

MINIMI CAMPIONATI ITALIANI INDOOR 2019

GARA	ASSOLUTI UOMINI
60	6.92 (i); 100m: 10.60 (o); 55m: 6.44 (i); 50m: 5.96 (i)
400	48.80 (i); 48.10 (o); 400hs: 52.14; 200m: 21.60 (*)
800 (**)	1:54.00 (i); 1:52.50 (o); 1500m: 3:47.00 (*)
1500 (**)	3:54.00 (i); 3:49.00 (o); 800m: 1:54.00 (i), 1:51.00 (o); 3000m: 8:22.00 (i); 8:10.00 (o) ; 3000st 8:40.00
3000 (**)	8.20.00 (*);1500: 3.49.00(*); 5000: 14:15.00 (o); 3000 st.: 8:55.00
60 HS	8.40 (i); 110hs: 14.50 (o); 55hs: 7.86 (i); 50hs: 7.30 (i)
ALTO	2.10 (*)
ASTA	4.85 (*)
LUNGO	7.25 (*)
TRIPLO	14.90 (*)
PESO	15.00_ (*)
MARCIA 5000 (**)	21:20.00 (*); 10km pista-strada: 44:00.00 (o) - 3000m: 12:45.00 (*)
EPTATHLON (***)	4300; decathlon: 6000
4 x 400 (*)	3:24.00 (i); 3:18.50 (o)

GARA	ASSOLUTI DONNE
60	7.68 (i); 100m: 12.00 (o); 55m: 7.18 (i) ; 50m: 6.68 (i)
400	56.50 (i); 55.70 (o); 400hs: 59.64; 200m: 24.64 (*)
800 (**)	2:13.00 (i); 2:11.00 (o); 1500m: 4:28.00 (*)
1500 (**)	4:35.00 (i); 4:31.00 (o); 800m: 2:14.00 (i), 2:10.00 (o); 3000m: 9:40.00(*); 3000st 10:15.00
3000 (**)	9:50.00 (*); 5000m: 16:55.00 (o); 1500m: 4:32.00 (*); 3000st.: 10:40.00
60 HS	8.84 (i); 100hs: 14.30 (o); 55hs: 8.24 (i); 50hs: 7.64 (i)
ALTO	1.72 (*)
ASTA	3.70 (*)
LUNGO	5.85 (*)
TRIPLO	12.35 (*)
PESO	12.20 (*)
MARCIA 3000 (**)	14:40.00 (*); 5000m: 25:15.00 (o); 10km pista-strada: 51:30.00
PENTATHLON (***)	3100; eptathlon: 4300
4 x 400 (*)	4:02.00 (i); 3:55.00 (o)