

## MINIMI CAMPIONATI ITALIANI OUTDOOR 2022

	<b>CHALLENGE UOMINI</b>
<b>GARA</b>	<b>Minimo</b>
100 (*)	10.65
200 (*)	21.58
400 (*)	48.20
800 (*)	1:51.60
1500 (**)	3:51.00
5000 (**)	14:28.00
3000 siepi (**)	9:24.00
110 HS (*)	15.27
400 HS (*)	54.37
<b>ALTO</b>	2.08
<b>ASTA</b>	4.85
<b>LUNGO</b>	7.32
<b>TRIPLO</b>	15.05
<b>PESO</b>	14.80
<b>DISCO</b>	46.40
<b>MARTELLO</b>	54.80
<b>GIAVELLOTTO</b>	61.70
MARCIA KM 10 (**)	---
DECATHLON (***)	6300; Eptathlon (i): 4900
4 x 100 (*) (***)	42.00
4 x 400 (*) (***)	3:19.50

	<b>CHALLENGE DONNE</b>
<b>GARA</b>	<b>Minimo</b>
100 (*)	11.98
200 (*)	24.52
400 (*)	55.48
800 (*)	2:12.20
1500 (**)	4:32.00
5000 (**)	17:32.00
3000 siepi (**)	12:00.00
100 HS (*)	14.52
400 HS (*)	1:03.00
<b>ALTO</b>	1.74
<b>ASTA</b>	3.90
<b>LUNGO</b>	5.94
<b>TRIPLO</b>	12.35
<b>PESO</b>	12.65
<b>DISCO</b>	43.90
<b>MARTELLO</b>	50.55
<b>GIAVELLOTTO</b>	42.15
MARCIA KM 10 (**)	---
EPTATHLON (***)	4600; Pentathlon (i): 3500
4 x 100 (*) (***)	47.51
4 x 400 (*) (***)	3:53.40