009

Rango	An		Tempo	Pt.	100m	200m	
1.	ALESSANDRINI E.	93	Rane Rosse Aqvasport	<b>2:04.82</b>	675	1:01.19	1:03.63
2.	PEREGO Davide	92	Insubrika ASD	<b>2:09.76</b>	601	1:03.85	1:05.91
3.	GACHET Jean	90	Morges-Natation	<b>2:13.84</b>	548	1:04.19	1:09.65
4.	GROLL Nicolas	94	Schwimmclub Meilen	<b>2:14.30</b>	542	1:05.16	1:09.14
5.	GÖLDIN Philipp	92	Schwimmclub Aarefisch	<b>2:14.59</b>	539	1:06.09	1:08.50
6.	COLOMBO Moreno	93	Nuoto Sport Locarno	<b>2:16.15</b>	520	1:06.36	1:09.79
7.	SILVA Sascha	81	SG Berner Oberland	<b>2:17.33</b>	507	1:05.46	1:11.87
8.	MARZULLO Luca	96	Mendrisiotto Nuoto	<b>2:23.27</b>	447	1:10.80	1:12.47
9.	NIKOLIC Dragan	90	Schwimm-Club Wittenbach	<b>2:25.32</b>	428	1:08.84	1:16.48
10.	PIETRA Alessio	94	A-Club ST Savosa SA	<b>2:32.16</b>	373	1:13.78	1:18.38
11.	BORIC Stefan	96	Società Nuoto Bellinzona	<b>2:33.76</b>	361	1:14.33	1:19.43
12.	FIORI Tom	97	Lugano Nuoto	<b>2:55.41</b>	243	1:26.56	1:28.85

gara 103 Donne, 200m Dorso Cat. generale  
5.12.09 Lista resulti

Pointi: FINA 2009

Rango	An		Tempo	Pt.	100m	200m	
1.	DE MARCHI Anaïs	95	Nuoto Sport Locarno	<b>2:20.10</b>	675	1:08.70	1:11.40
2.	MARETTI Alessandra	94	Rane Rosse Aqvasport	<b>2:20.52</b>	669	1:08.73	1:11.79
3.	MERLO Giuditta	93	Insubrika ASD	<b>2:21.02</b>	662	1:09.39	1:11.63
4.	HIRSEKORN Nathalie	90	Schwimm-Club Wittenbach	<b>2:21.86</b>	650	1:08.93	1:12.93
5.	BERTOLAMI Silvia	93	Insubrika ASD	<b>2:25.49</b>	602	1:11.29	1:14.20
6.	OLIVIERI Diana	96	A-Club ST Savosa SA	<b>2:31.26</b>	536	1:13.10	1:18.16
7.	MESSINA Isabelle	97	Mendrisiotto Nuoto	<b>2:38.70</b>	464	1:18.38	1:20.32
8.	CEHIC Mejrema	97	Società Nuoto Bellinzona	<b>2:39.19</b>	460	1:17.83	1:21.36
9.	BERTARELLI Serena	95	Lugano Nuoto	<b>2:44.31</b>	418	1:18.62	1:25.69
10.	FEDERER Nadine	94	Schwimmclub Meilen	<b>2:52.48</b>	362	1:21.86	1:30.62

VM-Promotion (10.Team Trophy)  
Bellinzona, 5. - 6.12.2009

gara 4 Uomini, 100m Delfino Cat. generale  
5.12.09 Lista resulti

Pointi: FINA 2009

Rango	An		Tempo	Pt.	50m	100m	
1.	VILLA Paolo	81	Insubrika ASD	<b>53.39</b>	812	25.55	27.84
2.	DANESI Matteo	92	Rane Rosse Aqvasport	<b>56.84</b>	673	26.47	30.37
3.	MANZOCCHI Marco	94	Società Nuoto Bellinzona	<b>59.58</b>	584	28.45	31.13
4.	WENIGERKIND Simon	93	SG Berner Oberland	<b>1:00.33</b>	563	28.12	32.21
5.	SPITZNAGEL Patrik	90	Schwimmclub Meilen	<b>1:00.49</b>	558	27.91	32.58
6.	MAGRO Leandro	92	Schwimmclub Aarefisch	<b>1:01.10</b>	542	28.18	32.92
7.	FAVERO Dante	92	Nuoto Sport Locarno	<b>1:01.29</b>	537	29.41	31.88
8.	FREGOSI Luca	93	A-Club ST Savosa SA	<b>1:03.26</b>	488	29.29	33.97
9.	TEUSCHER Vincent	93	Morges-Natation	<b>1:04.66</b>	457	29.40	35.26
10.	SCILANGA Sacha	92	Lugano Nuoto	<b>1:06.04</b>	429	30.45	35.59
11.	ROMEO Luca	95	Mendrisiotto Nuoto	<b>1:17.14</b>	269	35.15	41.99
12.	HOLLINGER Silvan	95	Schwimm-Club Wittenbach	<b>1:20.63</b>	236	36.26	44.37

gara 104 Donne, 100m Delfino Cat. generale  
5.12.09 Lista resulti

Pointi: FINA 2009

Rango	An		Tempo	Pt.	50m	100m	
1.	CORTI Elena	92	Insubrika ASD	<b>1:03.99</b>	682	30.49	33.50
2.	RAMPAZZO Silvia	93	Insubrika ASD	<b>1:05.67</b>	631	31.10	34.57
3.	TERNO Federica	94	Rane Rosse Aqvasport	<b>1:06.79</b>	600	31.10	35.69
4.	SIRONI Francesca	93	Rane Rosse Aqvasport	<b>1:06.80</b>	599	30.87	35.93
5.	BOVO Giulia	93	Nuoto Sport Locarno	<b>1:07.92</b>	570	31.21	36.71
6.	GAFFURI Sara	90	Mendrisiotto Nuoto	<b>1:08.57</b>	554	32.32	36.25
7.	SCHUMACHER Cecilia	94	Schwimmclub Meilen	<b>1:09.44</b>	534	31.74	37.70
8.	CENA Benedetta	97	A-Club ST Savosa SA	<b>1:10.13</b>	518	32.62	37.51
9.	PICCO Amanda	94	Società Nuoto Bellinzona	<b>1:16.72</b>	396	35.04	41.68
10.	LAFFRANCHINI Isotta	95	Lugano Nuoto	<b>1:18.49</b>	369	36.69	41.80
squal. 10%	D'HONDT Debora	98	Schwimm-Club Wittenbach	<b>1:26.07</b>	252	39.33	46.74

*303 - Tocco non simultaneo con le due mani*

gara 5 Uomini, 200m Mista Cat. generale  
5.12.09 Lista resulti

Pointi: FINA 2009

Rango	An		Tempo	Pt.	100m	200m	
1.	VACCA Federico	91	Rane Rosse Aqvasport	<b>2:07.92</b>	692	58.62	1:09.30
2.	MILETIC Bogomir	94	Lugano Nuoto	<b>2:09.65</b>	665	1:01.07	1:08.58
3.	MITROVIC Ivan	94	A-Club ST Savosa SA	<b>2:11.06</b>	643	1:01.25	1:09.81
4.	MOESCHBERGER Patrick	89	Morges-Natation	<b>2:13.58</b>	608	1:02.99	1:10.59
5.	PEREGO Stefano	88	Insubrika ASD	<b>2:14.47</b>	596	1:04.72	1:09.75
6.	GÖLDIN Philipp	92	Schwimmclub Aarefisch	<b>2:15.69</b>	580	1:02.98	1:12.71
7.	RIEDER Reto	91	SG Berner Oberland	<b>2:16.42</b>	570	1:04.20	1:12.22
8.	SPÖRRI Manuel	89	Schwimmclub Meilen	<b>2:18.32</b>	547	1:04.95	1:13.37
9.	SCIAGUNIN Pavel	83	Nuoto Sport Locarno	<b>2:20.58</b>	521	1:06.09	1:14.49
10.	DE LORENZI Matteo	96	Mendrisiotto Nuoto	<b>2:30.43</b>	425	1:55.31	35.12
11.	BERNASCONI David	91	Società Nuoto Bellinzona	<b>2:31.51</b>	416	1:11.28	1:20.23
12.	HUBER Marco	94	Schwimm-Club Wittenbach	<b>2:39.30</b>	358	1:16.22	1:23.08

VM-Promotion (10.Team Trophy)  
Bellinzona, 5. - 6.12.2009

gara 105 Donne, 200m Mista Cat. generale  
5.12.09 Lista resulti

Pointi: FINA 2009

Rango	An		Tempo	Pt.	100m	200m	
1.	CAVO Annalaura	94	Insubrika ASD	<b>2:24.03</b>	692	1:09.24	1:14.79
2.	DORTHE Yoëlle	91	Nuoto Sport Locarno	<b>2:28.13</b>	636	1:12.01	1:16.12
3.	CASTIGLIONI Arianna	97	Insubrika ASD	<b>2:29.35</b>	620	1:11.55	1:17.80
4.	GUERRATO Francesca	94	Rane Rosse Aqvasport	<b>2:30.31</b>	609	1:14.01	1:16.30
5.	DELLA BRUNA Alice	95	Società Nuoto Bellinzona	<b>2:31.73</b>	592	1:12.72	1:19.01
6.	PASTORELLO Claudia	92	Rane Rosse Aqvasport	<b>2:32.25</b>	586	1:10.40	1:21.85
7.	SENN Stefanie	91	Schwimmclub Meilen	<b>2:34.01</b>	566	1:12.73	1:21.28
8.	GALLI Cecilia	95	Lugano Nuoto	<b>2:38.34</b>	521	1:13.50	1:24.84
9.	OLIVIERI Diana	96	A-Club ST Savosa SA	<b>2:40.37</b>	501	1:14.44	1:25.93
10.	GIORGETTI Francesca	96	Mendrisiotto Nuoto	<b>2:40.84</b>	497	1:16.34	1:24.50
11.	HOLLINGER Nina	97	Schwimm-Club Wittenbach	<b>2:51.27</b>	411	1:20.12	1:31.15

gara 6 Uomini, 50m Stile Libero Cat. generale  
5.12.09 Lista resulti

Pointi: FINA 2009

Rango	An		Tempo	Pt.	
1.	OSSOLA Nicolò	90	Insubrika ASD	<b>23.38</b>	710
2.	STUDER Kevin	91	Schwimmclub Aarefisch	<b>24.62</b>	608
3.	FILIPOVIC Mario	92	A-Club ST Savosa SA	<b>24.80</b>	595
4.	MARFURT Bryan	90	Morges-Natation	<b>24.90</b>	588
5.	VIGANÒ Federico	91	Rane Rosse Aqvasport	<b>24.96</b>	584
6.	BACHMANN Kevin	78	SG Berner Oberland	<b>25.37</b>	556
7.	OSWALD Jacopo	93	Nuoto Sport Locarno	<b>25.53</b>	545
8.	KELLER Nikola	86	Società Nuoto Bellinzona	<b>25.99</b>	517
9.	MARTINO Marco	85	Lugano Nuoto	<b>26.57</b>	484
10.	BELLINI Stefano	95	Mendrisiotto Nuoto	<b>29.80</b>	343
squal. 10%	VULETIC Sven	90	Schwimm-Club Wittenbach	<b>24.58</b>	550

