14/11/2026 - 18:51

400 m Stile Libero - Assolute

RM	**3'50.25**	**RI**	**3'56.70**
MJ	**3'50.25**		
RE	**3'54.33**		
EJ	**3'58.91**		

Serie 1 di 4

POS	P	ITCR	COGNOME E NOME SOCIETA'	ANNO	NAZ	50m	100m	150m	200m	250m	300m	350m	ARRIVO	Record
1	4		**QUADARELLA Simona** CC Aniene Asd	1998	ITA	28.45	58.71 *30.26*	1'28.94 *30.23*	1'59.26 *30.32*	2'29.43 *30.17*	2'59.82 *30.39*	3'30.21 *30.39*	**3'59.98** *29.77*	
2	7		**CESARANO Noemi** G.S. Marina Militare	2003	ITA	28.74	59.52 *30.78*	1'30.67 *31.15*	2'01.79 *31.12*	2'32.82 *31.03*	3'03.55 *30.73*	3'33.62 *30.07*	**4'03.32** *29.70*	
3	2		**PIGNOTTI Elisa** CC Aniene Asd	2006	ITA	28.77	59.16 *30.39*	1'30.34 *31.18*	2'01.28 *30.94*	2'32.06 *30.78*	3'03.00 *30.94*	3'33.51 *30.51*	**4'03.58** *30.07*	
4	9		**DOMINA Lucrezia** Fiamme Gialle - Nuoto	2008	ITA	28.24	58.82 *30.58*	1'29.87 *31.05*	2'01.34 *31.47*	2'32.08 *30.74*	3'03.01 *30.93*	3'33.79 *30.78*	**4'04.12** *30.33*	
5	5		**NANNUCCI Bianca** GS Fiamme Oro	2008	ITA	28.39	59.26 *30.87*	1'30.18 *30.92*	2'00.92 *30.74*	2'31.71 *30.79*	3'02.82 *31.11*	3'34.21 *31.39*	**4'05.28** *31.07*	
6	0		**ALZETTA Giada** Leosport Nice Footwear	2006	ITA	27.88	58.03 *30.15*	1'28.76 *30.73*	1'59.77 *31.01*	2'30.90 *31.13*	3'02.40 *31.50*	3'34.15 *31.75*	**4'05.77** *31.62*	
7	8		**SAMA Chiara** Fiamme Gialle - Nuoto	2007	ITA	28.72	59.39 *30.67*	1'30.72 *31.33*	2'02.08 *31.36*	2'33.05 *30.97*	3'04.26 *31.21*	3'35.25 *30.99*	**4'06.58** *31.33*	
8	1		**CESARANO Antonietta** GS Fiamme Oro	2003	ITA	28.97	59.60 *30.63*	1'30.76 *31.16*	2'02.34 *31.58*	2'34.16 *31.82*	3'06.05 *31.89*	3'37.94 *31.89*	**4'09.27** *31.33*	
9	6		**MASCOLO Anna Chiara** Centro Sp.vo Carabinieri	2001	ITA	28.60	59.45 *30.85*	1'30.67 *31.22*	2'02.08 *31.41*	2'33.86 *31.78*	3'05.84 *31.98*	3'38.17 *32.33*	**4'10.05** *31.88*	
10	3		**GIANNELLI Emma Vittoria** GS Fiamme Oro	2007	ITA	29.20	1'00.57 *31.37*	1'32.65 *32.08*	2'05.17 *32.52*	2'37.88 *32.71*	3'10.69 *32.81*	3'43.57 *32.88*	**4'15.69** *32.12*	

