

# Minimi Campionati Italiani Individuali Indoor 2006

## ASSOLUTI

GARA	UOMINI	DONNE
60	6.7-6.94(i); 100: 10.5-10.74(o); 55: 6.3-6.54(i)	7.6-7.84(i); 100: 11.9-12.14(o); 55: 7.1-7.34(i)
400	48.7-48.84 (i); <b>47.8-47.94</b> (o); 400hs: <b>52.0-52.14</b>	56.9-57.04 (i); 55.8-55.94 (o); 400hs: 1:01.0-1:01.14
800	1.55.00 (i); 1.51.50 (o); 1000: 2:29.00 (*); 1500: 3:47.00 (*)	2.16.50 (i); 2.12.00 (o); 1000: 2:56.00 (*); 1500: <b>4:30.00</b> (*)
1500	3.55.00(i); <b>3.49.00</b> (o); 800: 1:54.00 (i); 1:51.00 (o); 1000: 2:30.00 (*), 2:26.00 (o); 3000: 8:22.00 (i) 8:10.00 (o)	4.42.00(i); 4.35.00(o); 800: 2:16.50 (i), 2:12.00 (o); 1000: 2:57.00(*); 3000: 9:50.00(i)-9.36.00(o)
3000	8.26.00(i); 8.16.00(o); 1500: 3.49.00(*); 5000: 14.06.00(o); 3000 st.: 8.50.00	10.00.00(*); 5000: 17.20.00 (o); 1500: 4.40.00 (*); 3000st.: 11:00.00
60 HS	8.2-8.44 (i); 110hs: 14.3-14.54 (o); 55hs: 7.7-7.94 (i)	8.9-9.14 (i); 100hs:14.3-14.54 (o); 55hs: 8.4-8.64 (i)
ALTO	<b>2.06</b> (*)	<b>1.72</b> (*)
ASTA	<b>4.80</b> (*)	<b>3.50</b> (*)
LUNGO	<b>7.35</b> (*)	<b>5.80</b> (*)
TRIPLIO	<b>14.90</b> (*)	<b>12.40</b> (*)
PESO	<b>15.30</b> (*)	<b>12.40</b> (*)
MARCIA km.5	21.40.00 (i); km.10: <b>44.00.00</b> (o)	----
MARCIA km.3	----	15.00.00 (i); km.5: 24.50.00 (o); km.10: 51:00.00 (o)
Eptathlon/Pentathlon	6000 (decathlon); 4350 (eptathlon)	4300 (eptathlon); 3000 (pentathlon)
4 x 1 GIRO	senza minimo	senza minimo

## PROMESSE

GARA	UOMINI	DONNE
60	6.9-7.14 (i); 100: 10.7-10.94 (o); 55: 6.5-6.74 (i)	7.8-8.04 (i); 100: 12.3-12.54 (o); 55: 7.2-7.44 (i)
400	<b>50.6-50.74</b> (i); 49.6-49.74(o); 400hs: <b>54.5-54.64</b>	59.9-60.04(i); 58.5-58.64(o); 400hs: <b>1:04.0-1:04.14</b>
800	<b>1.57.00</b> (i); <b>1.54.50</b> (o); 1000: <b>2:33.00</b> (*); 1500: <b>3:55.00</b> (*)	<b>2.22.00</b> (i); <b>2.19.00</b> (o); 1000: <b>3:03.00</b> (*); 1500: <b>4:38.00</b> (*)
1500	<b>3.58.00</b> (*); 800: <b>1:55.50</b> (i), <b>1:53.00</b> (o); 1000: <b>2:34.00</b> (*); 3000: <b>8:29.00</b> (*)	<b>4.50.00</b> (i); <b>4.45.00</b> (o); 800: <b>2:19.00</b> (i), <b>2:16.00</b> (o); 1000: <b>3:04.00</b> (*); 3000: <b>10:18.00</b> (*)
60 HS	8.6-8.84 (i); 110hs:15.3-15.54 (o); 55hs: 8.1-8.24 (i)	9.4-9.64 (i); 100hs: <b>15.6-15.84</b> (o); 55hs: 8.8-9.04 (i)
ALTO	1.93 (*)	<b>1.60</b> (*)
ASTA	4.10 (*)	3.00 (*)
LUNGO	6.85 (*)	5.40 (*)
TRIPLIO	14.00 (*)	11.40 (*)
PESO	<b>13.00</b> (*) – Juniores '05 kg.6: 14.50	10.50 (*)
Marcia km.5	23.30.00(i); km.10: 50.00.00(o)	----
Marcia km.3	----	16.30.00 (i); km.5: 28.00.00 (o); km.10: 57:20.00
Eptathlon/Pentathlon	5500 (decathlon); <b>4000</b> (eptathlon)	<b>3700</b> (eptathlon); 2800 (pentathlon)

