

GARA	PROMESSE UOMINI
100 (*)	10.90
200 (*)	<b><u>22.14</u></b>
400 (*)	49.34
800 (**)	<b><u>1:55.00</u></b>
1500 (**)	3:59.00
5000 (**)	15.00.00; 3000m: 8:35.00; m10.000/10km: 32:30.00; 3000st: 9:20.00
10.000 (**)(***)	32:00.00; 3000m 8:25.00; 5000m 14:45.00; 10 Km 32.00; maratona 1h10.00;
3000 siepi (**)	9:54.00
110 HS (*)	15.94
400 HS (*)	55.94
ALTO	1.97
ASTA	4.20
LUNGO	6.80
TRIPLO	14.00
PESO	12.80
DISCO	38.30
MARTELLO	44.00
GIAVELLOTTO	51.30
MARCIA 10.000 (**)	Pista-strada: 50:00.00; 5000m 23:30.00; 20km: 1h50.00; km 50: 4h30:00
DECATHLON (***)	5300; Eptathlon 4000; Decathlon Juniores '17: 5500
4 x 100	senza minimo
4 x 400	senza minimo

<b>GARA</b>	<b>PROMESSE DONNE</b>
<i>100 (*)</i>	12.54
<i>200 (*)</i>	25.60
<i>400 (*)</i>	58.70
<i>800 (**)</i>	2:19.60
<i>1500 (**)</i>	4:50.00
<i>5000 (**)</i>	18:30.00; 3000m:10:30.00; 10000m/10km 38:00.00; 3000st: 12:00.00
<i>10.000 (**)(***)</i>	38:30.00; 3000m: 10:15.00; 5000m:17:30.00; 10 Km 38.30; maratonina: 1h24:30;
<i>3000 siepi (**)</i>	12:30.00
<i>100 HS (*)</i>	15.94
<i>400 HS (*)</i>	1:08.14
<i>ALTO</i>	1.60
<i>ASTA</i>	3.00
<i>LUNGO</i>	5.40
<i>TRIPLO</i>	11.40
<i>PESO</i>	10.20
<i>DISCO</i>	34.00
<i>MARTELLO</i>	42.50
<i>GIAVELLOTTO</i>	33.50
<i>MARCIA 10.000 (**)</i>	Pista-strada: 59:30.00; m5000: 28:20.00; km20: 1h58:00
<i>EPTATHLON (***)</i>	3900; Pentathlon: 2900; Eptathlon Juniores '17: 3800
<i>4 x 100</i>	senza minimo
<i>4 x 400</i>	senza minimo