

# Minimi Campionati Italiani Individuali Indoor 2009

## ASSOLUTI

| GARA                  | UOMINI                                                                                        | DONNE                                                                                               |
|-----------------------|-----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| 60                    | 6.94 (i); 100m: 10.70 (o); 55m: <b>6.50</b> (i)                                               | 7.74 (i); 100m: <b>12.10</b> (o); 55m: 7.24(i)                                                      |
| 400                   | <b>48.84</b> (i); <b>48.14</b> (o); 400hs: 52.14; 200m: <b>21.60</b> (*)                      | 56.54 (i); 55.74 (o); 400hs: 59.94; 200m: <b>24.64</b> (*)                                          |
| 800 (**)              | 1.55.00 (i); 1.51.50 (o); 1500m: 3:47.00 (*)                                                  | 2:15.00 (i); 2:11.00 (o); 1500m: 4:28.00 (*)                                                        |
| 1500 (**)             | 3.55.00 (i); 3.49.00 (o); 800m: 1:54.00 (i), 1:51.00 (o); 3000m: 8:22.00 (i);<br>8:10.00 (o)  | <b>4:36.00</b> (i); <b>4:32.00</b> (o); 800m: 2:14.00 (i), 2:10.00 (o); 3000m: 9:40.00(*)           |
| 3000 (**)             | 8.26.00(i); 8.16.00(o); 1500: 3.49.00(*); 5000: <b>14:10.00</b> (o); 3000 st.: <b>8.55.00</b> | <b>9:52.00</b> (*); 5000m: <b>17.00.00</b> (o); 1500m: <b>4.32.00</b> (*); 3000st.: <b>10:40.00</b> |
| 60 HS                 | 8.44 (i); 110hs: 14.54 (o); 55hs: 7.84 (i)                                                    | 8.94 (i); 100hs: 14.54 (o); 55hs: 8.34 (i)                                                          |
| ALTO                  | <b>2.08</b> (*)                                                                               | 1.74 (*)                                                                                            |
| ASTA                  | <b>4.90</b> (*)                                                                               | 3.60 (*)                                                                                            |
| LUNGO                 | 7.30 (*)                                                                                      | 5.85 (*)                                                                                            |
| TRIPLO                | 14.90 (*)                                                                                     | 12.50 (*)                                                                                           |
| PESO                  | 15.30 (*)                                                                                     | <b>12.70</b> (*)                                                                                    |
| MARCIA km.5/km.3 (**) | 21.40.00 (*); 10km pista- <b>strada</b> : 44.00.00 (o)                                        | 14.40.00 (*); 5km pista- <b>strada</b> : 24.30.00 (o); 10km: 51:00.00 (o)                           |
| Eptathlon/Pentathlon  | 6000 (decathlon); 4350 (eptathlon)                                                            | 4500 (eptathlon); 3200 (pentathlon)                                                                 |
| 4 x 1 GIRO            | <b>1:32.84</b> ; 4x100: <b>42.00</b> ; 4x400: <b>3:18.00</b>                                  | <b>1:46.14</b> ; 4x100: <b>48.14</b> ; 4x400: <b>3:53.14</b>                                        |