*203 - Movimento prima del segnale di partenza*

gara 106 Donne, 50m Stile Libero Cat. generale  
5.12.09 Lista resulti

Pointi: FINA 2009

Rango	An		Tempo	Pt.	
1.	GABRILO Ivana	84	A-Club ST Savosa SA	<b>25.81</b>	782
2.	VIOTTI Francesca	93	Rane Rosse Aqvasport	<b>27.32</b>	659
3.	CORTI Elena	92	Insubrika ASD	<b>27.50</b>	647
4.	SEVERINO Francesca	94	Rane Rosse Aqvasport	<b>27.70</b>	633
5.	HIRSEKORN Nathalie	90	Schwimm-Club Wittenbach	<b>28.20</b>	600
6.	SPADARO Ilaria	93	Rane Rosse Aqvasport	<b>28.48</b>	582
7.	DI SALVO Gaia	95	Nuoto Sport Locarno	<b>28.57</b>	577
8.	PIETRA Priska	91	Lugano Nuoto	<b>28.96</b>	554
9.	GUYOT Sabrina	91	Schwimmclub Meilen	<b>28.97</b>	553
10.	RAMPAZZO Silvia	93	Insubrika ASD	<b>29.10</b>	546
11.	MOSSI Lara	95	Mendrisiotto Nuoto	<b>29.62</b>	517
12.	PICCO Amanda	94	Società Nuoto Bellinzona	<b>31.44</b>	433

VM-Promotion (10.Team Trophy)  
Bellinzona, 5. - 6.12.2009

gara 7 Uomini, 200m Rana Cat. generale  
5.12.09 Lista resulti

Pointi: FINA 2009

Rango	An		Tempo	Pt.	100m	200m	
1.	TOGNELA Matteo	90	Insubrika ASD	<b>2:24.11</b>	640	1:08.89	1:15.22
2.	ROMAGNOLI Valerio	94	Schwimmclub Meilen	<b>2:24.21</b>	639	1:09.57	1:14.64
3.	SCHIAFFINO Andrea	92	Rane Rosse Aqvasport	<b>2:27.16</b>	601	1:10.83	1:16.33
4.	GYGAX Sandro	93	SG Berner Oberland	<b>2:36.58</b>	499	1:14.22	1:22.36
5.	TURIN Sean	91	Morges-Natation	<b>2:38.60</b>	480	1:14.44	1:24.16
6.	TESSITORE Luca	91	Nuoto Sport Locarno	<b>2:38.88</b>	478	1:13.64	1:25.24
7.	CIMINO Mattia	94	Lugano Nuoto	<b>2:39.71</b>	470	1:15.20	1:24.51
8.	ESCHER Oliver	92	Schwimmclub Aarefisch	<b>2:41.62</b>	454	1:17.05	1:24.57
9.	PALLICH Massimiliano	95	A-Club ST Savosa SA	<b>2:43.73</b>	436	1:18.55	1:25.18
10.	MINOTTI Stefano	91	Società Nuoto Bellinzona	<b>2:43.75</b>	436	1:16.97	1:26.78
11.	MARZULLO Luca	96	Mendrisiotto Nuoto	<b>2:46.60</b>	414	1:20.43	1:26.17
12.	HOLLINGER Silvan	95	Schwimm-Club Wittenbach	<b>3:00.08</b>	328	1:26.98	1:33.10

gara 107 Donne, 200m Rana Cat. generale  
5.12.09 Lista resulti

Pointi: FINA 2009

Rango	An		Tempo	Pt.	100m	200m	
1.	MILANI Jessica	92	Insubrika ASD	<b>2:40.78</b>	645	1:17.43	1:23.35
2.	TOIA Maddalena	89	Insubrika ASD	<b>2:47.96</b>	565	1:19.54	1:28.42
3.	SOLLBERGER Elena	94	Nuoto Sport Locarno	<b>2:51.16</b>	534	1:24.08	1:27.08
4.	SUTER Ariane	94	Schwimmclub Meilen	<b>2:54.14</b>	507	1:23.31	1:30.83
5.	WALTER Giulia	94	Mendrisiotto Nuoto	<b>2:54.58</b>	503	1:24.38	1:30.20
6.	NICOLINI Ambra	92	Rane Rosse Aqvasport	<b>3:00.58</b>	455	1:19.96	1:40.62
7.	LUCIBELLO Carola	94	A-Club ST Savosa SA	<b>3:01.53</b>	448	1:25.88	1:35.65
8.	PICCO Fabiana	92	Società Nuoto Bellinzona	<b>3:04.63</b>	426	1:28.79	1:35.84
9.	TROCHEN Ashanti	96	Lugano Nuoto	<b>3:10.97</b>	385	1:31.86	1:39.11
10.	SUHNER Larissa	93	Schwimm-Club Wittenbach	<b>3:13.38</b>	370	1:30.91	1:42.47

gara 8 Uomini, 100m Mista Cat. generale  
5.12.09 Lista resulti

Pointi: FINA 2009

Rango	An		Tempo	Pt.	50m	100m	
1.	LAZZARI Giacomo Lorenzo	92	Rane Rosse Aqvasport	<b>58.02</b>	721	26.86	31.16
2.	OSSOLA Nicolò	90	Insubrika ASD	<b>58.13</b>	717	28.47	29.66
3.	FILIPOVIC Mario	92	A-Club ST Savosa SA	<b>1:00.62</b>	632	27.91	32.71
4.	MOESCHBERGER Patrick	89	Morges-Natation	<b>1:01.80</b>	597	29.15	32.65
5.	ANNIGHÖFER Nils	89	Schwimmclub Meilen	<b>1:02.51</b>	577	28.43	34.08
6.	ZORIC Ivan	90	Schwimm-Club Wittenbach	<b>1:04.05</b>	536	29.60	34.45
7.	SCIAGUNIN Pavel	83	Nuoto Sport Locarno	<b>1:04.16</b>	533	29.90	34.26
8.	KELLER Nikola	86	Società Nuoto Bellinzona	<b>1:04.71</b>	520	30.45	34.26
9.	MAGRO Leandro	92	Schwimmclub Aarefisch	<b>1:06.10</b>	488	29.81	36.29
10.	RIEDER Jan	95	SG Berner Oberland	<b>1:06.96</b>	469	30.92	36.04
11.	WALTER Alessio	96	Mendrisiotto Nuoto	<b>1:18.89</b>	287	36.76	42.13
12.	FIORI Tom	97	Lugano Nuoto	<b>1:19.90</b>	276	39.63	40.27

VM-Promotion (10.Team Trophy)  
Bellinzona, 5. - 6.12.2009

gara 108 Donne, 100m Mista Cat. generale  
5.12.09 Lista resulti

Pointi: FINA 2009

Rango	An		Tempo	Pt.	50m	100m	
1.	GABRILO Ivana	84	A-Club ST Savosa SA	<b>1:04.39</b>	783	29.52	34.87
2.	DE MARCHI Anaïs	95	Nuoto Sport Locarno	<b>1:06.06</b>	725	30.40	35.66
3.	FILIPPINETTI Claudia	94	Insubrika ASD	<b>1:06.44</b>	713	30.51	35.93
4.	TERNO Federica	94	Rane Rosse Aqvasport	<b>1:09.46</b>	624	32.60	36.86
5.	CASTIGLIONI Arianna	97	Insubrika ASD	<b>1:10.83</b>	588	33.58	37.25
6.	BORIC Ivana	93	Società Nuoto Bellinzona	<b>1:11.08</b>	582	32.07	39.01
7.	GMÜR Désirée	92	Schwimm-Club Wittenbach	<b>1:11.52</b>	571	33.34	38.18
8.	PASTORELLO Claudia	92	Rane Rosse Aqvasport	<b>1:11.70</b>	567	32.41	39.29
9.	VIOTTI Francesca	93	Rane Rosse Aqvasport	<b>1:11.84</b>	564	33.62	38.22
10.	MERONI Andrea	96	Mendrisiotto Nuoto	<b>1:13.50</b>	527	34.51	38.99
11.	PIETRA Priska	91	Lugano Nuoto	<b>1:13.51</b>	526	35.31	38.20
12.	SENN Stefanie	91	Schwimmclub Meilen	<b>1:21.60</b>	385	40.42	41.18

gara 9 Uomini, 100m Dorso Cat. generale  
5.12.09 Lista resulti

Pointi: FINA 2009

Rango	An		Tempo	Pt.	50m	100m	
1.	VACCA Federico	91	Rane Rosse Aqvasport	<b>56.59</b>	688	27.51	29.08
2.	PEREGO Davide	92	Insubrika ASD	<b>1:00.62</b>	559	29.29	31.33
3.	GROLL Nicolas	94	Schwimmclub Meilen	<b>1:01.90</b>	525	29.71	32.19
4.	COLOMBO Moreno	93	Nuoto Sport Locarno	<b>1:03.34</b>	490	30.31	33.03
5.	VULETIC Sven	90	Schwimm-Club Wittenbach	<b>1:03.66</b>	483	30.53	33.13
6.	FREGOSI Luca	93	A-Club ST Savosa SA	<b>1:03.67</b>	483	30.91	32.76
7.	SILVA Sascha	81	SG Berner Oberland	<b>1:03.82</b>	479	30.77	33.05
8.	CRUCHET Alexandre	92	Morges-Natation	<b>1:05.42</b>	445	31.46	33.96
9.	HOCHULI Pascal	93	Schwimmclub Aarefisch	<b>1:05.64</b>	441	31.85	33.79
10.	MARTINO Marco	85	Lugano Nuoto	<b>1:05.96</b>	434	32.31	33.65
11.	MARJANOVIC Dejan	93	Società Nuoto Bellinzona	<b>1:07.13</b>	412	32.59	34.54
12.	WALKER Daniele	92	Mendrisiotto Nuoto	<b>1:07.30</b>	409	32.67	34.63

gara 109 Donne, 100m Dorso Cat. generale  
5.12.09 Lista resulti

Pointi: FINA 2009

Rango	An		Tempo	Pt.	50m	100m	
1.	MAURI Federica	92	Rane Rosse Aqvasport	<b>1:06.03</b>	642	32.16	33.87
2.	MERLO Giuditta	93	Insubrika ASD	<b>1:06.94</b>	616	32.76	34.18
3.	RAMPAZZO Silvia	93	Insubrika ASD	<b>1:07.19</b>	610	32.96	34.23
4.	BIANCHI Margherita	93	Lugano Nuoto	<b>1:08.78</b>	568	33.12	35.66
5.	SCHUMACHER Cecilia	94	Schwimmclub Meilen	<b>1:10.23</b>	534	33.75	36.48
6.	MOLINARI Alessandra	96	Nuoto Sport Locarno	<b>1:10.62</b>	525	33.59	37.03
7.	OLIVIERI Diana	96	A-Club ST Savosa SA	<b>1:10.92</b>	518	33.48	37.44
8.	CEHIC Mejrema	97	Società Nuoto Bellinzona	<b>1:15.08</b>	437	36.54	38.54
9.	WALKER Anna	96	Mendrisiotto Nuoto	<b>1:17.13</b>	403	37.93	39.20
10.	HOLLINGER Nina	97	Schwimm-Club Wittenbach	<b>1:20.35</b>	356	38.77	41.58