Pubblicata: 14/11/2026 ore 18:58

Serie 2 di 4

POS	P	ITCR	COGNOME E NOME SOCIETA'	ANNO	NAZ	50m	100m	150m	200m	250m	300m	350m	ARRIVO	Record
1	4		**PROCACCINI Valentina** GS Fiamme Azzurre	2008	ITA	28.43	59.00 *30.57*	1'29.77 *30.77*	2'00.70 *30.93*	2'31.50 *30.80*	3'02.57 *31.07*	3'33.47 *30.90*	**4'03.07** *29.60*	
2	3		**BIAGIOTTI Matilde** GS Fiamme Oro	2005	ITA	28.05	59.04 *30.99*	1'30.52 *31.48*	2'02.06 *31.54*	2'33.86 *31.80*	3'05.73 *31.87*	3'37.33 *31.60*	**4'07.65** *30.32*	
3	6		**BECUZZI Vittoria** Livorno Aquatics Asd	2007	ITA	29.15	1'00.11 *30.96*	1'31.48 *31.37*	2'03.14 *31.66*	2'34.60 *31.46*	3'06.05 *31.45*	3'37.55 *31.50*	**4'08.51** *30.96*	
4	5		**TERLIZZI Ludovica** My Sport ssd a r.l.	2007	ITA	28.99	59.88 *30.89*	1'31.13 *31.25*	2'02.83 *31.70*	2'34.49 *31.66*	3'06.60 *32.11*	3'38.26 *31.66*	**4'09.21** *30.95*	
5	1		**RIMOLDI Rebecca** CC Aniene Asd	2006	ITA	29.23	1'00.34 *31.11*	1'32.11 *31.77*	2'03.94 *31.83*	2'35.66 *31.72*	3'07.48 *31.82*	3'39.35 *31.87*	**4'10.24** *30.89*	
6	7		**RAMATELLI Giulia** Centro Sportivo Esercito	2000	ITA	29.40	1'00.43 *31.03*	1'31.98 *31.55*	2'03.74 *31.76*	2'35.76 *32.02*	3'07.91 *32.15*	3'39.90 *31.99*	**4'10.85** *30.95*	
7	8		**BOLOMETTI Marta** G.A.M. Team ssd - Brescia	2008	ITA	29.51	1'00.92 *31.41*	1'32.37 *31.45*	2'04.12 *31.75*	2'36.02 *31.90*	3'08.14 *32.12*	3'40.32 *32.18*	**4'11.19** *30.87*	
8	2		**RANDELLINI Emma** H. Sport ssd - Firenze	2005	ITA	29.62	1'00.98 *31.36*	1'32.87 *31.89*	2'04.89 *32.02*	2'36.65 *31.76*	3'08.59 *31.94*	3'40.68 *32.09*	**4'12.16** *31.48*	
9	0		**BIAGI Sofia** H. Sport ssd - Firenze	2010	ITA	29.76	1'01.16 *31.40*	1'33.13 *31.97*	2'05.61 *32.48*	2'37.88 *32.27*	3'10.70 *32.82*	3'43.29 *32.59*	**4'15.51** *32.22*	
10	9		**TONONI Giorgia** G.A.M. Team ssd - Brescia	2003	ITA	29.76	1'01.15 *31.39*	1'32.73 *31.58*	2'04.60 *31.87*	2'37.01 *32.41*	3'09.66 *32.65*	3'42.67 *33.01*	**4'15.64** *32.97*	