## PROMESSE

| GARA                  | UOMINI                                                                                                  | DONNE                                                                                                            |
|-----------------------|---------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
| 60                    | 7.04 (i); 100m: 10.94 (o); 55m: 6.60 (i)                                                                | <b>7.90</b> (i); 100m: <b>12.40</b> (o); 55m: 7.44 (i)                                                           |
| 400                   | 49.94 (i); 49.14 (o); 400hs: 53.14; 200m: <b>22.24</b> (*)                                              | <b>59.44</b> (i); 58.64 (o); 400hs: <b>1:02.14</b> ; 200m: <b>25.74</b> (*)                                      |
| 800 (**)              | 1.57.00 (i); 1.54.50 (o); 1500m: 3:55.00 (*)                                                            | 2.21.00 (i); 2.17.50 (o); 1500m: 4:40.00 (*)                                                                     |
| 1500 (**)             | 3.58.00 (*); 800m: 1:55.50 (i), 1:53.00 (o); 3000: 8:29.00 (*)                                          | 4:50.00 (i); 4.45.00 (o); 800: 2:18.00 (i), 2:15.00 (o); 3000m: 10:15.00 (*)                                     |
| 60 HS                 | 8.84 (i); 110hs: 15.54 (o); 55hs: 8.24 (i); Juniores '08 H 1m.: 60hs: 8.64;<br>110hs: 15.14; 55hs: 8.04 | 9.24 (i); 100hs: <b>15.24</b> (o); 55hs: 8.64 (i)                                                                |
| ALTO                  | 1.95 (*)                                                                                                | 1.62 (*)                                                                                                         |
| ASTA                  | 4.30 (*)                                                                                                | 3.10 (*)                                                                                                         |
| LUNGO                 | 6.85 (*)                                                                                                | <b>5.55</b> (*)                                                                                                  |
| TRIPLO                | 14.00 (*)                                                                                               | <b>11.60</b> (*)                                                                                                 |
| PESO                  | 13.00 (*) – Juniores '08 kg.6: <b>14.00</b>                                                             | 10.50 (*)                                                                                                        |
| MARCIA km.5/km.3 (**) | 24.30.00 (*); 10km pista- <b>strada</b> : 50.00.00 (o)                                                  | <b>16.20.00</b> (*); 5km pista- <b>strada</b> : <b>27.40.00</b> (o); 10km pista- <b>strada</b> : <b>56:40.00</b> |
| Eptathlon/Pentathlon  | 5300 (decathlon); 4000 (eptathlon) ; Juniores '08 : <b>5800</b>                                         | 4000 (eptathlon); 3000 (pentathlon)                                                                              |
| 4 x 1 GIRO            | senza minimo                                                                                            | senza minimo                                                                                                     |

## JUNIORES

| GARA                  | UOMINI                                                                                                                                                                                    | DONNE                                                                                                                         |
|-----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|
| 60                    | 7.14 (i); 100: 11.14 (o); 55m: 6.70                                                                                                                                                       | 8.00 (i); 100m: 12.54 (o); 55m: 7.54                                                                                          |
| 400                   | <b>51.14</b> (i); <b>50.34</b> (o); 400hs: <b>54.14</b> ; 200m: <b>22.64</b> (*)                                                                                                          | <b>59.94</b> (i); <b>59.14</b> (o); 400hs: <b>1:03.14</b> ; 200m: <b>25.94</b> (*)                                            |
| 800 (**)              | 1.59.50 (i); 1.57.50 (o); 1500m: 3:59.00 (*)                                                                                                                                              | 2:22.50 (i); 2:19.24 (o); 1500m: 4:46.00 (*)                                                                                  |
| 1500 (**)             | 4:05.00 (*); 800m: 1:57.50 (i); 1:56.00 (o); 3000: 8:45.00 (*)                                                                                                                            | 4.55.00 (i); 4.51.00 (o); 800m: 2:20.00 (i), 2:17.00 (o); 3000m: 10:20.00 (*)                                                 |
| 60 HS                 | Hs m.1,00: 60hs: <b>8.84</b> (i); 110hs: <b>15.54</b> (o); 55hs: <b>8.34</b> ;<br>Allievi '08 Hs m.0,91: 60hs: <b>8.44</b> ; 110hs: <b>14.84</b> ; 55hs: 7.94                             | Hs m.0,84: 60hs: 9.44 (i); 100hs: 15.54 (o); 55hs.: 8.84; Allieve '08 Hs m.0,76: 60hs: 9.14 (i); 100hs: 15.04; 55hs: 8.54 (i) |
| ALTO                  | <b>1.94</b> (*)                                                                                                                                                                           | <b>1.62</b> (*)                                                                                                               |
| ASTA                  | 4.00 (*)                                                                                                                                                                                  | <b>3.00</b> (*)                                                                                                               |
| LUNGO                 | 6.70 (*)                                                                                                                                                                                  | 5.40 (*)                                                                                                                      |
| TRIPLO                | <b>13.75</b> (*)                                                                                                                                                                          | <b>11.30</b> (*)                                                                                                              |
| PESO                  | Kg.6: 13.00 (*); kg.7,260: 12.20(*); Allievi '08 kg.5:14.50 (*)                                                                                                                           | 10.30 (*)                                                                                                                     |
| MARCIA km.5/km.3 (**) | 25.00.00 (*); km.10 pista- <b>strada</b> : 51.00.00 (o)                                                                                                                                   | 16.30.00(*); 5km pista: 28:00.00 (o) ); <b>10km pista-strada: 56:40.00</b>                                                    |
| Eptathlon/Pentathlon  | 4800 (decathlon); 3800 (eptathlon); <b>5200</b> (decathlon <b>juniores</b> ); <b>4000</b> (eptathlon <b>juniores</b> ); Allievi '08: <b>4500</b> (octathlon)- <b>2700</b> (pentathlon (i) | 3400 (eptathlon); 2800 (pentathlon (i); Allieve '08: 3300 (esathlon)                                                          |
| 4 x 1 GIRO            | 1:36.14; 4x100: 44.24; 4x400: 3:29.00                                                                                                                                                     | 1:50.14; 4x100: <b>50.90</b> ; 4x400: <b>4:08.00</b>                                                                          |