VM-Promotion (10.Team Trophy)  
Bellinzona, 5. - 6.12.2009

gara 10 Uomini, 200m Delfino Cat. generale  
5.12.09 Lista risultati

Pointi: FINA 2009

Rango	An		Tempo	Pt.	100m	200m	
1.	VILLA Paolo	81	Insubrika ASD	<b>1:58.12</b>	834	56.86	1:01.26
2.	COCCAGLIO Fabiano	93	Rane Rosse Aqvasport	<b>2:06.10</b>	686	1:00.91	1:05.19
3.	FAVERO Dante	92	Nuoto Sport Locarno	<b>2:08.49</b>	648	1:02.47	1:06.02
4.	GÖLDIN Philipp	92	Schwimmclub Aarefisch	<b>2:09.57</b>	632	1:01.89	1:07.68
5.	MANZOCCHI Marco	94	Società Nuoto Bellinzona	<b>2:11.89</b>	599	1:03.55	1:08.34
6.	BACHMANN Kevin	78	SG Berner Oberland	<b>2:13.58</b>	577	1:03.94	1:09.64
7.	MARFURT Bryan	90	Morges-Natation	<b>2:17.65</b>	527	1:04.46	1:13.19
8.	RIGOBELLO Roberto	75	Schwimmclub Meilen	<b>2:26.47</b>	438	1:07.01	1:19.46
9.	REZZONICO Carlo	94	Mendrisiotto Nuoto	<b>2:27.11</b>	432	1:08.69	1:18.42
10.	SCILANGA Sacha	92	Lugano Nuoto	<b>2:28.80</b>	417	1:10.52	1:18.28
11.	FREGOSI Luca	93	A-Club ST Savosa SA	<b>2:30.70</b>	402	1:12.64	1:18.06
12.	NIKOLIC Dragan	90	Schwimm-Club Wittenbach	<b>2:37.85</b>	350	1:10.26	1:27.59

gara 110 Donne, 200m Delfino Cat. generale  
5.12.09 Lista risultati

Pointi: FINA 2009

Rango	An		Tempo	Pt.	100m	200m	
1.	FILIPPINETTI Claudia	94	Insubrika ASD	<b>2:23.96</b>	635	1:07.90	1:16.06
2.	BERTOLAMI Silvia	93	Insubrika ASD	<b>2:26.97</b>	597	1:10.14	1:16.83
3.	PASSONI Cecilia	92	Rane Rosse Aqvasport	<b>2:28.18</b>	582	1:11.23	1:16.95
4.	BOVO Giulia	93	Nuoto Sport Locarno	<b>2:29.89</b>	563	1:11.25	1:18.64
5.	GALLI Cecilia	95	Lugano Nuoto	<b>2:33.61</b>	523	1:12.94	1:20.67
6.	CHIESA Lucia	95	Mendrisiotto Nuoto	<b>2:33.84</b>	520	1:12.79	1:21.05
7.	GMÜR Désirée	92	Schwimm-Club Wittenbach	<b>2:36.42</b>	495	1:15.02	1:21.40
8.	CODA Claudia	95	A-Club ST Savosa SA	<b>2:37.51</b>	485	1:13.70	1:23.81
9.	PICCO Amanda	94	Società Nuoto Bellinzona	<b>2:55.70</b>	349	1:20.30	1:35.40
10.	FEDERER Nadine	94	Schwimmclub Meilen	<b>2:58.94</b>	331	1:21.08	1:37.86

gara 11 Uomini, 400m Mista Cat. generale  
5.12.09 Lista risultati

Rango	An		Tempo	100m	200m	300m	400m	
1.	ESCHER Joël	89	Schwimmclub Aarefisch	<b>4:36.32</b>	1:01.22	1:10.43	1:22.08	1:02.59
2.	PEREGO Stefano	88	Insubrika ASD	<b>4:43.32</b>	1:05.46	1:14.59	1:22.72	1:00.55
3.	MITROVIC Ivan	94	A-Club ST Savosa SA	<b>4:43.81</b>	1:06.13	1:11.70	1:21.96	1:04.02
4.	GACHET Jean	90	Morges-Natation	<b>4:49.41</b>	1:04.63	1:12.60	1:26.85	1:05.33
5.	MILETIC Bogomir	94	Lugano Nuoto	<b>4:55.58</b>	1:05.75	1:15.83	1:26.49	1:07.51
6.	RIEDER Reto	91	SG Berner Oberland	<b>4:56.23</b>	1:09.67	1:13.37	1:25.74	1:07.45
7.	FEDERER Silvio	92	Schwimmclub Meilen	<b>4:58.86</b>	1:07.55	1:13.40	1:30.22	1:07.69
8.	MINOTTI Stefano	91	Società Nuoto Bellinzona	<b>5:04.07</b>	1:09.82	1:18.65	1:26.18	1:09.42
9.	TOCALLI Emanuele	93	Nuoto Sport Locarno	<b>5:14.51</b>	1:11.94	1:18.97	1:32.31	1:11.29
10.	HUBER Marco	94	Schwimm-Club Wittenbach	<b>5:44.12</b>	1:22.25	1:28.64	1:38.13	1:15.10
squal. 10%	LAZZARI G.	92	Rane Rosse Aqvasport	<b>4:47.84</b>	1:01.66	1:18.82	1:19.94	1:07.42
			<i>303 - Tocco non simultaneo con le due mani</i>					
squal. 10%	WALTER Alessio	96	Mendrisiotto Nuoto	<b>6:03.79</b>	1:25.82	1:30.04	1:46.81	1:21.12
			<i>304 - Nuoto in posizione ventrale prima della virata</i>					

VM-Promotion (10.Team Trophy)  
Bellinzona, 5. - 6.12.2009

gara 111 Donne, 400m Mista Cat. generale  
5.12.09 Lista resulti

Rango	An		Tempo	100m	200m	300m	400m
1.	95	Rane Rosse Aqvasport	<b>5:01.72</b>	1:07.92	1:17.03	1:27.62	1:09.15
2.	94	Insubrika ASD	<b>5:02.11</b>	1:09.96	1:18.04	1:26.33	1:07.78
3.	93	Lugano Nuoto	<b>5:16.62</b>	1:13.82	1:16.93	1:32.09	1:13.78
4.	95	Società Nuoto Bellinzona	<b>5:17.28</b>	1:16.29	1:22.95	1:29.04	1:09.00
5.	97	Insubrika ASD	<b>5:21.83</b>	1:15.06	1:22.26	1:30.38	1:14.13
6.	94	A-Club ST Savosa SA	<b>5:23.04</b>	1:13.47	1:22.48	1:32.49	1:14.60
7.	96	Nuoto Sport Locarno	<b>5:30.75</b>	1:19.62	1:20.76	1:34.93	1:15.44
8.	96	Mendrisiotto Nuoto	<b>5:33.55</b>	1:16.06	1:20.84	1:42.52	1:14.13
9.	94	Schwimmclub Meilen	<b>5:36.28</b>	1:13.97	1:27.80	1:37.86	1:16.65
squal. 10%	98	D'HONDT Debora	<b>6:03.40</b>	1:25.86	1:29.70	1:46.89	1:20.95

*303 - Tocco non simultaneo con le due mani*

gara 12 Uomini, 400m Stile Libero Cat. generale  
5.12.09 Lista resulti

Rango	An		Tempo	100m	200m	300m	400m
1.	91	A-Club ST Savosa SA	<b>3:57.28</b>	56.83	1:00.30	1:00.25	59.90
2.	92	Insubrika ASD	<b>4:05.30</b>	1:00.82	1:02.94	1:00.94	1:00.60
3.	93	Rane Rosse Aqvasport	<b>4:07.79</b>	59.91	1:03.75	1:02.66	1:01.47
4.	92	Nuoto Sport Locarno	<b>4:13.97</b>	1:00.73	1:04.43	1:04.75	1:04.06
5.	93	Schwimmclub Meilen	<b>4:20.25</b>	1:00.38	1:05.83	1:07.13	1:06.91
6.	93	Società Nuoto Bellinzona	<b>4:24.31</b>	1:02.68	1:06.47	1:07.60	1:07.56
7.	92	SG Berner Oberland	<b>4:27.18</b>	1:02.50	1:06.97	1:08.72	1:08.99
8.	89	Morges-Natation	<b>4:30.72</b>	1:02.34	1:06.97	1:10.20	1:11.21
9.	96	Mendrisiotto Nuoto	<b>4:30.90</b>	1:03.29	1:08.17	1:10.05	1:09.39
10.	93	Schwimmclub Aarefisch	<b>4:37.73</b>	1:05.15	1:09.68	1:11.22	1:11.68
11.	93	Schwimm-Club Wittenbach	<b>4:57.13</b>	1:07.55	1:17.01	1:18.67	1:13.90
12.	96	Lugano Nuoto	<b>5:10.43</b>	1:10.68	1:20.28	1:21.27	1:18.20

gara 112 Donne, 400m Stile Libero Cat. generale  
5.12.09 Lista resulti

Rango	An		Tempo	100m	200m	300m	400m
1.	92	Insubrika ASD	<b>4:25.44</b>	1:03.34	1:06.71	1:07.30	1:08.09
2.	93	Società Nuoto Bellinzona	<b>4:39.14</b>	1:04.78	1:09.59	1:12.24	1:12.53
3.	95	Nuoto Sport Locarno	<b>4:39.32</b>	1:06.60	1:11.11	1:11.00	1:10.61
4.	95	A-Club ST Savosa SA	<b>4:40.24</b>	1:05.99	1:10.95	1:12.50	1:10.80
5.	93	Rane Rosse Aqvasport	<b>4:40.57</b>	1:05.06	1:11.27	1:12.34	1:11.90
6.	90	Mendrisiotto Nuoto	<b>4:41.05</b>	1:07.57	1:11.49	1:12.04	1:09.95
7.	93	Insubrika ASD	<b>4:41.34</b>	1:07.62	1:11.02	1:11.79	1:10.91
8.	91	Schwimmclub Meilen	<b>4:50.72</b>	1:08.78	1:13.95	1:14.62	1:13.37
9.	91	Lugano Nuoto	<b>5:08.23</b>	1:09.84	1:17.58	1:20.86	1:19.95
10.	96	Schwimm-Club Wittenbach	<b>5:19.52</b>	1:15.71	1:22.40	1:22.84	1:18.57

VM-Promotion (10.Team Trophy)  
Bellinzona, 5. - 6.12.2009

gara 13 Uomini, 50m Rana Cat. generale  
5.12.09 Lista resulti

Pointi: FINA 2009

Rango	An		Tempo	Pt.
1.	90	Insubrika ASD	<b>27.62</b>	874
2.	81	A-Club ST Savosa SA	<b>28.79</b>	772
3.	90	Schwimm-Club Wittenbach	<b>29.82</b>	695
4.	92	Rane Rosse Aqvasport	<b>30.29</b>	663
5.	91	Nuoto Sport Locarno	<b>30.78</b>	632
6.	89	Schwimmclub Meilen	<b>31.16</b>	609
7.	91	Morges-Natation	<b>31.76</b>	575
8.	94	Lugano Nuoto	<b>32.96</b>	514
9.	93	SG Berner Oberland	<b>33.20</b>	503
10.	92	Schwimmclub Aarefisch	<b>33.96</b>	470
11.	96	Mendrisiotto Nuoto	<b>35.67</b>	406
12.	95	Società Nuoto Bellinzona	<b>36.42</b>	381

gara 113 Donne, 50m Rana Cat. generale  
5.12.09 Lista resulti

Pointi: FINA 2009

Rango	An		Tempo	Pt.
1.	93	Rane Rosse Aqvasport	<b>32.62</b>	776
2.	89	Insubrika ASD	<b>33.93</b>	689
3.	84	A-Club ST Savosa SA	<b>34.73</b>	643
4.	92	Rane Rosse Aqvasport	<b>34.95</b>	631
5.	94	Mendrisiotto Nuoto	<b>35.20</b>	617
6.	92	Insubrika ASD	<b>35.37</b>	608
7.	92	Schwimm-Club Wittenbach	<b>36.07</b>	574
8.	94	Schwimmclub Meilen	<b>36.13</b>	571
9.	91	Nuoto Sport Locarno	<b>36.34</b>	561
10.	91	Lugano Nuoto	<b>37.53</b>	509
11.	92	Società Nuoto Bellinzona	<b>40.74</b>	398

gara 14 Uomini, 100m Stile Libero Cat. generale  
5.12.09 Lista resulti

Pointi: FINA 2009

Rango	An		Tempo	Pt.	50m	100m
1.	93	Rane Rosse Aqvasport	<b>53.18</b>	649	25.95	27.23
2.	92	Nuoto Sport Locarno	<b>53.42</b>	640	25.75	27.67
3.	94	Mendrisiotto Nuoto	<b>53.89</b>	624	26.07	27.82
4.	92	Insubrika ASD	<b>54.03</b>	619	26.40	27.63
5.	93	SG Berner Oberland	<b>54.19</b>	613	25.93	28.26
6.	90	Schwimm-Club Wittenbach	<b>54.42</b>	606	26.49	27.93
7.	94	Schwimmclub Meilen	<b>55.86</b>	560	26.60	29.26
8.	92	Morges-Natation	<b>56.33</b>	546	26.95	29.38
9.	86	Società Nuoto Bellinzona	<b>58.07</b>	498	27.64	30.43
10.	92	Schwimmclub Aarefisch	<b>58.10</b>	498	27.91	30.19
11.	94	A-Club ST Savosa SA	<b>58.81</b>	480	28.51	30.30
12.	91	Lugano Nuoto	<b>59.04</b>	474	27.76	31.28