Pubblicata: 14/11/2026 ore 17:28

Serie 3 di 4

POS	P	ITCR	COGNOME E NOME SOCIETA'	ANNO	NAZ	50m	100m	150m	200m	250m	300m	350m	ARRIVO	Record
1	3		**FIUMARA Sofia** Team Veneto asd	2009	ITA	29.56	1'00.65 *31.09*	1'31.97 *31.32*	2'03.42 *31.45*	2'34.98 *31.56*	3'06.60 *31.62*	3'38.32 *31.72*	**4'09.42** *31.10*	
2	6		**ROMOLI Margherita** Rari Nantes Florentia Asd	2009	ITA	29.56	1'00.96 *31.40*	1'32.97 *32.01*	2'05.05 *32.08*	2'36.96 *31.91*	3'08.69 *31.73*	3'40.58 *31.89*	**4'11.27** *30.69*	
3	5		**SBARAGLI Azzurra** H. Sport ssd - Firenze	2003	ITA	29.56	1'00.98 *31.42*	1'32.93 *31.95*	2'04.96 *32.03*	2'37.10 *32.14*	3'09.04 *31.94*	3'41.00 *31.96*	**4'11.95** *30.95*	
4	1		**VARENGO Matilde** VO2 Nuoto Torino ssd	2008	ITA	29.43	1'00.77 *31.34*	1'32.17 *31.40*	2'03.72 *31.55*	2'35.51 *31.79*	3'07.79 *32.28*	3'40.19 *32.40*	**4'12.54** *32.35*	
5	2		**BUFFA Valerie** Buonconsiglio Nuoto	2002	ITA	29.71	1'01.05 *31.34*	1'32.71 *31.66*	2'04.62 *31.91*	2'36.87 *32.25*	3'09.19 *32.32*	3'41.57 *32.38*	**4'13.26** *31.69*	
6	4		**SPENNATO Mahila** Rari Nantes Florentia Asd	2009	ITA	29.96	1'01.51 *31.55*	1'33.38 *31.87*	2'05.59 *32.21*	2'38.28 *32.69*	3'11.32 *33.04*	3'44.94 *33.62*	**4'17.57** *32.63*	
7	7		**GUARNIERI Alice** Sport Club 12 sd - Ispra	2008	ITA	28.77	1'00.48 *31.71*	1'32.88 *32.40*	2'05.61 *32.73*	2'38.51 *32.90*	3'11.69 *33.18*	3'45.05 *33.36*	**4'17.69** *32.64*	
8	0		**PIRAS Silvia** Esperia asd - Cagliari	2010	ITA	29.95	1'02.44 *32.49*	1'35.48 *33.04*	2'08.55 *33.07*	2'41.76 *33.21*	3'14.86 *33.10*	3'47.49 *32.63*	**4'18.59** *31.10*	

POS	P	ITCR	COGNOME E NOME SOCIETA'	ANNO	NAZ								ARRIVO Record
9	9		**MELILLO Francesca** CC Aniene Asd	2010	ITA	30.43	1'02.62 *32.19*	1'35.30 *32.68*	2'08.14 *32.84*	2'41.31 *33.17*	3'14.52 *33.21*	3'47.65 *33.13*	**4'18.92** *31.27*
10	8		**COSTAGLI Chiara** Virtus Buonconvento ssd	2006	ITA	29.60	1'01.86 *32.26*	1'34.70 *32.84*	2'07.87 *33.17*	2'41.13 *33.26*	3'14.18 *33.05*	3'47.37 *33.19*	**4'19.07** *31.70*

Pubblicata: 14/11/2026 ore 11:40

Serie 4 di 4

1	5		**SAVIAN Elena** Gymnasium Pordenone	2009	ITA	29.18	1'00.79 *31.61*	1'32.84 *32.05*	2'04.81 *31.97*	2'36.38 *31.57*	3'08.49 *32.11*	3'40.78 *32.29*	**4'12.26** *31.48*
2	4		**GIACOMINI Erika** CC Aniene Asd	2007	ITA	29.40	1'00.46 *31.06*	1'31.95 *31.49*	2'03.79 *31.84*	2'36.00 *32.21*	3'08.72 *32.72*	3'41.32 *32.60*	**4'12.39** *31.07*
3	6		**CAGLIO Michela** VO2 Nuoto Torino ssd	2003	ITA	29.52	1'00.98 *31.46*	1'33.22 *32.24*	2'05.57 *32.35*	2'38.28 *32.71*	3'11.23 *32.95*	3'44.41 *33.18*	**4'16.37** *31.96*
4	3		**CIOTTI Nicole** Canottieri Tevere Remo	2006	ITA	29.26	1'00.87 *31.61*	1'33.22 *32.35*	2'05.79 *32.57*	2'38.91 *33.12*	3'11.90 *32.99*	3'44.69 *32.79*	**4'16.54** *31.85*

Pubblicata: 14/11/2026 ore 11:34