



# 2015 RANGAZIUN ATLETICA LEVA

## Program d'activitad

### 1. Concurrenza d'atletica leva:

- sprint
- segl ault
- segl liung
- fierer il bal
- stuschar la rucla

### 2. Concurrenza da gruppas mischedadas

Center da scola e cultura **Cuschnaus**

Sonda, ils **26 da settember 2015**

Temps:

**08.00 – 15.30 uras**

Organisaziun:

**Uniun sportiva Lumnezia & Scola publica Lumnezia**

# 36. Di da gymnastica 2015

## Rangaziun concurrenza atletica leva

total annunziai: 133

total rangai: 123

<b>Categoria 1A buobs 1. + 2. cl. annadas 2007/2008</b>										<b>15</b>
Max: 100 puncts Min: 50 puncts				pli liung: 2.73 m pli cuort: 2.05 m		pli liung: 22.30 m pli cuort: 06.13 m		pli spert: 27.86 s pli plaun: 49.01 s		<b>1A max. 300</b>
rang	num	ann.	domicil	segl liung		fierer 200 g		sprint 115 m		total
				m	puncts	m	puncts	sec	puncts	
1	Luca Casanova	2007	Vignogn	<b>2.73</b>	<b>100.00</b>	<b>22.30</b>	<b>100.00</b>	28.63	98.18	<b><u>298.18</u></b>
2	Paul Andreoli	2007	Vignogn	2.57	88.24	20.00	92.89	<b>27.86</b>	<b>100.00</b>	<b><u>281.12</u></b>
3	Alessandro Solèr	2008	Lumbrein	2.69	97.06	17.55	85.31	28.79	97.80	<b><u>280.17</u></b>
4	Timo Cavegn	2008	Vella	2.51	83.82	17.38	84.79	31.04	92.48	<b><u>261.09</u></b>
5	Simon Halter	2008	Vella	2.52	84.56	15.45	78.82	31.45	91.51	<b><u>254.89</u></b>
6	Alessio Derungs	2007	Vella	2.29	67.65	16.50	82.07	31.65	91.04	<b><u>240.75</u></b>
7	Moreno Blumenthal	2008	Vella	2.49	82.35	11.41	66.33	32.57	88.87	<b><u>237.54</u></b>
8	Nino Bundi	2008	Morissen	2.40	75.74	11.15	65.52	31.76	90.78	<b><u>232.04</u></b>
9	Andri Gebhard	2008	Cumbel	2.55	86.76	06.55	51.30	32.53	88.96	<b><u>227.02</u></b>
10	Andrin Bless	2007	Vella	2.35	72.06	12.40	69.39	34.17	85.08	<b><u>226.53</u></b>
11	Silvan Schnider	2008	Surcasti	2.50	83.09	07.75	55.01	33.44	86.81	<b><u>224.91</u></b>
12	Julian Jakob	2008	Uors	2.36	72.79	09.90	61.66	33.87	85.79	<b><u>220.24</u></b>
13	Gian Cavegn	2008	Vella	2.32	69.85	06.80	52.07	30.40	94.00	<b><u>215.92</u></b>
14	Mirco Caduff	2008	Morissen	2.05	50.00	06.13	50.00	35.72	81.42	<b><u>181.42</u></b>
15	Lucas Caviezel	2008	Vrin	2.26	65.44	09.70	61.04	49.01	50.00	<b><u>176.48</u></b>