VM-Promotion (10.Team Trophy)  
Bellinzona, 5. - 6.12.2009

gara 114  
5.12.09

Donne, 100m Stile Libero

Cat. generale  
Lista resulti

Pointi: FINA 2009

Rango	An		Tempo	Pt.	50m	100m
1.	92	Insubrika ASD	<b>58.54</b>	709	28.21	30.33
2.	90	Rane Rosse Aqvasport	<b>59.45</b>	677	28.46	30.99
3.	90	Schwimm-Club Wittenbach	<b>1:00.62</b>	639	29.56	31.06
4.	93	A-Club ST Savosa SA	<b>1:01.60</b>	609	29.78	31.82
5.	94	Rane Rosse Aqvasport	<b>1:01.73</b>	605	29.39	32.34
6.	95	Insubrika ASD	<b>1:01.96</b>	598	30.23	31.73
7.	95	Rane Rosse Aqvasport	<b>1:02.49</b>	583	30.50	31.99
8.	93	Nuoto Sport Locarno	<b>1:03.10</b>	566	29.69	33.41
9.	91	Schwimmclub Meilen	<b>1:03.80</b>	548	29.94	33.86
10.	97	Società Nuoto Bellinzona	<b>1:04.75</b>	524	31.06	33.69
11.	92	Lugano Nuoto	<b>1:06.19</b>	490	32.30	33.89
12.	97	Mendrisiotto Nuoto	<b>1:07.96</b>	453	32.09	35.87

gara 15  
6.12.09

Uomini, 50m Delfino

Cat. generale  
Lista resulti

Pointi: FINA 2009

Rango	An		Tempo	Pt.
1.	81	Insubrika ASD	<b>24.55</b>	770
2.	81	A-Club ST Savosa SA	<b>24.78</b>	749
3.	92	Rane Rosse Aqvasport	<b>24.94</b>	734
4.	90	Schwimmclub Meilen	<b>27.30</b>	560
5.	93	Nuoto Sport Locarno	<b>27.31</b>	559
6.	93	SG Berner Oberland	<b>27.42</b>	553
7.	90	Schwimm-Club Wittenbach	<b>27.47</b>	550
8.	92	Schwimmclub Aarefisch	<b>27.50</b>	548
9.	86	Società Nuoto Bellinzona	<b>28.15</b>	511
10.	93	Morges-Natation	<b>29.06</b>	464
11.	96	Mendrisiotto Nuoto	<b>34.75</b>	271
12.	96	Lugano Nuoto	<b>35.64</b>	252

gara 115  
6.12.09

Donne, 50m Delfino

Cat. generale  
Lista resulti

Pointi: FINA 2009

Rango	An		Tempo	Pt.
1.	93	Insubrika ASD	<b>29.82</b>	615
2.	92	Rane Rosse Aqvasport	<b>29.93</b>	608
3.	94	Rane Rosse Aqvasport	<b>30.43</b>	579
4.	94	Nuoto Sport Locarno	<b>30.55</b>	572
5.	90	Schwimm-Club Wittenbach	<b>30.98</b>	549
6.	95	Lugano Nuoto	<b>31.29</b>	532
7.	93	A-Club ST Savosa SA	<b>31.91</b>	502
8.	91	Schwimmclub Meilen	<b>33.03</b>	453
9.	96	Mendrisiotto Nuoto	<b>33.17</b>	447
10.	93	Rane Rosse Aqvasport	<b>34.16</b>	409
11.	94	Società Nuoto Bellinzona	<b>34.58</b>	394
squal. 10%	92	Insubrika ASD	<b>29.35</b>	581

*203 - Movimento prima del segnale di partenza*

VM-Promotion (10.Team Trophy)  
Bellinzona, 5. - 6.12.2009

gara 16  
6.12.09

Uomini, 200m Stile Libero

Cat. generale  
Lista resulti

Pointi: FINA 2009

Rango	An		Tempo	Pt.	100m	200m	
1.	VILLA Paolo	81	Insubrika ASD	<b>1:50.72</b>	786	54.82	55.90
2.	COCCAGLIO Fabiano	93	Rane Rosse Aqvasport	<b>1:54.73</b>	706	56.54	58.19
3.	STUDER Kevin	91	Schwimmclub Aarefisch	<b>1:55.92</b>	684	56.02	59.90
4.	CAVALLI Stefano	92	Nuoto Sport Locarno	<b>1:58.57</b>	640	57.19	1:01.38
5.	MANZOCCHI Marco	94	Società Nuoto Bellinzona	<b>2:00.74</b>	606	59.04	1:01.70
6.	GROLL Nicolas	94	Schwimmclub Meilen	<b>2:01.06</b>	601	59.01	1:02.05
7.	RIEDER Reto	91	SG Berner Oberland	<b>2:03.42</b>	567	59.64	1:03.78
8.	FREGOSI Luca	93	A-Club ST Savosa SA	<b>2:05.25</b>	543	59.80	1:05.45
9.	SCILANGA Sacha	92	Lugano Nuoto	<b>2:07.08</b>	520	1:01.96	1:05.12
10.	CRUCHET Alexandre	92	Morges-Natation	<b>2:07.77</b>	511	1:00.76	1:07.01
11.	DE LORENZI Matteo	96	Mendrisiotto Nuoto	<b>2:14.00</b>	443	1:04.51	1:09.49
12.	PALIC Marko	92	Schwimm-Club Wittenbach	<b>2:15.61</b>	428	1:05.45	1:10.16

gara 116  
6.12.09

Donne, 200m Stile Libero

Cat. generale  
Lista resulti

Pointi: FINA 2009

Rango	An		Tempo	Pt.	100m	200m	
1.	VIGANÒ Valentina Carla	90	Rane Rosse Aqvasport	<b>2:07.76</b>	701	1:02.00	1:05.76
2.	ANTOGNOLI Giulia	93	Insubrika ASD	<b>2:08.16</b>	694	1:01.97	1:06.19
3.	SIRONI Francesca	93	Rane Rosse Aqvasport	<b>2:12.37</b>	630	1:03.21	1:09.16
4.	BORIC Ivana	93	Società Nuoto Bellinzona	<b>2:12.71</b>	625	1:01.72	1:10.99
5.	MOSSI Lara	95	Mendrisiotto Nuoto	<b>2:12.73</b>	625	1:05.54	1:07.19
6.	MARCIANO Giulia	94	Insubrika ASD	<b>2:13.73</b>	611	1:05.53	1:08.20
7.	LACARIA Ilaria	93	A-Club ST Savosa SA	<b>2:14.16</b>	605	1:04.92	1:09.24
8.	BOVO Giulia	93	Nuoto Sport Locarno	<b>2:15.93</b>	582	1:06.02	1:09.91
9.	ZORIC Tea	92	Schwimm-Club Wittenbach	<b>2:23.35</b>	496	1:08.14	1:15.21
10.	PUGINIER Mathilde	91	Lugano Nuoto	<b>2:25.62</b>	473	1:09.46	1:16.16
11.	FEDERER Nadine	94	Schwimmclub Meilen	<b>2:26.02</b>	470	1:09.53	1:16.49
squal. 10%	BELLINI Giulia	94	Rane Rosse Aqvasport	<b>2:18.75</b>	493	1:06.71	1:12.04

*204 - Partenza prima del segnale di partenza*

gara 17  
6.12.09

Uomini, 100m Rana

Cat. generale  
Lista resulti

Pointi: FINA 2009

Rango	An		Tempo	Pt.	50m	100m	
1.	OSSOLA Nicolò	90	Insubrika ASD	<b>1:01.51</b>	819	28.44	33.07
2.	FEBO Christopher	93	Rane Rosse Aqvasport	<b>1:07.22</b>	628	32.30	34.92
3.	MITROVIC Ivan	94	A-Club ST Savosa SA	<b>1:08.38</b>	596	31.78	36.60
4.	SPÖRRI Manuel	89	Schwimmclub Meilen	<b>1:08.91</b>	583	31.46	37.45
5.	TURIN Sean	91	Morges-Natation	<b>1:09.67</b>	564	32.03	37.64
6.	VULETIC Sven	90	Schwimm-Club Wittenbach	<b>1:10.59</b>	542	33.61	36.98
7.	TESSITORE Luca	91	Nuoto Sport Locarno	<b>1:11.07</b>	531	32.03	39.04
8.	GYGAX Sandro	93	SG Berner Oberland	<b>1:12.59</b>	499	33.92	38.67
9.	CIMINO Mattia	94	Lugano Nuoto	<b>1:13.05</b>	489	34.38	38.67
10.	ESCHER Oliver	92	Schwimmclub Aarefisch	<b>1:15.93</b>	436	35.17	40.76
11.	CEHIC Amar	95	Società Nuoto Bellinzona	<b>1:20.98</b>	359	37.43	43.55
12.	BELLINI Stefano	95	Mendrisiotto Nuoto	<b>1:24.30</b>	318	39.13	45.17

VM-Promotion (10.Team Trophy)  
Bellinzona, 5. - 6.12.2009

gara 117  
6.12.09

Donne, 100m Rana

Cat. generale  
Lista resulti

Pointi: FINA 2009

Rango	An		Tempo	Pt.	50m	100m	
1.	CREMONESI Jasmine	93	Insubrika ASD	<b>1:13.82</b>	674	35.04	38.78
2.	SCARIN Sabrina	95	Insubrika ASD	<b>1:15.15</b>	638	35.39	39.76
3.	SENN Stefanie	91	Schwimmclub Meilen	<b>1:15.18</b>	638	35.67	39.51
4.	GABRILO Ivana	84	A-Club ST Savosa SA	<b>1:15.70</b>	625	35.09	40.61
5.	NICOLINI Ambra	92	Rane Rosse Aqvasport	<b>1:17.17</b>	590	35.37	41.80
6.	DORTHE Yoëlle	91	Nuoto Sport Locarno	<b>1:18.52</b>	560	36.85	41.67
7.	GUERRATO Francesca	94	Rane Rosse Aqvasport	<b>1:19.02</b>	549	36.24	42.78
8.	WALTER Giulia	94	Mendrisiotto Nuoto	<b>1:20.03</b>	529	38.17	41.86
9.	PIETRA Priska	91	Lugano Nuoto	<b>1:20.39</b>	522	38.28	42.11
10.	SUHNER Larissa	93	Schwimm-Club Wittenbach	<b>1:30.09</b>	371	41.02	49.07
11.	CEHIC Mejrema	97	Società Nuoto Bellinzona	<b>1:31.08</b>	359	42.22	48.86

