

GARA	PROMESSE UOMINI
100 (*)	10.90
200 (*)	22.14
400 (*)	49.34
800 (**)	1:55.00
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	<u>1.96</u>
ASTA	<u>4.30</u>
LUNGO	<u>6.85</u>
TRIPLO	14.00
PESO	12.80
DISCO	<u>39.50</u>
MARTELLO	44.00
GIAVELLOTTO	<u>52.00</u>
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

GARA	PROMESSE DONNE
100 (*)	12.54
200 (*)	25.60
400 (*)	58.70
800 (**)	2:19.60
1500 (**)	4:50.00
5000 (**)	18:30.00; 3000m:10:30.00; 10000m/10km 38:00.00; 3000st: 12:00.00
10.000 (**)(***)	38:30.00; 3000m: 10:15.00; 5000m:17:30.00; 10 Km 38.30; maratona: 1h24:30;
3000 siepi (**)	12:30.00
100 HS (*)	15.94
400 HS (*)	1:08.14
ALTO	1.60
ASTA	<u>3.10</u>
LUNGO	<u>5.50</u>
TRIPLO	11.40
PESO	10.20
DISCO	34.00
MARTELLO	42.50
GIAVELLOTTO	<u>34.50</u>
MARCIA 10.000 (**)	Pista-strada: 59:30.00; m5000: 28:20.00; km20: 1h58:00
EPTATHLON (***)	3900; Pentathlon: 2900; Eptathlon Juniores '17: 3800
4 x 100	senza minimo
4 x 400	senza minimo