<b>Categoria 1B mattatschas 1. + 2. cl. annadas 2007/2008</b>										<b>13</b>
Max: 100 puncts Min: 50 puncts				pli liung: 2.70 m pli cuort: 1.24 m		pli liung: 13.75 m pli cuort: 05.60 m		pli spert: 28.68 s pli plaun: 35.98 s		<b>1B</b> <b>max: 300</b>
rang	num	ann.	domicil	segl liung		fierer 200 g		sprint 115 m		total
				m	puncts	m	puncts	sec	puncts	
1	Chiara Lorena Cavegn	2007	Vella	<b>2.70</b>	<b>100.00</b>	<b>13.75</b>	<b>100.00</b>	<b>28.68</b>	<b>100.00</b>	<b>300.00</b>
2	Simona Casanova	2007	Vignogn	2.43	90.75	12.30	91.10	30.41	88.15	<b>270.01</b>
3	Annica Dermon	2007	Surcasti	2.65	98.29	09.11	71.53	29.37	95.27	<b>265.10</b>
4	Silja Montalta	2007	Morissen	2.31	86.64	10.00	76.99	28.86	98.77	<b>262.40</b>
5	Jessica Jakob	2007	Uors	2.52	93.84	08.40	67.18	29.89	91.71	<b>252.73</b>
6	Larissa Blumenthal	2007	Vella	2.14	80.82	11.00	83.13	30.58	86.99	<b>250.94</b>
7	Lea Capaul	2007	Lumbrein	2.42	90.41	11.70	87.42	32.79	71.85	<b>249.68</b>
8	Lisa-Maria Cabalzar	2007	Cumbel	2.04	77.40	11.07	83.56	31.08	83.56	<b>244.52</b>
9	Riccarda Casanova	2008	Lumbrein	2.37	88.70	08.75	69.33	32.21	75.82	<b>233.85</b>
10	Rilana Derungs	2008	Vignogn	1.56	60.96	08.36	66.93	31.54	80.41	<b>208.30</b>
11	Svenia Caminada	2008	Vrin	2.11	79.79	05.60	50.00	35.98	50.00	<b>179.79</b>
12	Fadrina Dermon	2008	Surcasti	1.70	65.75	06.15	53.37	35.84	50.96	<b>170.09</b>
13	Noreen Sontje Wolf	2007	Vella	1.24	50.00	06.60	56.13	35.70	51.92	<b>158.05</b>

<b>Categoria 2A buobs 3. + 4. cl. annadas 2005/2006</b>										<b>15</b>
Max: 100 puncts Min: 50 puncts				pli liung: 3.42 m pli cuort: 1.95 m	pli liung: 30.00 m pli cuort: 10.65 m	pli spert: 26.43 s pli plaun: 38.37 s			<b>2A</b> <b>max: 300</b>	
rang	num	ann.	domicil	segl liung		fierer 200 g		sprint 115 m		total
				m	puncts	m	puncts	sec	puncts	
1	Manuel Pelican	2005	Lumbrein	<b>3.42</b>	<b>100.00</b>	<b>30.00</b>	<b>100.00</b>	<b>26.43</b>	<b>100.00</b>	<b>300.00</b>
2	Nando Lombris	2006	Vella	3.08	88.44	22.60	80.88	27.02	97.53	<b>266.84</b>
3	Corsin Andreoli	2006	Vignogn	3.04	87.07	18.30	69.77	27.54	95.35	<b>252.19</b>
4	Marco Casanova	2005	Vignogn	2.87	81.29	23.90	84.24	31.02	80.78	<b>246.31</b>
5	Thomas Halter	2006	Vella	2.90	82.31	16.60	65.37	27.51	95.48	<b>243.16</b>
6	Marc Casaulta	2007	Lumbrein	2.90	82.31	17.95	68.86	28.94	89.49	<b>240.67</b>
7	Dominic Dermon	2005	Surcasti	2.72	76.19	13.60	57.62	28.83	89.95	<b>223.76</b>
8	Florian Toni Projer	2006	Vella	2.60	72.11	14.45	59.82	28.70	90.49	<b>222.42</b>
9	Livio Cavegn	2006	Vella	2.52	69.39	13.95	58.53	28.27	92.29	<b>220.21</b>
10	Fabian Capeder	2005	Lumbrein	2.20	58.50	20.90	76.49	32.80	73.32	<b>208.31</b>
11	Moreno Derungs	2005	Vella	2.35	63.61	14.70	60.47	30.59	82.58	<b>206.65</b>
12	Aron Collenberg	2005	Morissen	2.60	72.11	12.70	55.30	31.53	78.64	<b>206.05</b>
13	Nico Derungs	2006	Vrin	2.47	67.69	16.02	63.88	34.27	67.17	<b>198.73</b>
14	Jan Casanova	2006	Vignogn	1.95	50.00	10.65	50.00	29.63	86.60	<b>186.60</b>
15	Jannis Gautschi	2006	Vella	2.00	51.70	14.80	60.72	38.37	50.00	<b>162.42</b>

