

## MINIMI CAMPIONATI ITALIANI OUTDOOR 2018

GARA	ASSOLUTI UOMINI	
	Minimo A	Minimo B
100 (*)	10.66	10.73
200 (*)	21.60	21.75
400 (*)	48.24	48.72
800 (**)	1:51.60	1:53.10
1500 (**)	3:51.00	3:54.50
5000 (**)	14:25.00; 3000m: 8:15.00 ; 10000m/km10: 30:00.00; 3000st. 8:40.00	14:45.00
10.000 (**)(***)	31:00.00; 5000m 14:25.00; 10 Km 31.00; maratonina 1h06.00; maratona 2h20.00; 3000m 8:15.00	-----
3000 siepi (**)	9:15.00	9:32.00
110 HS (*)	14.84	15.34
400 HS (*)	53.64	54.04
ALTO	2.09	2.05
ASTA	4.80	4.60
LUNGO	7.30	7.16
TRIPLO	14.90	14.45
PESO	14.90	14.30
DISCO	46.50	44.50
MARTELLO	55.50	53.50
GIAVELLOTTO	60.00	58.70
MARCIA KM 10 (**)	Pista-strada: 45:00.00; 5000m 22:20.00; 20km: 1h33.00; km50: 4h05:00	46:00.00
DECATHLON (***)	6000; Eptathlon: 4600; Decathlon Juniores: 6200	-----
4 x 100 (***)	42.24	-----
4 x 400 (**)(***)	3:20.50	-----

GARA	ASSOLUTI DONNE	
	Minimo A	Minimo B
100 (*)	12.04	12.16
200 (*)	24.60	24.87
400 (*)	56.14	56.84
800 (**)	<b><u>2:11.20</u></b>	<b><u>2:12.85</u></b>
1500 (**)	<b><u>4:34.00</u></b>	<b><u>4:40.00</u></b>
5000 (**)	17:00.00; 3000m: 9:40.00; 10.000m/10km: 35:00.00; 3000st: 10:35.00	17:20.00
10.000 (**)(***)	36:30.00; 3000m: 9:40.00; 5000m:17:00.00; 10 Km 36.30; maratonina: 1h15:00; maratona: 2h45:00	----
3000 siepi (**)	11:19.00	11:45.00
100 HS (*)	14.62	14.84
400 HS (*)	<b><u>1:02.30</u></b>	<b><u>1:03.10</u></b>
ALTO	1,71	1.66
ASTA	<b><u>3.80</u></b>	<b><u>3.60</u></b>
LUNGO	5.85	5.70
TRIPLO	12.35	12.20
PESO	12.20	11.30
DISCO	41.50	39.00
MARTELLO	50.00	49.40
GIAVELLOTTO	42.00	39.50
MARCIA KM 10 (**)	Pista-strada: 53:00.00; 5000m: 25:40.00; km 20: 1h45:00	55:00.00; 5000m: 26:15.00
EPTATHLON (***)	4300; Pentathlon: 3100	----
4 x 100 (***)	48.24	----
4 x 400 (**)(***)	3:58.00	----