## JUNIORES

GARA	UOMINI	DONNE
60	7.0-7.24 (i); 100: <b>10.9-11.14</b> (o); 55: 6.6-6.84	<b>8.0-8.24</b> (i); 100: <b>12.4-12.64</b> (o); 55: <b>7.4-7.64</b>
400	51.6-51.74(i); 50.5-50.64(o); 400hs: <b>55.5-56.64</b>	<b>1:01.0-1:01.14</b> (i); <b>59.6-59.74</b> (o); 400hs: <b>1:05.5-1:05.64</b>
800	<b>1.59.50</b> (i); <b>1.57.50</b> (o); 1000: <b>2:36.00</b> (*); 1500: <b>3:59.00</b> (*)	<b>2:23.00</b> (i); <b>2.19.50</b> (o); 1000: <b>3:06.00</b> (*); 1500: <b>4:50.00</b> (*)
1500	<b>4:04.00</b> (*); 800: <b>1:57.50</b> (i), <b>1:56.00</b> (o); 1000: <b>2:37.00</b> (*); 3000: <b>8:29.00</b> (*)	<b>4.59.00</b> (i); <b>4.54.00</b> (o); 800: <b>2:20.00</b> (i), <b>2:17.00</b> (o); 1000: <b>3:07.00</b> (*); 3000: <b>10:23.00</b> (*)
60 HS	8.8-9.04 (i); 110hs: <b>15.8-16.04</b> (o); 55hs: 8.2-8.44; Allievi '05 110hs: <b>14.9-15.14</b> (o)	9.4-9.64(i); 100hs: <b>15.3-15.54</b> (o); 55hs.: 8.8-9.04; Allieve '05 100hs: <b>14.7-14.94</b>
ALTO	1.90 (*)	<b>1.60</b> (*)
ASTA	<b>3.90</b> (*)	3.00 (*)
LUNGO	<b>6.60</b> (*)	5.40 (*)
TRIPLIO	<b>13.50</b> (*)	11.40 (*)
PESO	Kg.6: <b>12.80</b> (*); Kg.7,260: <b>12.00</b> (*); Allievi '05 kg.5: <b>14.50</b> (*)	10.30 (*)
MARCIA km.5	<b>25.00.00</b> (i); km.10: <b>51.30.00</b> (o)	----
MARCIA km.3	----	16.30.00(i); km.5: 28.00.00(o); km.10: 57:20.00; Cadette '04 km.3: 16:00.00
Eptathlon/Pentathlon	<b>4800</b> (decathlon); <b>3800</b> (eptathlon); Allievi '05: <b>4300</b> (octathlon); 2400 (pentathlon (i))	<b>3700</b> (eptathlon); 2600 (pentathlon (i)); Allieve '05: <b>3400</b> (esathlon)

## ALLIEVI

GARA	UOMINI	DONNE
60	7.1-7.34 (i); 100: <b>11"1-11.34</b> (o); 55: 6.7-6.94; Cadetti '05 80: 9.1-9.34	<b>8.1-8.34</b> (i); 100: <b>12.6-12.84</b> (o); 55: <b>7.5-7.74</b> ; Cadette '05 80: <b>10.1-10.34</b>
400	<b>52.1-52.24</b> (*); 400hs: <b>56.0-56.14</b> ; Cadetti '05 300: <b>37.5-37.64</b> , 300 Hs: <b>40.8-40.94</b>	<b>1:02.0-1:02.14</b> (i); <b>1.00.5-1.00.64</b> (o); 400hs: <b>1:06.0-1:06.14</b> ; Cadette '05 300: <b>42.2-42.34</b> 300 Hs: <b>46.1-46.24</b>
1000	<b>2:43.00</b> (*); 800: <b>2:01.00</b> (*);1500: <b>4.12.00</b> (*); 3000: <b>9.00.00</b> (*); Cadetti '05 2000: <b>6:03.00</b>	<b>3:07.00</b> (*); 800: <b>2:23.00</b> (*);1500: <b>5:00.00</b> (*); 3000: <b>10:40.00</b> (*); Cadette '05 2000: <b>6:55.00</b>
60 HS	8.7-8.94(i); 110hs: <b>15.3-15.54</b> (o); 55hs: <b>8.0-8.24</b> ; Cadetti '05 100hs: <b>14.0-14.24</b>	<b>9.1-9.34</b> (i); 100hs: 15.2-15.44(o); 55hs.: <b>8.5-8.74</b> ; Cadette '05 80hs: <b>12.1-12.34</b>
ALTO	<b>1.86</b> (*)	<b>1.58</b> (*)
ASTA	<b>3.70</b> (*)	<b>2.70</b> (*)
LUNGO	<b>6.35</b> (*)	<b>5.25</b> (*)
TRIPLIO	<b>12.90</b> (*)	<b>11.10</b> (*)
PESO	<b>14.00</b> (*); Cadetti '05 kg.4: <b>15.00</b>	<b>10.00</b> (*); Cadette '05 kg.3: <b>11.30</b>
MARCIA km.5	<b>26.00.00</b> (*); km.10: <b>55.30.00</b> ; Cadetti '05 km. 4: <b>20:30.00</b>	----
MARCIA km.3	----	16.30.00 (*); km.5: <b>29.00.00</b> (o)
Pentathlon/Tetrathlon	<b>3500</b> (octathlon); <b>2100</b> (pentathlon (i)); Cadetti '05: <b>3050</b> (pentathlon)	3200 (esathlon); 2100 (tetrathlon (i)); Cadette '05: 3400 (pentathlon)

N.B. I minimi modificati rispetto al 2005 sono evidenziati in grassetto.

Legenda: (i) indoor 2005/2006;

(o) outdoor 2005/2006;

(\*) indoor e outdoor 2005/2006