<b>Categoria 2B mattatschas 3. + 4. cl. annadas 2005/2006</b>										<b>12</b>
Max: 100 puncts Min: 50 puncts				pli liung: 3.45 m pli cuort: 2.33 m		pli liung: 19.30 m pli cuort: 08.65 m		pli spert: 26.15 s pli plaun: 32.79 s		<b>2B max: 400</b>
rang	num	ann.	domicil	segl liung		fierer 200 g		sprint 115 m		total
				m	puncts	m	puncts	sec	puncts	
1	Romina Cavegn	2006	Vella	<b>3.45</b>	<b>100.00</b>	13.55	73.00	<b>26.15</b>	<b>100.00</b>	<b>273.00</b>
2	Lara Collenberg	2005	Morissen	3.16	87.05	<b>19.30</b>	<b>100.00</b>	29.26	76.58	<b>263.63</b>
3	Sara Schwyter	2006	Vella	3.18	87.95	11.60	63.85	28.03	85.84	<b>237.64</b>
4	Tamara Casanova	2006	Lumbrein	2.60	62.05	16.30	85.92	28.32	83.66	<b>231.63</b>
5	Elena Bundi	2006	Morissen	2.85	73.21	08.65	50.00	28.04	85.77	<b>208.98</b>
6	Luna Seraina Casaulta	2006	Vella	2.65	64.29	11.50	63.38	29.36	75.83	<b>203.49</b>
7	Lorena Solèr	2006	Vella	2.64	63.84	13.00	70.42	30.35	68.37	<b>202.64</b>
8	Melanie Correia Lemos	2006	Vella	2.55	59.82	12.00	65.73	30.10	70.26	<b>195.81</b>
9	Valentina Lorez	2006	Surcasti	2.55	59.82	10.40	58.22	31.18	62.12	<b>180.16</b>
10	Danja Derungs	2006	Vignogn	2.33	50.00	12.55	68.31	32.76	50.23	<b>168.54</b>
11	Norianna Bundi	2006	Vella	2.39	52.68	10.60	59.15	32.79	50.00	<b>161.83</b>
12	Sarina Caduff	2006	Morissen	2.34	50.45	08.80	50.70	31.73	57.98	<b>159.13</b>

<b>Categoria 3A buobs 5. + 6. cl. annadas 2003/2004</b>										<b>13</b>
Max: 100 puncts				pli liung: 4.05 m		pli liung: 7.39 m		pli spert: 24.11 s		<b>3A</b>
Min: 50 puncts				pli cuort: 2.60 m		pli cuort: 3.50 m		pli plaun: 30.42 s		<b>max: 300</b>
rang	num	domicil	segl liung		stuschar 3 kg		sprint 115 m		total	
			m	puncts	m	puncts	sec	puncts		
1	Elia Montalta	2004	Morissen	<b>4.05</b>	<b>100.00</b>	5.50	75.71	24.85	94.14	<b><u>269.84</u></b>
2	Aaron Cavegn	2003	Vella	3.20	70.69	<b>7.39</b>	<b>100.00</b>	25.24	91.05	<b><u>261.74</u></b>
3	Sandro Montalta	2003	Degen	3.50	81.03	5.60	76.99	<b>24.11</b>	<b>100.00</b>	<b><u>258.03</u></b>
4	Dario Casanova	2003	Vignogn	3.35	75.86	6.60	89.85	25.18	91.52	<b><u>257.23</u></b>
5	Tizian Derungs	2003	Camuns	3.40	77.59	5.89	80.72	25.13	91.92	<b><u>250.22</u></b>
6	Sven Elvedi	2003	Cumbel	3.33	75.17	6.64	90.36	26.06	84.55	<b><u>250.08</u></b>
7	Matteo Demont	2004	Vella	3.40	77.59	4.95	68.64	25.18	91.52	<b><u>237.75</u></b>
8	Nino Arpagaus	2003	Cumbel	3.10	67.24	6.40	87.28	26.72	79.32	<b><u>233.83</u></b>
9	Flavio Caviezel	2003	Vrin	2.80	56.90	6.11	83.55	29.96	53.65	<b><u>194.09</u></b>
10	Dario Arpagaus	2004	Cumbel	2.80	56.90	5.33	73.52	28.70	63.63	<b><u>194.05</u></b>
11	Giulio Blumenthal	2003	Surcasti	2.60	50.00	6.10	83.42	29.34	58.56	<b><u>191.98</u></b>
12	Gianluca Casanova	2003	Surcasti	3.00	63.79	3.50	50.00	27.41	73.85	<b><u>187.64</u></b>
13	Samuel Capaul	2004	Lumbrein	2.60	50.00	4.91	68.12	30.42	50.00	<b><u>168.12</u></b>

