

## Risultati

POS	P IT	COGNOME E NOME SOCIETA'	ANNO NAZ	50m	100m	150m	200m	250m	300m	350m	ARRIVO Record
<b>400 m Stile Libero - Es. A Maschi</b>											
11/02/2023 - 17:15											
1		<b>NADALIN Achille</b> Lavagna 90	2010 ITA	33.6	1'11.1 37.5	1'48.9 37.8	2'26.9 38.0	3'04.8 37.9	3'42.2 37.4	4'19.8 37.6	<b>4'55.4</b> 35.6
2		<b>IONADI Filippo</b> Rari Nantes Spezia	2010 ITA	34.5	1'11.9 37.4	1'49.4 37.5	2'27.4 38.0	3'05.1 37.7	3'43.0 37.9	4'20.0 37.0	<b>4'55.8</b> 35.8
3		<b>SPARTANI Lorenzo</b> Rapallo Nuoto ssd	2010 ITA	34.0	1'12.7 38.7	1'51.5 38.8	2'30.6 39.1	3'10.3 39.7	3'49.4 39.1	4'29.0 39.6	<b>5'06.0</b> 37.0
4		<b>FORMENTINI Matteo</b> Lavagna 90	2011 ITA	34.4	1'13.6 39.2	1'53.5 39.9	2'33.3 39.8	3'12.9 39.6	3'52.7 39.8	4'32.1 39.4	<b>5'10.2</b> 38.1
5		<b>COCCHI Lorenzo</b> Rari Nantes Spezia	2011 ITA	34.8	1'13.2 38.4	1'53.0 39.8	2'32.5 39.5	3'13.0 40.5	3'53.6 40.6	4'33.1 39.5	<b>5'11.8</b> 38.7
6		<b>PANICO Marco</b> Lavagna 90	2011 ITA	34.2	1'13.3 39.1	1'53.7 40.4	2'33.4 39.7	3'13.5 40.1	3'53.3 39.8	4'33.8 40.5	<b>5'12.1</b> 38.3
7		<b>CAMPODONI Matteo</b> Rapallo Nuoto ssd	2011 ITA	35.4	1'15.5 40.1	1'54.9 39.4	2'36.4 41.5	3'14.6 38.2	3'55.9 41.3	4'36.6 40.7	<b>5'12.3</b> 35.7
8		<b>CAPURRO Noah</b> Rapallo Nuoto ssd	2010 ITA	37.0	1'17.4 40.4	1'57.8 40.4	2'38.3 40.5	3'19.5 41.2	4'00.0 40.5	4'39.7 39.7	<b>5'16.9</b> 37.2
9		<b>SCOTTI Lorenzo</b> Rapallo Nuoto ssd	2010 ITA	36.0	1'15.8 39.8	1'56.6 40.8	2'37.8 41.2	3'18.8 41.0	3'59.4 40.6	4'39.8 40.4	<b>5'18.7</b> 38.9
10		<b>MIHAI PETRESCU Daniel</b> Lavagna 90	2010 ITA	36.7	1'17.7 41.0	1'59.0 41.3	2'41.9 42.9	3'22.7 40.8	4'05.2 42.5	4'48.9 43.7	<b>5'31.0</b> 42.1
11		<b>GRASSO Flavio</b> Chiavari Nuoto ssd	2010 ITA	37.0	1'19.5 42.5	2'01.9 42.4	2'45.9 44.0	3'29.4 43.5	4'11.6 42.2	4'52.1 40.5	<b>5'33.3</b> 41.2
12		<b>IACONO Pietro</b> Rari Nantes Spezia	2011 ITA	36.7	1'19.7 43.0	2'02.2 42.5	2'45.0 42.8	3'27.9 42.9	4'11.0 43.1	4'53.5 42.5	<b>5'33.8</b> 40.3
13		<b>DEL FAVERO Samuel</b> Rapallo Nuoto ssd	2011 ITA	37.8	1'19.7 41.9	2'02.3 42.6	2'46.1 43.8	3'29.3 43.2	4'12.9 43.6	4'51.1 38.2	<b>5'34.7</b> 43.6
14		<b>BARUZZO Nicolo'</b> UISP Nuoto Valdimagra	2011 ITA	36.4	1'18.5 42.1	2'01.9 43.4	2'44.8 42.9	3'28.2 43.4	4'11.7 43.5	4'55.5 43.8	<b>5'37.2</b> 41.7
15		<b>ALMASIO Leon</b> Rari Nantes Spezia	2011 ITA	37.5	1'22.5 45.0	2'08.6 46.1	2'53.5 44.9	3'38.4 44.9	4'23.2 44.8	5'09.2 46.0	<b>5'48.3</b> 39.1
16		<b>MENINI Lorenzo</b> Rari Nantes Spezia	2011 ITA	37.9	1'21.4 43.5	2'06.3 44.9	2'52.1 45.8	3'37.2 45.1	4'25.0 47.8	5'12.3 47.3	<b>5'59.1</b> 46.8
17		<b>MACCHIAVELLO Pietro</b> Rapallo Nuoto ssd	2011 ITA	42.7	1'25.5 42.8	2'13.3 47.8	2'59.9 46.6	3'46.9 47.0	4'34.4 47.5	5'20.9 46.5	<b>6'05.6</b> 44.7
18		<b>BREGANTE Giulio</b> Lavagna 90	2011 ITA	39.1	1'24.1 45.0	2'10.4 46.3	2'57.5 47.1	3'44.4 46.9	4'32.5 48.1	5'19.8 47.3	<b>6'06.8</b> 47.0
19		<b>COSTA Andrea Giovanni</b> Spazio RARI NANTES Camogli	2011 ITA	40.0	1'26.2 46.2	2'13.4 47.2	3'00.4 47.0	3'47.4 47.0	4'35.3 47.9	5'23.2 47.9	<b>6'07.0</b> 43.8
20		<b>ARNAVAS Enea</b> Rari Nantes Spezia	2011 ITA	40.8	1'25.4 44.6	2'13.1 47.7	3'00.5 47.4	3'48.7 48.2	4'36.9 48.2	5'25.8 48.9	<b>6'11.2</b> 45.4

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