gara 18  
6.12.09

Uomini, 200m Dorso

Cat. generale  
Lista resulti

Pointi: FINA 2009

Rango	An		Tempo	Pt.	100m	200m	
1.	TESTA Carlo Alberto	92	Insubrika ASD	<b>2:02.20</b>	720	1:00.53	1:01.67
2.	VACCA Federico	91	Rane Rosse Aqvasport	<b>2:04.76</b>	676	1:00.18	1:04.58
3.	MITROVIC Jovan	91	A-Club ST Savosa SA	<b>2:05.11</b>	671	1:01.54	1:03.57
4.	MOESCHBERGER Patrick	89	Morges-Natation	<b>2:13.54</b>	551	1:03.77	1:09.77
5.	MILETIC Bogomir	94	Lugano Nuoto	<b>2:13.83</b>	548	1:04.80	1:09.03
6.	SCHNEGG Pascal	93	SG Berner Oberland	<b>2:15.35</b>	530	1:05.96	1:09.39
7.	FEDERER Silvio	92	Schwimmclub Meilen	<b>2:19.06</b>	488	1:07.80	1:11.26
8.	HOCHULI Pascal	93	Schwimmclub Aarefisch	<b>2:22.25</b>	456	1:09.71	1:12.54
9.	WALKER Daniele	92	Mendrisiotto Nuoto	<b>2:22.29</b>	456	1:09.78	1:12.51
10.	MARJANOVIC Dejan	93	Società Nuoto Bellinzona	<b>2:23.00</b>	449	1:09.63	1:13.37
11.	SCIAGUNIN Pavel	83	Nuoto Sport Locarno	<b>2:23.59</b>	444	1:07.85	1:15.74
12.	DIETHELM Joel	93	Schwimm-Club Wittenbach	<b>2:43.75</b>	299	1:20.33	1:23.42

gara 118  
6.12.09

Donne, 200m Dorso

Cat. generale  
Lista resulti

Pointi: FINA 2009

Rango	An		Tempo	Pt.	100m	200m	
1.	MANESSI Claudia	92	Insubrika ASD	<b>2:19.60</b>	682	1:08.70	1:10.90
2.	MAURI Federica	92	Rane Rosse Aqvasport	<b>2:25.11</b>	607	1:09.80	1:15.31
3.	BIANCHI Margherita	93	Lugano Nuoto	<b>2:26.96</b>	585	1:11.24	1:15.72
4.	CODA Claudia	95	A-Club ST Savosa SA	<b>2:29.85</b>	551	1:13.40	1:16.45
5.	MOLINARI Alessandra	96	Nuoto Sport Locarno	<b>2:30.42</b>	545	1:14.12	1:16.30
6.	SCHUMACHER Cecilia	94	Schwimmclub Meilen	<b>2:31.97</b>	529	1:13.33	1:18.64
7.	GUAGNINI Benedetta	96	Insubrika ASD	<b>2:32.81</b>	520	1:13.80	1:19.01
8.	DELCÒ Martina	91	Società Nuoto Bellinzona	<b>2:34.49</b>	503	1:14.99	1:19.50
9.	WALKER Anna	96	Mendrisiotto Nuoto	<b>2:35.63</b>	492	1:16.02	1:19.61
10.	HOLLINGER Nina	97	Schwimm-Club Wittenbach	<b>2:43.97</b>	421	1:19.49	1:24.48

VM-Promotion (10.Team Trophy)  
Bellinzona, 5. - 6.12.2009

gara 19  
6.12.09

Uomini, 100m Delfino

Cat. generale  
Lista resulti

Pointi: FINA 2009

Rango	An		Tempo	Pt.	50m	100m	
1.	92	CELONI Filippo	Rane Rosse Aqvasport	<b>57.51</b>	650	27.07	30.44
2.	92	MARANZANA Nicolò	Insubrika ASD	<b>57.98</b>	634	27.47	30.51
3.	92	FILIPPOVIC Mario	A-Club ST Savosa SA	<b>58.71</b>	611	27.45	31.26
4.	92	GÖLDIN Philipp	Schwimmclub Aarefisch	<b>58.77</b>	609	27.56	31.21
5.	78	BACHMANN Kevin	SG Berner Oberland	<b>59.47</b>	588	27.94	31.53
6.	93	COLOMBO Moreno	Nuoto Sport Locarno	<b>59.98</b>	573	27.79	32.19
7.	90	MARFURT Bryan	Morges-Natation	<b>1:00.21</b>	566	27.96	32.25
8.	86	KELLER Nikola	Società Nuoto Bellinzona	<b>1:02.23</b>	513	28.44	33.79
9.	75	RIGOBELLO Roberto	Schwimmclub Meilen	<b>1:03.36</b>	486	29.15	34.21
10.	92	PALIC Marko	Schwimm-Club Wittenbach	<b>1:06.40</b>	422	30.78	35.62
11.	96	PARINI Carlos	Lugano Nuoto	<b>1:20.68</b>	235	36.11	44.57
squal. 10%	96	WALTER Alessio	Mendrisiotto Nuoto	<b>1:23.74</b>	189	38.39	45.35

*303 - Tocco non simultaneo con le due mani*

gara 119  
6.12.09

Donne, 100m Delfino

Cat. generale  
Lista resulti

Pointi: FINA 2009

Rango	An		Tempo	Pt.	50m	100m	
1.	88	RIZZETTO Carlotta	Insubrika ASD	<b>1:03.79</b>	688	30.21	33.58
2.	94	SEVERINO Francesca	Rane Rosse Aqvasport	<b>1:06.90</b>	597	31.01	35.89
3.	95	DI SALVO Gaia	Nuoto Sport Locarno	<b>1:07.20</b>	589	31.34	35.86
4.	92	PASTORELLO Claudia	Rane Rosse Aqvasport	<b>1:07.53</b>	580	31.67	35.86
5.	94	MARCIANO Giulia	Insubrika ASD	<b>1:07.81</b>	573	31.99	35.82
6.	95	GALLI Cecilia	Lugano Nuoto	<b>1:09.32</b>	536	32.60	36.72
7.	91	RAMPININI Joyce	Mendrisiotto Nuoto	<b>1:10.78</b>	504	33.02	37.76
8.	96	OLIVIERI Diana	A-Club ST Savosa SA	<b>1:10.97</b>	500	33.06	37.91
9.	92	GMÜR Désirée	Schwimm-Club Wittenbach	<b>1:11.36</b>	492	33.69	37.67
10.	94	COTTIER Elise	Schwimmclub Meilen	<b>1:13.92</b>	442	34.11	39.81
11.	94	DAVID Tessa	Società Nuoto Bellinzona	<b>1:17.36</b>	386	35.96	41.40
squal. 10%	92	PASSONI Cecilia	Rane Rosse Aqvasport	<b>1:09.54</b>	478	32.20	37.34

*203 - Movimento prima del segnale di partenza*

gara 20  
6.12.09

Uomini, 200m Mista

Cat. generale  
Lista resulti

Pointi: FINA 2009

Rango	An		Tempo	Pt.	100m	200m	
1.	91	MITROVIC Jovan	A-Club ST Savosa SA	<b>2:07.49</b>	699	1:00.74	1:06.75
2.	92	LAZZARI Giacomo Lorenzo	Rane Rosse Aqvasport	<b>2:10.51</b>	652	1:00.86	1:09.65
3.	92	PEREGO Davide	Insubrika ASD	<b>2:12.64</b>	621	1:01.60	1:11.04
4.	90	GACHET Jean	Morges-Natation	<b>2:14.01</b>	602	1:01.80	1:12.21
5.	81	SILVA Sascha	SG Berner Oberland	<b>2:17.91</b>	552	1:02.92	1:14.99
6.	94	ROMAGNOLI Valerio	Schwimmclub Meilen	<b>2:18.31</b>	547	1:07.48	1:10.83
6.	93	OSWALD Jacopo	Nuoto Sport Locarno	<b>2:18.31</b>	547	1:07.60	1:10.71
8.	92	ESCHER Oliver	Schwimmclub Aarefisch	<b>2:22.77</b>	498	1:07.39	1:15.38
9.	91	MINOTTI Stefano	Società Nuoto Bellinzona	<b>2:24.29</b>	482	1:10.00	1:14.29
10.	95	ROMEO Luca	Mendrisiotto Nuoto	<b>2:37.82</b>	368	1:13.72	1:24.10
11.	95	HOLLINGER Silvan	Schwimm-Club Wittenbach	<b>2:53.62</b>	277	1:22.42	1:31.20
12.	97	FIORI Tom	Lugano Nuoto	<b>2:56.55</b>	263	1:27.73	1:28.82

VM-Promotion (10.Team Trophy)  
Bellinzona, 5. - 6.12.2009

gara 120 Donne, 200m Mista Cat. generale  
6.12.09 Lista resulti

Pointi: FINA 2009

Rango	An		Tempo	Pt.	100m	200m
1.	95	Nuoto Sport Locarno	<b>2:19.40</b>	763	1:05.29	1:14.11
2.	94	Insubrika ASD	<b>2:24.82</b>	680	1:07.54	1:17.28
3.	92	Insubrika ASD	<b>2:27.57</b>	643	1:12.55	1:15.02
4.	94	A-Club ST Savosa SA	<b>2:30.03</b>	612	1:12.64	1:17.39
5.	94	Rane Rosse Aqvasport	<b>2:31.54</b>	594	1:08.96	1:22.58
6.	96	Mendrisiotto Nuoto	<b>2:37.33</b>	531	1:13.56	1:23.77
7.	94	Schwimmclub Meilen	<b>2:38.34</b>	521	1:16.62	1:21.72
8.	92	Schwimm-Club Wittenbach	<b>2:44.08</b>	468	1:18.64	1:25.44
9.	97	Società Nuoto Bellinzona	<b>2:45.34</b>	457	1:17.81	1:27.53
10.	95	Lugano Nuoto	<b>2:48.02</b>	436	1:18.02	1:30.00

gara 21 Uomini, 400m Stile Libero Cat. generale  
6.12.09 Lista resulti

Rango	An		Tempo	100m	200m	300m	400m
1.	89	Schwimmclub Aarefisch	<b>4:03.34</b>	57.93	1:01.29	1:02.24	1:01.88
2.	88	Insubrika ASD	<b>4:05.57</b>	59.52	1:02.51	1:02.91	1:00.63
3.	93	Rane Rosse Aqvasport	<b>4:05.69</b>	59.62	1:02.88	1:03.13	1:00.06
4.	92	Nuoto Sport Locarno	<b>4:06.14</b>	59.87	1:03.13	1:02.26	1:00.88
5.	91	SG Berner Oberland	<b>4:17.72</b>	1:00.48	1:05.47	1:07.16	1:04.61
6.	90	Schwimmclub Meilen	<b>4:18.21</b>	1:01.39	1:06.08	1:06.56	1:04.18
7.	94	Società Nuoto Bellinzona	<b>4:20.50</b>	1:01.73	1:05.93	1:07.47	1:05.37
8.	92	Lugano Nuoto	<b>4:28.49</b>	1:03.28	1:08.29	1:08.72	1:08.20
9.	94	A-Club ST Savosa SA	<b>4:32.72</b>	1:02.96	1:08.84	1:10.50	1:10.42
10.	90	Schwimm-Club Wittenbach	<b>4:34.20</b>	1:02.78	1:10.15	1:11.65	1:09.62
11.	92	Morges-Natation	<b>4:35.40</b>	1:02.33	1:09.18	1:12.08	1:11.81
12.	96	Mendrisiotto Nuoto	<b>5:19.43</b>	1:14.55	1:21.87	1:23.04	1:19.97

gara 121 Donne, 400m Stile Libero Cat. generale  
6.12.09 Lista resulti

Rango	An		Tempo	100m	200m	300m	400m
1.	93	Insubrika ASD	<b>4:29.68</b>	1:05.42	1:09.84	1:08.46	1:05.96
2.	95	Società Nuoto Bellinzona	<b>4:30.32</b>	1:05.91	1:09.31	1:08.96	1:06.14
3.	90	Rane Rosse Aqvasport	<b>4:31.87</b>	1:05.28	1:09.49	1:09.85	1:07.25
4.	95	Insubrika ASD	<b>4:38.19</b>	1:06.55	1:10.26	1:11.77	1:09.61
5.	93	Nuoto Sport Locarno	<b>4:42.76</b>	1:07.97	1:12.44	1:11.67	1:10.68
6.	93	Rane Rosse Aqvasport	<b>4:42.96</b>	1:06.29	1:11.97	1:12.82	1:11.88
7.	97	A-Club ST Savosa SA	<b>4:45.17</b>	1:07.28	1:12.13	1:12.94	1:12.82
8.	95	Mendrisiotto Nuoto	<b>4:47.48</b>	1:06.45	1:12.55	1:14.00	1:14.48
9.	94	Rane Rosse Aqvasport	<b>4:57.70</b>	1:11.24	1:16.70	1:15.37	1:14.39
10.	95	Lugano Nuoto	<b>5:03.54</b>	1:12.10	1:17.73	1:17.46	1:16.25
11.	94	Schwimmclub Meilen	<b>5:13.69</b>	1:14.48	1:19.44	1:19.55	1:20.22
12.	93	Schwimm-Club Wittenbach	<b>5:31.98</b>	1:16.68	1:25.89	1:26.14	1:23.27