<b>Categoria 3B mattatschas 5. + 6. cl. annadas 2003/2004</b>										<b>13</b>
Max: 100 puncts				pli liung: 3.75 m		pli liung: 5.35 m		pli spert: 24.34 s		<b>3B</b>
Min: 50 puncts				pli cuort: 1.85 m		pli cuort: 3.10 m		pli plaun: 32.18 s		<b>max: 300</b>
rang	num		domicil	segl liung		stuschar 3 kg		sprint 115 m		total
				m	puncts	m	puncts	sec	puncts	
1	Nina Casaulta	2003	Lumbrein	<b>3.75</b>	<b>100.00</b>	5.28	98.44	<b>24.34</b>	<b>100.00</b>	<b><u>298.44</u></b>
2	Seraina Martina Capaul	2003	Lumbrein	3.31	88.42	<b>5.35</b>	<b>100.00</b>	25.56	92.22	<b><u>280.64</u></b>
3	Lenia Collenberg	2003	Morissen	3.20	85.53	<b>5.35</b>	<b>100.00</b>	25.70	91.33	<b><u>276.85</u></b>
4	Monica Andreoli	2004	Vignogn	2.95	78.95	4.67	84.89	27.79	78.00	<b><u>241.83</u></b>
5	Milena Projer	2003	Vella	2.90	77.63	4.39	78.67	26.97	83.23	<b><u>239.53</u></b>
6	Gianna Casanova	2004	Vignogn	2.78	74.47	4.20	74.44	26.90	83.67	<b><u>232.59</u></b>
7	Ivana Demont	2004	Vella	2.75	73.68	3.18	51.78	26.62	85.46	<b><u>210.92</u></b>
8	Sara Ullrich	2004	Morissen	2.37	63.68	3.67	62.67	27.44	80.23	<b><u>206.58</u></b>
9	Janine Derungs	2003	Vrin	2.45	65.79	4.28	76.22	30.34	61.73	<b><u>203.75</u></b>
10	Sina Rohrer	2004	Vattiz	2.55	68.42	4.17	73.78	30.53	60.52	<b><u>202.72</u></b>
11	Enya Casaulta	2004	Vella	2.55	68.42	3.60	61.11	31.44	54.72	<b><u>184.25</u></b>
12	Katharina Collenberg	2004	Lumbrein	2.78	74.47	3.10	50.00	31.08	57.02	<b><u>181.49</u></b>
13	Leonie Joana Beiro Lamela	2004	Uors	1.85	50.00	3.85	66.67	32.18	50.00	<b><u>166.67</u></b>

<b>Categoria 4B mattatschas 7. – 9. cl. annadas 2000-2002</b>										<b>24</b>
Max: 100 puncts				pli liung: 7.43 m	pli ault: 1.35 m	pli spert: 24.25 s			<b>4B</b>	
Min: 50 puncts				pli cuort: 4.74 m	pli bass: 0.90 m	pli plaun: 31.96 s			<b>max: 300</b>	
rang	num	domicil	<b>stuschar 3 kg</b>		<b>segl ault</b>		<b>sprint 115 m</b>		<b>total</b>	
			m	puncts	m	puncts	sec	puncts		
1	Flurina Demont	2000	Vella	<b>7.43</b>	<b>100.00</b>	1.20	83.33	24.90	95.78	<b><u>279.12</u></b>
2	Iris Derungs	2000	Morissen	6.70	86.43	1.25	88.89	25.48	92.02	<b><u>267.34</u></b>
3	Mara Blumenthal	2002	Morissen	5.87	71.00	<b>1.35</b>	<b>100.00</b>	25.07	94.68	<b><u>265.69</u></b>
4	Nina Andreoli	2001	Vignogn	7.38	99.07	1.20	83.33	27.59	78.34	<b><u>260.74</u></b>
5	Lisa-Maria Casaulta	2000	Lumbrein	5.82	70.07	1.25	88.89	<b>24.25</b>	<b>100.00</b>	<b><u>258.96</u></b>
6	Michela Projer	2000	Vella	6.42	81.23	1.10	72.22	24.48	98.51	<b><u>251.96</u></b>
7	Prisca Alig	2000	Vella	5.95	72.49	1.25	88.89	25.98	88.78	<b><u>250.16</u></b>
8	Sereina Andreoli	2002	Vignogn	5.95	72.49	1.20	83.33	25.66	90.86	<b><u>246.68</u></b>
9	Madlaina Blumenthal	2001	Surcasti	6.03	73.98	1.20	83.33	25.90	89.30	<b><u>246.61</u></b>
10	Tajana Alig	2001	Vattiz	5.40	62.27	1.25	88.89	25.01	95.07	<b><u>246.23</u></b>
11	Sara Riedi	2001	Morissen	6.89	89.96	1.05	66.67	25.94	89.04	<b><u>245.67</u></b>
12	Janine Capeder	2002	Lumbrein	6.54	83.46	1.10	72.22	26.45	85.73	<b><u>241.41</u></b>
13	Corina Bundi	2000	Cumbel	5.96	72.68	1.20	83.33	26.92	82.68	<b><u>238.69</u></b>
14	Noemi Capaul	2000	Vrin	5.72	68.22	1.20	83.33	26.72	83.98	<b><u>235.53</u></b>
15	Maja Arpagaus	2001	Cumbel	5.42	62.64	1.20	83.33	26.13	87.81	<b><u>233.78</u></b>
16	Alessia Derungs	2000	Vella	5.21	58.74	1.15	77.78	25.20	93.84	<b><u>230.35</u></b>
17	Alexandra Alig	2000	Vrin	6.22	77.51	1.15	77.78	28.38	73.22	<b><u>228.50</u></b>
18	Melanie Capaul	2000	Vrin	4.74	50.00	1.20	83.33	26.24	87.09	<b><u>220.43</u></b>
19	Rosina Camenisch	2001	Morissen	7.08	93.49	0.95	55.56	29.20	67.90	<b><u>216.95</u></b>
20	Leonie Capeder	2000	Lumbrein	5.53	64.68	1.05	66.67	28.08	75.16	<b><u>206.51</u></b>
21	Alexa Caduff	2001	Vella	5.69	67.66	1.05	66.67	28.81	70.43	<b><u>204.75</u></b>
22	Chiara Caviezel	2002	Vrin	5.00	54.83	1.05	66.67	28.01	75.62	<b><u>197.12</u></b>
23	Laura Caminada	2000	Vrin	6.36	80.11	0.90	50.00	29.91	63.29	<b><u>193.41</u></b>
24	Stefanie Caviezel	2000	Vrin	5.49	63.94	0.90	50.00	31.96	50.00	<b><u>163.94</u></b>