## ALLIEVI

| GARA                  | UOMINI                                                                                                                             | DONNE                                                                                                                       |
|-----------------------|------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| 60                    | 7.24 (i); 100m: 11.34 (o); 55m: 6.80; Cadetti '08 80m:9.1- 9.34                                                                    | <b>8.14</b> (i); 100m: 12.74 (o); 55m:7.69; Cadette '08 80m: 10.1-10.34                                                     |
| 400                   | <b>51.64</b> (*); 400hs: <b>55.14</b> ; 200m: <b>23.04</b> (*); Cadetti '08 300m: <b>36.9-37.04</b> ; 300hs: <b>39.9-40.04</b>     | <b>1:00.34</b> (*); 400hs: <b>1:04.14</b> ; 200m: <b>26.44</b> (*); Cadette '08 300m: <b>41.7-41.84</b> ; 300hs: 46.1-46.24 |
| 1000 (**)             | <b>2:37.00</b> (*); 800: <b>1:59.00</b> (*);1500m: <b>4.08.00</b> (*); 3000m: 9.00.00 (*);<br>Cadetti '08 2000: <b>5:56.00</b> (o) | 3:05.00 (*); 800m: 2:22.50(*);1500:4:58.00(*); 3000m: 10:40.00 (*); Cadette '08 2000: 6:55.00 (o)                           |
| 60 HS                 | Hs m.0,91: 60hs: 8.84; 110hs: 15.34; 55hs: 8.24; Cadetti '08 Hs m.0,84: 60hs: 8.4-8.64; 100hs: 14.0-14.24; 55hs: 7.8-8.04          | 9.34 (i); 100hs: 15.44 (o); 55hs: 8.74; Cadette '08: 60hs: 9.0-9.24 (i); 80hs: <b>12.2-12.44</b> ; 55hs: 8.4-8.64 (i)       |
| ALTO                  | <b>1.85</b> (*)                                                                                                                    | 1.60 (*)                                                                                                                    |
| ASTA                  | 3.70 (*)                                                                                                                           | 2.80 (*)                                                                                                                    |
| LUNGO                 | <b>6.40</b> (*)                                                                                                                    | <b>5.35</b> (*)                                                                                                             |
| TRIPLO                | <b>13.15</b> (*)                                                                                                                   | <b>11.15</b> (*)                                                                                                            |
| PESO                  | <b>13.80</b> (*); Cadetti '08 kg.4: <b>14.80</b>                                                                                   | 10.00 (*); Cadette '08 kg.3: 11.30                                                                                          |
| MARCIA km.5/km.3 (**) | <b>26.20.00</b> (*); km.10 pista- <b>strada</b> : <b>53:30.00</b> ; Cadetti '08 km. 4: 21:20.00                                    | 16.30.00 (*); 5km pista: <b>28:30.00</b> (o) ); <b>10km pista-strada: 58:00.00</b>                                          |
| Pentathlon/Tetrathlon | 3700 (octathlon); 2300 (pentathlon (i); Cadetti '08: <b>3100</b> (pentathlon)                                                      | 3100 (esathlon); 2300 (tetrathlon (i); Cadette '08: 3400 (pentathlon)                                                       |
| 4 x 1 GIRO            | 1:38.14; 4x100: <b>44.34</b> ; 4x400: <b>3:30.00</b>                                                                               | 1:51.64; 4x100: 51.00; 4x400: 4:10.00                                                                                       |

(\*\*) Per le gare contrassegnate con due asterischi i minimi possono essere ottenuti sia con il cronometraggio automatico che con quello manuale.

I minimi outdoor devono essere ottenuti con il vento non superiore ai 2/m. Qualora non sia presente l'anemometro tutti i risultati saranno considerati "ventosi".

N.B. I minimi modificati rispetto al 2008 sono evidenziati in grassetto.

Legenda: (i) indoor 2008/2009; (o) outdoor 2008/2009; (\*) indoor e outdoor 2008/2009