

## MINIMI CAMPIONATI ITALIANI OUTDOOR 2019

| 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 (**)         | <b><u>14:30.00</u></b> ; 3000m: <b><u>8:18.00</u></b> ;<br>10000m/km10: <b><u>30:12.00</u></b> ;<br>3000st. <b><u>8:43.00</u></b> | <b><u>14:50.00</u></b> |
| 10.000 (**)(***)  | 31:00.00; 5000m 14:25.00;<br>10 Km 31.00; maratonina<br>1h06.00; maratona 2h20.00;<br>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              | <b><u>2.08</u></b>                                                                                                                | 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;<br>5000m 22:20.00; 20km:<br>1h33.00; km50: 4h05:00                                                        | 46:00.00               |
| DECATHLON (***)   | 6000; Eptathlon: 4600;<br>Decathlon Juniores: 6200                                                                                | ----                   |
| 4 x 100 (***)     | 42.24                                                                                                                             | ----                   |
| 4 x 400 (**)(***) | 3:20.50                                                                                                                           | ----                   |

| GARA               | ASSOLUTI DONNE                                                                                                                      |                           |
|--------------------|-------------------------------------------------------------------------------------------------------------------------------------|---------------------------|
|                    | Minimo A                                                                                                                            | Minimo B                  |
| 100 (*)            | <b><u>12.00</u></b>                                                                                                                 | <b><u>12.10</u></b>       |
| 200 (*)            | 24.60                                                                                                                               | 24.87                     |
| 400 (*)            | 56.14                                                                                                                               | 56.84                     |
| 800 (**)           | 2:11.20                                                                                                                             | 2:12.85                   |
| 1500 (**)          | 4:34.00                                                                                                                             | 4:40.00                   |
| 5000 (**)          | <b><u>17:20.00</u></b> ; 3000m: <b><u>9:53.00</u></b> ;<br>10.000m/10km: <b><u>35:50.00</u></b> ;<br>3000st: <b><u>11:00.00</u></b> | <b><u>17:35.00</u></b>    |
| 10.000 (**) (***)  | 36:30.00; 3000m: 9:40.00;<br>5000m:17:00.00; 10 Km 36.30;<br>maratonina: 1h15:00; maratona:<br>2h45:00                              | ----                      |
| 3000 siepi (**)    | 11:19.00                                                                                                                            | 11:45.00                  |
| 100 HS (*)         | 14.62                                                                                                                               | 14.84                     |
| 400 HS (*)         | 1:02.30                                                                                                                             | 1:03.10                   |
| ALTO               | 1,71                                                                                                                                | 1.66                      |
| ASTA               | 3.80                                                                                                                                | 3.60                      |
| LUNGO              | 5.85                                                                                                                                | 5.70                      |
| TRIPLO             | 12.35                                                                                                                               | 12.20                     |
| PESO               | 12.20                                                                                                                               | 11.30                     |
| DISCO              | <b><u>42.00</u></b>                                                                                                                 | <b><u>39.50</u></b>       |
| MARTELLO           | 50.00                                                                                                                               | 49.40                     |
| GIAVELLOTTO        | <b><u>43.00</u></b>                                                                                                                 | <b><u>40.50</u></b>       |
| MARCIA KM 10 (**)  | Pista-strada: 53:00.00; 5000m:<br>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                                                                                                                             | ----                      |