

Campionati Italiani Individuali PROMESSE INDOOR

ANCONA 04/05 Febbraio 2017

GARA	GARA VALIDA	UOMINI	DONNE
60	60	7.00 (i)	7.90 (i)
	100	10.84 (o)	12.40 (o)
	50	6.12 (i)	6.98 (i)
	55	6.56 (i)	7.44 (i)
400	400	49.94 (i); 49.14 (o)	59.10 (i); 58.30 (o)
	400hs	53.14	1:02.14
	200	22.24 (*)	25.50 (*)
800	800	1:58.00 (i); 1:55.20 (o)	2:21.00 (i); 2:17.50 (o)
	1500	3:55:00 (*)	4:40.00 (*)
1500	1500	3:59.20 (*)	4:50.00 (i); 4:45.00 (o)
	800	1:55.50 (i); 1:53.00 (o)	2:18.00 (i); 2:15.00 (o)
	3000	8:29.00 (*)	10:10.00 (*)
	3000sp	9:02.00 (o)	10:45.00 (o)
3000	3000	8:38.00 (i); 8:32.00 (o)	10:10.00 (*)
	1500	3:54.00 (*)	4:41.00 (*)
	5000	14:26.00 (*)	17:00.00 (*)
	3000sp	9:10.00 (*)	10:55.00 (*)
60hs	60hs	8.84 (i);	9.24 (i)
	110hs/100hs	15.54 (o)	15.24 (o)
	50hs	7.64 (i)	8.04 (i)
	55hs	8.24 (i)	8.64 (i)
	110hs (Jun. '14)	15.04 (o) (h 1.00)	
Alto		1.98 (*)	1.63 (*)
Asta		4.30 (*)	3.20 (*)

Lungo		6.90 (*)	5.45 (*)
Triplo		14.10 (*)	11.40 (*)
Peso		Kg.7,260:13.00 (*)	10.60 (*)
	Juniores '15	Kg.6: 14.00 (*)	
Marcia 5 KM/3 KM	Marcia 3 KM	14.10.00	16:20.00 (*)
	Marcia 5 KM	24:30.00 (*)	27:40.00 (o)
	Marcia 10KM	50:00.00 (o)	56:40.00 (o)
Eptathlon/Pentathlon	Decathlon	5300	
	Eptathlon	4000	3900
	Pentathlon		2900
	Decathlon (Jun. '16)	5500	
	Eptathlon (Jun. '18)	4100	
4x1 giro		s.m.	s.m
Leggenda	(i) indoor	(o) outdoor	(*) indoor/outdoor