VM-Promotion (10.Team Trophy)  
Bellinzona, 5. - 6.12.2009

gara 22  
6.12.09

Uomini, 200m Rana

Cat. generale  
Lista resulti

Pointi: FINA 2009

Rango	An		Tempo	Pt.	100m	200m
1.	90	Insubrika ASD	<b>2:19.74</b>	702	1:08.96	1:10.78
2.	92	Rane Rosse Aqvasport	<b>2:24.94</b>	629	1:08.79	1:16.15
3.	83	Nuoto Sport Locarno	<b>2:30.70</b>	560	1:09.65	1:21.05
4.	90	Schwimmclub Wittenbach	<b>2:30.92</b>	557	1:11.40	1:19.52
5.	89	Schwimmclub Meilen	<b>2:33.85</b>	526	1:13.17	1:20.68
6.	94	A-Club ST Savosa SA	<b>2:33.90</b>	525	1:14.76	1:19.14
7.	91	Schwimmclub Aarefisch	<b>2:34.76</b>	517	1:14.19	1:20.57
8.	95	SG Berner Oberland	<b>2:40.35</b>	465	1:15.03	1:25.32
9.	89	Morges-Natation	<b>2:46.94</b>	412	1:19.06	1:27.88
10.	95	Società Nuoto Bellinzona	<b>2:57.58</b>	342	1:25.26	1:32.32
11.	95	Mendrisiotto Nuoto	<b>3:11.40</b>	273	1:29.97	1:41.43
squal. 10%	96	Lugano Nuoto	<b>3:10.86</b>	248	1:33.60	1:37.26

*308 - Due movimenti di braccia completi sott'acqua*

gara 122  
6.12.09

Donne, 200m Rana

Cat. generale  
Lista resulti

Pointi: FINA 2009

Rango	An		Tempo	Pt.	100m	200m
1.	93	Rane Rosse Aqvasport	<b>2:34.50</b>	726	1:13.74	1:20.76
2.	93	Insubrika ASD	<b>2:41.69</b>	634	1:16.74	1:24.95
3.	95	Insubrika ASD	<b>2:43.73</b>	610	1:18.70	1:25.03
4.	91	Schwimmclub Meilen	<b>2:44.78</b>	599	1:19.17	1:25.61
5.	91	Nuoto Sport Locarno	<b>2:48.14</b>	564	1:20.86	1:27.28
6.	94	Mendrisiotto Nuoto	<b>2:50.48</b>	541	1:21.18	1:29.30
7.	91	Lugano Nuoto	<b>2:51.14</b>	534	1:23.56	1:27.58
8.	93	Società Nuoto Bellinzona	<b>2:53.66</b>	511	1:23.26	1:30.40
9.	96	A-Club ST Savosa SA	<b>3:00.96</b>	452	1:27.79	1:33.17
10.	92	Schwimmclub Wittenbach	<b>3:09.54</b>	393	1:29.01	1:40.53

gara 23  
6.12.09

Uomini, 100m Dorso

Cat. generale  
Lista resulti

Pointi: FINA 2009

Rango	An		Tempo	Pt.	50m	100m
1.	92	Insubrika ASD	<b>56.97</b>	674	28.00	28.97
2.	93	Rane Rosse Aqvasport	<b>57.98</b>	639	28.04	29.94
3.	93	SG Berner Oberland	<b>1:00.13</b>	573	29.21	30.92
4.	92	Schwimmclub Aarefisch	<b>1:01.31</b>	541	29.90	31.41
5.	89	Schwimmclub Meilen	<b>1:02.46</b>	511	30.61	31.85
6.	92	Nuoto Sport Locarno	<b>1:02.49</b>	511	30.81	31.68
7.	93	Morges-Natation	<b>1:06.70</b>	420	32.40	34.30
8.	90	Schwimmclub Wittenbach	<b>1:06.79</b>	418	34.07	32.72
9.	94	A-Club ST Savosa SA	<b>1:10.12</b>	361	34.53	35.59
10.	96	Società Nuoto Bellinzona	<b>1:10.97</b>	349	34.39	36.58
11.	96	Mendrisiotto Nuoto	<b>1:17.26</b>	270	37.19	40.07
12.	97	Lugano Nuoto	<b>1:23.55</b>	214	41.45	42.10

VM-Promotion (10.Team Trophy)  
Bellinzona, 5. - 6.12.2009

gara 123  
6.12.09

Donne, 100m Dorso

Cat. generale  
Lista resulti

Pointi: FINA 2009

Rango	An		Tempo	Pt.	50m	100m	
1.	MANESSI Claudia	92	Insubrika ASD	<b>1:05.98</b>	644	31.75	34.23
2.	HIRSEKORN Nathalie	90	Schwimm-Club Wittenbach	<b>1:06.36</b>	633	32.67	33.69
3.	MARETTI Alessandra	94	Rane Rosse Aqvasport	<b>1:06.64</b>	625	32.59	34.05
4.	DE MARCHI Anaïs	95	Nuoto Sport Locarno	<b>1:06.83</b>	619	32.98	33.85
5.	GUAGNINI Benedetta	96	Insubrika ASD	<b>1:11.69</b>	502	35.04	36.65
6.	CENA Benedetta	97	A-Club ST Savosa SA	<b>1:12.75</b>	480	35.36	37.39
7.	MESSINA Isabelle	97	Mendrisiotto Nuoto	<b>1:12.91</b>	477	34.99	37.92
8.	DELCO Martina	91	Società Nuoto Bellinzona	<b>1:13.12</b>	473	36.16	36.96
9.	GUYOT Sabrina	91	Schwimmclub Meilen	<b>1:15.25</b>	434	36.11	39.14
10.	BERTARELLI Serena	95	Lugano Nuoto	<b>1:18.13</b>	388	37.66	40.47

gara 24  
6.12.09

Uomini, 200m Delfino

Cat. generale  
Lista resulti

Pointi: FINA 2009

Rango	An		Tempo	Pt.	100m	200m	
1.	MARANZANA Nicolò	92	Insubrika ASD	<b>2:04.38</b>	715	59.94	1:04.44
2.	DANESI Matteo	92	Rane Rosse Aqvasport	<b>2:06.91</b>	673	1:01.21	1:05.70
3.	LENTINI Mattia	88	Rane Rosse Aqvasport	<b>2:08.21</b>	652	59.82	1:08.39
4.	ESCHER Joël	89	Schwimmclub Aarefisch	<b>2:09.65</b>	631	1:02.06	1:07.59
5.	COLOMBO Moreno	93	Nuoto Sport Locarno	<b>2:13.91</b>	573	1:04.25	1:09.66
6.	MITROVIC Ivan	94	A-Club ST Savosa SA	<b>2:16.34</b>	543	1:06.07	1:10.27
7.	GACHET Jean	90	Morges-Natation	<b>2:16.51</b>	541	1:04.39	1:12.12
8.	WENIGERKIND Simon	93	SG Berner Oberland	<b>2:18.30</b>	520	1:03.17	1:15.13
9.	FEDERER Silvio	92	Schwimmclub Meilen	<b>2:26.64</b>	436	1:10.19	1:16.45
10.	BERNASCONI David	91	Società Nuoto Bellinzona	<b>2:32.49</b>	388	1:11.50	1:20.99
11.	PALIC Marko	92	Schwimm-Club Wittenbach	<b>2:41.92</b>	324	1:16.26	1:25.66
12.	PARINI Carlos	96	Lugano Nuoto	<b>3:02.24</b>	227	1:24.20	1:38.04

gara 124  
6.12.09

Donne, 200m Delfino

Cat. generale  
Lista resulti

Pointi: FINA 2009

Rango	An		Tempo	Pt.	100m	200m	
1.	CECCATO Alice	95	Rane Rosse Aqvasport	<b>2:19.95</b>	691	1:06.77	1:13.18
2.	RIZZETTO Carlotta	88	Insubrika ASD	<b>2:24.37</b>	630	1:09.36	1:15.01
3.	MARCIANO Giulia	94	Insubrika ASD	<b>2:25.62</b>	614	1:10.75	1:14.87
4.	GAFFURI Sara	90	Mendrisiotto Nuoto	<b>2:26.33</b>	605	1:10.04	1:16.29
5.	LUCIBELLO Carola	94	A-Club ST Savosa SA	<b>2:29.76</b>	564	1:11.04	1:18.72
6.	SOLLBERGER Elena	94	Nuoto Sport Locarno	<b>2:35.40</b>	505	1:14.19	1:21.21
7.	COTTIER Elise	94	Schwimmclub Meilen	<b>2:40.23</b>	461	1:15.29	1:24.94
8.	DAVID Tessa	94	Società Nuoto Bellinzona	<b>2:50.87</b>	380	1:20.15	1:30.72
9.	LAFFRANCHINI Isotta	95	Lugano Nuoto	<b>2:54.92</b>	354	1:21.96	1:32.96
10.	D`HONDT Debora	98	Schwimm-Club Wittenbach	<b>3:02.50</b>	312	1:25.10	1:37.40

VM-Promotion (10.Team Trophy)  
Bellinzona, 5. - 6.12.2009

gara 25 Uomini, 400m Mista Cat. generale  
6.12.09 Lista resulti

Rango	An		Tempo	100m	200m	300m	400m	
1.	PEREGO Davide	92	Insubrika ASD	<b>4:40.39</b>	1:04.78	1:12.75	1:20.68	1:02.18
2.	CHIODI Alessandro	93	Rane Rosse Aqvasport	<b>4:42.59</b>	1:03.54	1:15.52	1:20.87	1:02.66
3.	MOESCHBERGER Patrick	89	Morges-Natation	<b>4:47.23</b>	1:05.76	1:12.09	1:22.37	1:07.01
4.	CAVALLI Stefano	92	Nuoto Sport Locarno	<b>4:47.56</b>	1:04.36	1:14.02	1:26.92	1:02.26
5.	ROMAGNOLI Valerio	94	Schwimmclub Meilen	<b>4:53.13</b>	1:07.12	1:19.32	1:17.65	1:09.04
6.	SILVA Sascha	81	SG Berner Oberland	<b>4:55.30</b>	1:04.97	1:14.41	1:25.08	1:10.84
7.	FREGOSI Luca	93	A-Club ST Savosa SA	<b>4:58.01</b>	1:07.95	1:13.48	1:28.56	1:08.02
8.	ESCHER Oliver	92	Schwimmclub Aarefisch	<b>4:59.01</b>	1:03.22	1:15.50	1:27.65	1:12.64
9.	MARJANOVIC Dejan	93	Società Nuoto Bellinzona	<b>5:08.82</b>	1:12.66	1:15.78	1:30.48	1:09.90
10.	SCILANGA Sacha	92	Lugano Nuoto	<b>5:14.51</b>	1:10.47	1:18.61	1:35.73	1:09.70
11.	DE LORENZI Matteo	96	Mendrisiotto Nuoto	<b>5:20.85</b>	1:15.08	1:17.77	1:34.46	1:13.54
12.	HOLLINGER Silvan	95	Schwimm-Club Wittenbach	<b>6:03.33</b>	1:28.85	1:29.34	1:40.94	1:24.20

gara 125 Donne, 400m Mista Cat. generale  
6.12.09 Lista resulti

Rango	An		Tempo	100m	200m	300m	400m	
1.	DE MARCHI Anaïs	95	Nuoto Sport Locarno	<b>5:00.76</b>	1:09.84	1:15.97	1:25.21	1:09.74
2.	FILIPPINETTI Claudia	94	Insubrika ASD	<b>5:06.74</b>	1:09.63	1:18.16	1:29.99	1:08.96
3.	MILANI Jessica	92	Insubrika ASD	<b>5:10.11</b>	1:11.60	1:22.02	1:26.16	1:10.33
4.	TERNO Federica	94	Rane Rosse Aqvasport	<b>5:22.22</b>	1:11.87	1:23.60	1:30.99	1:15.76
5.	CODA Claudia	95	A-Club ST Savosa SA	<b>5:29.71</b>	1:15.17	1:20.34	1:42.40	1:11.80
6.	WALTER Giulia	94	Mendrisiotto Nuoto	<b>5:30.44</b>	1:17.24	1:28.11	1:29.52	1:15.57
7.	GALLI Cecilia	95	Lugano Nuoto	<b>5:30.54</b>	1:13.10	1:26.36	1:36.74	1:14.34
8.	SUTER Ariane	94	Schwimmclub Meilen	<b>5:37.20</b>	1:18.57	1:30.42	1:31.89	1:16.32
9.	PICCO Fabiana	92	Società Nuoto Bellinzona	<b>5:38.56</b>	1:23.10	1:22.19	1:35.69	1:17.58
squal. 10%	HOLLINGER Nina	97	Schwimm-Club Wittenbach	<b>6:02.66</b>	1:24.04	1:29.35	1:43.64	1:25.63

*308 - Due movimenti di braccia completi sott'acqua*

gara 26 Uomini, 50m Dorso Cat. generale  
6.12.09 Lista resulti

Pointi: FINA 2009

Rango	An		Tempo	Pt.	
1.	TESTA Carlo Alberto	92	Insubrika ASD	<b>26.98</b>	634
2.	VILLA Luca	93	Rane Rosse Aqvasport	<b>27.34</b>	609
3.	SCHNEGG Pascal	93	SG Berner Oberland	<b>28.63</b>	531
4.	ANNIGHÖFER Nils	89	Schwimmclub Meilen	<b>28.77</b>	523
5.	FILIPOVIC Mario	92	A-Club ST Savosa SA	<b>28.90</b>	516
6.	VULETIC Sven	90	Schwimm-Club Wittenbach	<b>29.00</b>	511
7.	COLOMBO Moreno	93	Nuoto Sport Locarno	<b>29.55</b>	483
8.	HOCHULI Pascal	93	Schwimmclub Aarefisch	<b>30.22</b>	451
9.	CRUCHET Alexandre	92	Morges-Natation	<b>30.55</b>	437
10.	WALKER Daniele	92	Mendrisiotto Nuoto	<b>31.04</b>	416
11.	FALCONI Gabriele	91	Lugano Nuoto	<b>31.72</b>	390
12.	BORIC Stefan	96	Società Nuoto Bellinzona	<b>33.22</b>	340

VM-Promotion (10.Team Trophy)  
Bellinzona, 5. - 6.12.2009

gara 126  
6.12.09

Donne, 50m Dorso

Cat. generale  
Lista resulti

Pointi: FINA 2009

Rango	An	Tempo	Pt.
1. GABRILO Ivana	84 A-Club ST Savosa SA	<b>29.22</b>	759
2. MANESSI Claudia	92 Insubrika ASD	<b>30.79</b>	648
3. MAURI Federica	92 Rane Rosse Aqvasport	<b>31.38</b>	613
4. MARETTI Alessandra	94 Rane Rosse Aqvasport	<b>31.42</b>	610
5. MERONI Andrea	96 Mendrisiotto Nuoto	<b>32.00</b>	578
6. SCHUMACHER Cecilia	94 Schwimmclub Meilen	<b>32.15</b>	570
7. MOLINARI Alessandra	96 Nuoto Sport Locarno	<b>32.68</b>	542
8. BIANCHI Margherita	93 Lugano Nuoto	<b>33.26</b>	514
9. GUAGNINI Benedetta	96 Insubrika ASD	<b>33.37</b>	509
10. DELCÒ Martina	91 Società Nuoto Bellinzona	<b>35.23</b>	433
11. D'HONDT Debora	98 Schwimm-Club Wittenbach	<b>38.67</b>	327

gara 27  
6.12.09

Uomini, 1500m Stile Libero

Cat. generale  
Lista resulti

Pointi: FINA 2009

Rango	An	Tempo	Pt.
1. MITROVIC Jovan	91 A-Club ST Savosa SA	<b>15:36.43</b>	787
100m: 1:00.54 1:00.54	500m: 5:15.24 1:03.89	900m: 9:23.94 1:02.13	1300m: 13:33.35 1:02.56
200m: 2:03.85 1:03.31	600m: 6:17.27 1:02.03	1000m: 10:26.39 1:02.45	1400m: 14:35.62 1:02.27
300m: 3:07.78 1:03.93	700m: 7:19.30 1:02.03	1100m: 11:28.41 1:02.02	1500m: 15:36.43 1:00.81
400m: 4:11.35 1:03.57	800m: 8:21.81 1:02.51	1200m: 12:30.79 1:02.38	
2. ESCHER Joël	89 Schwimmclub Aarefisch	<b>15:50.87</b>	752
100m: 59.68 59.68	500m: 5:11.26 1:02.90	900m: 9:24.14 1:03.69	1300m: 13:41.41 1:05.19
200m: 2:02.44 1:02.76	600m: 6:14.18 1:02.92	1000m: 10:27.58 1:03.44	1400m: 14:46.86 1:05.45
300m: 3:05.41 1:02.97	700m: 7:17.23 1:03.05	1100m: 11:31.30 1:03.72	1500m: 15:50.87 1:04.01
400m: 4:08.36 1:02.95	800m: 8:20.45 1:03.22	1200m: 12:36.22 1:04.92	
3. PEREGO Stefano	88 Insubrika ASD	<b>16:19.38</b>	688
100m: 1:03.68 1:03.68	500m: 5:26.14 1:05.72	900m: 9:47.77 1:05.45	1300m: 14:09.94 1:05.69
200m: 2:09.63 1:05.95	600m: 6:30.77 1:04.63	1000m: 10:53.28 1:05.51	1400m: 15:15.57 1:05.63
300m: 3:14.99 1:05.36	700m: 7:36.39 1:05.62	1100m: 11:58.96 1:05.68	1500m: 16:19.38 1:03.81
400m: 4:20.42 1:05.43	800m: 8:42.32 1:05.93	1200m: 13:04.25 1:05.29	
4. FAVERO Dante	92 Nuoto Sport Locarno	<b>16:30.53</b>	665
100m: 1:02.84 1:02.84	500m: 5:26.71 1:06.08	900m: 9:53.80 1:06.81	1300m: 14:20.23 1:06.60
200m: 2:08.12 1:05.28	600m: 6:33.38 1:06.67	1000m: 10:59.99 1:06.19	1400m: 15:27.02 1:06.79
300m: 3:14.47 1:06.35	700m: 7:40.08 1:06.70	1100m: 12:06.66 1:06.67	1500m: 16:30.53 1:03.51
400m: 4:20.63 1:06.16	800m: 8:46.99 1:06.91	1200m: 13:13.63 1:06.97	
5. MILETIC Bogomir	94 Lugano Nuoto	<b>16:35.38</b>	655
100m: 1:02.37 1:02.37	500m: 5:28.48 1:06.83	900m: 9:56.85 1:07.61	1300m: 14:24.38 1:07.16
200m: 2:08.73 1:06.36	600m: 6:35.51 1:07.03	1000m: 11:03.81 1:06.96	1400m: 15:31.57 1:07.19
300m: 3:14.93 1:06.20	700m: 7:42.12 1:06.61	1100m: 12:10.52 1:06.71	1500m: 16:35.38 1:03.81
400m: 4:21.65 1:06.72	800m: 8:49.24 1:07.12	1200m: 13:17.22 1:06.70	
6. SIGNORELL Nicolas	93 Schwimmclub Meilen	<b>17:18.79</b>	577
100m: 1:02.19 1:02.19	500m: 5:38.27 1:09.87	900m: 10:16.63 1:09.48	1300m: 14:58.36 1:10.97
200m: 2:09.56 1:07.37	600m: 6:47.72 1:09.45	1000m: 11:26.25 1:09.62	1400m: 16:09.56 1:11.20
300m: 3:19.17 1:09.61	700m: 7:57.52 1:09.80	1100m: 12:36.33 1:10.08	1500m: 17:18.79 1:09.23
400m: 4:28.40 1:09.23	800m: 9:07.15 1:09.63	1200m: 13:47.39 1:11.06	
7. PENNINI Riccardo	93 Rane Rosse Aqvasport	<b>17:28.70</b>	560
100m: 1:02.17 1:02.17	500m: 5:41.98 1:11.30	900m: 10:27.16 1:11.14	1300m: 15:10.63 1:10.83
200m: 2:10.58 1:08.41	600m: 6:53.39 1:11.41	1000m: 11:38.54 1:11.38	1400m: 16:21.32 1:10.69
300m: 3:20.05 1:09.47	700m: 8:04.85 1:11.46	1100m: 12:49.20 1:10.66	1500m: 17:28.70 1:07.38
400m: 4:30.68 1:10.63	800m: 9:16.02 1:11.17	1200m: 13:59.80 1:10.60	

VM-Promotion (10.Team Trophy)  
Bellinzona, 5. - 6.12.2009

gara 27, Uomini, 1500m Stile Libero, Cat. generale

Rango	An	Tempo	Pt.
<b>8. MARZULLO Luca</b>	<b>96 Mendrisiotto Nuoto</b>	<b>17:36.31</b>	<b>548</b>
100m: 1:05.31 1:05.31	500m: 5:45.67 1:10.34	900m: 10:28.25 1:10.64	1300m: 15:13.64 1:11.89
200m: 2:14.51 1:09.20	600m: 6:56.17 1:10.50	1000m: 11:39.35 1:11.10	1400m: 16:25.85 1:12.21
300m: 3:24.91 1:10.40	700m: 8:07.07 1:10.90	1100m: 12:50.47 1:11.12	1500m: 17:36.31 1:10.46
400m: 4:35.33 1:10.42	800m: 9:17.61 1:10.54	1200m: 14:01.75 1:11.28	
<b>9. MINOTTI Stefano</b>	<b>91 Società Nuoto Bellinzona</b>	<b>17:41.76</b>	<b>540</b>
100m: 1:05.16 1:05.16	500m: 5:47.90 1:11.72	900m: 10:33.77 1:11.70	1300m: 15:21.14 1:11.46
200m: 2:14.67 1:09.51	600m: 6:59.35 1:11.45	1000m: 11:45.67 1:11.90	1400m: 16:31.68 1:10.54
300m: 3:25.12 1:10.45	700m: 8:10.77 1:11.42	1100m: 12:57.90 1:12.23	1500m: 17:41.76 1:10.08
400m: 4:36.18 1:11.06	800m: 9:22.07 1:11.30	1200m: 14:09.68 1:11.78	
<b>10. PLUMEZ Jérôme</b>	<b>92 SG Berner Oberland</b>	<b>17:55.66</b>	<b>519</b>
100m: 1:05.34 1:05.34	500m: 5:51.82 1:12.82	900m: 10:43.51 1:13.04	1300m: 15:35.78 1:12.97
200m: 2:15.71 1:10.37	600m: 7:05.12 1:13.30	1000m: 11:56.62 1:13.11	1400m: 16:47.07 1:11.29
300m: 3:27.12 1:11.41	700m: 8:17.53 1:12.41	1100m: 13:09.73 1:13.11	1500m: 17:55.66 1:08.59
400m: 4:39.00 1:11.88	800m: 9:30.47 1:12.94	1200m: 14:22.81 1:13.08	
<b>11. OLIVIER Timothée</b>	<b>91 Morges-Natation</b>	<b>18:25.15</b>	<b>479</b>
100m: 1:10.68 1:10.68	500m: 6:11.42 1:14.84	900m: 11:09.00 1:14.10	1300m: 16:02.34 1:12.82
200m: 2:25.70 1:15.02	600m: 7:25.99 1:14.57	1000m: 12:23.09 1:14.09	1400m: 17:15.21 1:12.87
300m: 3:41.30 1:15.60	700m: 8:40.94 1:14.95	1100m: 13:36.73 1:13.64	1500m: 18:25.15 1:09.94
400m: 4:56.58 1:15.28	800m: 9:54.90 1:13.96	1200m: 14:49.52 1:12.79	
<b>12. HUBER Marco</b>	<b>94 Schwimm-Club Wittenbach</b>	<b>19:39.60</b>	<b>394</b>
100m: 1:09.69 1:09.69	500m: 6:19.12 1:19.99	900m: 11:43.60 1:21.27	1300m: 17:07.20 1:20.72
200m: 2:24.41 1:14.72	600m: 7:40.57 1:21.45	1000m: 13:04.61 1:21.01	1400m: 18:25.88 1:18.68
300m: 3:41.24 1:16.83	700m: 9:01.62 1:21.05	1100m: 14:26.13 1:21.52	1500m: 19:39.60 1:13.72
400m: 4:59.13 1:17.89	800m: 10:22.33 1:20.71	1200m: 15:46.48 1:20.35	

gara 127  
6.12.09

Donne, 800m Stile Libero

Cat. generale  
Lista resulti

Pointi: FINA 2009

Rango	An	Tempo	Pt.
<b>1. CECCATO Alice</b>	<b>95 Rane Rosse Aqvasport</b>	<b>9:11.85</b>	<b>697</b>
100m: 1:06.95 1:06.95	300m: 3:24.42 1:08.89	500m: 5:43.89 1:09.90	700m: 8:03.81 1:09.87
200m: 2:15.53 1:08.58	400m: 4:33.99 1:09.57	600m: 6:53.94 1:10.05	800m: 9:11.85 1:08.04
<b>2. ANTOGNOLI Giulia</b>	<b>93 Insubrika ASD</b>	<b>9:15.89</b>	<b>682</b>
100m: 1:06.60 1:06.60	300m: 3:25.84 1:09.73	500m: 5:46.87 1:10.29	700m: 8:08.00 1:10.31
200m: 2:16.11 1:09.51	400m: 4:36.58 1:10.74	600m: 6:57.69 1:10.82	800m: 9:15.89 1:07.89
<b>3. DELLA BRUNA Alice</b>	<b>95 Società Nuoto Bellinzona</b>	<b>9:15.92</b>	<b>682</b>
100m: 1:07.46 1:07.46	300m: 3:28.50 1:10.52	500m: 5:50.31 1:10.55	700m: 8:10.59 1:09.81
200m: 2:17.98 1:10.52	400m: 4:39.76 1:11.26	600m: 7:00.78 1:10.47	800m: 9:15.92 1:05.33
<b>4. DORTHE Yoëlle</b>	<b>91 Nuoto Sport Locarno</b>	<b>9:32.41</b>	<b>625</b>
100m: 1:07.94 1:07.94	300m: 3:31.71 1:12.41	500m: 5:56.97 1:12.59	700m: 8:21.90 1:12.32
200m: 2:19.30 1:11.36	400m: 4:44.38 1:12.67	600m: 7:09.58 1:12.61	800m: 9:32.41 1:10.51
<b>5. COGLIANO Marcella</b>	<b>95 Insubrika ASD</b>	<b>9:36.34</b>	<b>612</b>
100m: 1:10.08 1:10.08	300m: 3:35.11 1:12.48	500m: 6:00.27 1:12.44	700m: 8:25.81 1:13.17
200m: 2:22.63 1:12.55	400m: 4:47.83 1:12.72	600m: 7:12.64 1:12.37	800m: 9:36.34 1:10.53
<b>6. CODA Claudia</b>	<b>95 A-Club ST Savosa SA</b>	<b>9:44.20</b>	<b>587</b>
100m: 1:09.53 1:09.53	300m: 3:38.72 1:14.71	500m: 6:06.55 1:13.68	700m: 8:33.17 1:13.50
200m: 2:24.01 1:14.48	400m: 4:52.87 1:14.15	600m: 7:19.67 1:13.12	800m: 9:44.20 1:11.03
<b>7. SIRONI Francesca</b>	<b>93 Rane Rosse Aqvasport</b>	<b>9:45.69</b>	<b>583</b>
100m: 1:09.73 1:09.73	300m: 3:36.10 1:13.41	500m: 6:04.49 1:14.70	700m: 8:33.10 1:14.44
200m: 2:22.69 1:12.96	400m: 4:49.79 1:13.69	600m: 7:18.66 1:14.17	800m: 9:45.69 1:12.59
<b>8. GMÜR Désirée</b>	<b>92 Schwimm-Club Wittenbach</b>	<b>9:51.95</b>	<b>565</b>
100m: 1:10.06 1:10.06	300m: 3:36.12 1:12.98	500m: 6:05.49 1:15.14	700m: 8:36.92 1:16.00
200m: 2:23.14 1:13.08	400m: 4:50.35 1:14.23	600m: 7:20.92 1:15.43	800m: 9:51.95 1:15.03

VM-Promotion (10.Team Trophy)  
Bellinzona, 5. - 6.12.2009

gara 127, Donne, 800m Stile Libero, Cat. generale

Rango	An	Tempo	Pt.
9.	PASSONI Cecilia	92 Rane Rosse Aqvasport	<b>9:58.73</b> 546
	100m: 1:09.72 1:09.72	300m: 3:37.66 1:14.22	500m: 6:09.34 1:16.29
	200m: 2:23.44 1:13.72	400m: 4:53.05 1:15.39	600m: 7:26.07 1:16.73
		700m: 8:43.31 1:17.24	800m: 9:58.73 1:15.42
10.	MOSSI Lara	95 Mendrisiotto Nuoto	<b>10:05.24</b> 528
	100m: 1:10.59 1:10.59	300m: 3:41.51 1:16.50	500m: 6:15.94 1:17.63
	200m: 2:25.01 1:14.42	400m: 4:58.31 1:16.80	600m: 7:33.30 1:17.36
		700m: 8:50.89 1:17.59	800m: 10:05.24 1:14.35
11.	GÜNSBERG Claudia	80 Schwimmclub Meilen	<b>10:29.74</b> 469
	100m: 1:10.62 1:10.62	300m: 3:48.93 1:20.24	500m: 6:30.12 1:20.78
	200m: 2:28.69 1:18.07	400m: 5:09.34 1:20.41	600m: 7:50.77 1:20.65
		700m: 9:11.34 1:20.57	800m: 10:29.74 1:18.40
squal. 10%	PUGINIER Mathilde	91 Lugano Nuoto	<b>10:26.89</b> 428
	<i>203 - Movimento prima del segnale di partenza</i>		
	100m: 1:13.40 1:13.40	300m: 3:50.79 1:19.39	500m: 6:29.27 1:19.41
	200m: 2:31.40 1:18.00	400m: 5:09.86 1:19.07	600m: 7:48.93 1:19.66
		700m: 9:09.40 1:20.47	800m: 10:26.89 1:17.49

gara 28  
6.12.09

Uomini, 100m Stile Libero

Cat. generale  
Lista resulti

Pointi: FINA 2009

Rango	An	Tempo	Pt.	50m	100m
1.	VILLA Paolo	81 Insubrika ASD	<b>50.44</b> 760	24.57	25.87
2.	VACCA Federico	91 Rane Rosse Aqvasport	<b>52.12</b> 689	24.78	27.34
3.	STUDER Kevin	91 Schwimmclub Aarefisch	<b>52.31</b> 682	25.29	27.02
4.	MARFURT Bryan	90 Morges-Natation	<b>52.51</b> 674	25.25	27.26
5.	FILIPOVIC Mario	92 A-Club ST Savosa SA	<b>54.40</b> 606	26.54	27.86
6.	MANZOCCHI Marco	94 Società Nuoto Bellinzona	<b>55.68</b> 565	27.05	28.63
7.	OSWALD Jacopo	93 Nuoto Sport Locarno	<b>55.70</b> 565	26.22	29.48
8.	GILI Daniele	91 Lugano Nuoto	<b>55.98</b> 556	26.66	29.32
9.	BACHMANN Kevin	78 SG Berner Oberland	<b>56.04</b> 555	26.93	29.11
10.	NIKOLIC Dragan	90 Schwimm-Club Wittenbach	<b>56.16</b> 551	26.71	29.45
11.	MOSER Deyshawn	92 Schwimmclub Meilen	<b>56.52</b> 541	27.21	29.31
12.	CANNOVA Fabio	96 Mendrisiotto Nuoto	<b>1:11.16</b> 271	34.99	36.17

gara 128  
6.12.09

Donne, 100m Stile Libero

Cat. generale  
Lista resulti

Pointi: FINA 2009

Rango	An	Tempo	Pt.	50m	100m
1.	ALBERGONI Daria	93 Rane Rosse Aqvasport	<b>58.98</b> 693	27.97	31.01
2.	CORTI Elena	92 Insubrika ASD	<b>59.11</b> 689	28.88	30.23
3.	BORIC Ivana	93 Società Nuoto Bellinzona	<b>1:00.03</b> 658	28.74	31.29
4.	PASTORELLO Claudia	92 Rane Rosse Aqvasport	<b>1:00.35</b> 647	28.76	31.59
5.	RAMPAZZO Silvia	93 Insubrika ASD	<b>1:00.75</b> 634	28.99	31.76
6.	VIOTTI Francesca	93 Rane Rosse Aqvasport	<b>1:00.83</b> 632	29.33	31.50
7.	DI SALVO Gaia	95 Nuoto Sport Locarno	<b>1:01.21</b> 620	29.31	31.90
8.	SCHUMACHER Cecilia	94 Schwimmclub Meilen	<b>1:01.89</b> 600	29.49	32.40
9.	RAMPININI Joyce	91 Mendrisiotto Nuoto	<b>1:04.33</b> 534	31.00	33.33
10.	TROCHEN Ashanti	96 Lugano Nuoto	<b>1:09.58</b> 422	33.25	36.33
11.	HUBER Tamara	96 Schwimm-Club Wittenbach	<b>1:11.14</b> 395	33.97	37.17
squal. 10%	CENA Benedetta	97 A-Club ST Savosa SA	<b>1:03.47</b> 501	30.36	33.11
	<i>204 - Partenza prima del segnale di partenza</i>				