<b>Categoria 4A buobs 7. – 9. cl. annadas 2000-2002</b>										<b>21</b>
Max: 100 puncts				pli lung: 9.22 m	pli ault: 1.50 m	pli spert: 19.34 s			<b>4A</b>	
Min: 50 puncts				pli cuort: 3.71 m	pli bass: 0.85 m	pli plaun: 32.33 s			<b>max: 300</b>	
rang	num		domicil	<b>stuschar 4 kg</b>		<b>segl ault</b>		<b>sprint 115 m</b>		<b>total</b>
				m	puncts	m	puncts	sec	puncts	
1	Mirco Blumenthal	2000	Morissen	8.56	94.01	<b>1.50</b>	<b>100.00</b>	<b>19.34</b>	<b>100.00</b>	<b><u>294.01</u></b>
2	Ramon Kurz	2000	Uors	9.18	99.64	1.45	96.15	22.21	88.95	<b><u>284.74</u></b>
3	Livio Caduff	2001	Morissen	<b>9.22</b>	<b>100.00</b>	1.40	92.31	21.77	90.65	<b><u>282.95</u></b>
4	Lionel Blumenthal	2001	Vella	9.11	99.00	1.45	96.15	22.80	86.68	<b><u>281.84</u></b>
5	Andrin Caduff	2000	Cumbel	8.93	97.37	1.40	92.31	22.53	87.72	<b><u>277.40</u></b>
6	Tiziano Capaul	2001	Vignogn	8.31	91.74	1.45	96.15	22.47	87.95	<b><u>275.85</u></b>
7	Fabio Elvedi	2000	Cumbel	7.87	87.75	1.45	96.15	21.71	90.88	<b><u>274.78</u></b>
8	Nicola Maurin Elvedi	2001	Cumbel	8.26	91.29	1.35	88.46	24.32	80.83	<b><u>260.58</u></b>
9	Fabio Casanova	2002	Vignogn	6.90	78.95	1.25	80.77	24.08	81.76	<b><u>241.47</u></b>
10	Sabrin Anton Derungs	2001	Vella	6.83	78.31	1.25	80.77	24.80	78.98	<b><u>238.07</u></b>
11	Gian Carlo Capaul	2001	Lumbrein	7.13	81.03	1.05	65.38	24.85	78.79	<b><u>225.21</u></b>
12	Luca Arquisch	2000	Lumbrein	6.72	77.31	1.10	69.23	25.15	77.64	<b><u>224.18</u></b>
13	Andy Derungs	2001	Vrin	5.99	70.69	1.20	76.92	25.78	75.21	<b><u>222.82</u></b>
14	Andriu Alig	2002	Vrin	5.40	65.34	1.20	76.92	24.73	79.25	<b><u>221.51</u></b>
15	Marius Collenberg	2001	Lumbrein	5.23	63.79	1.25	80.77	27.83	67.32	<b><u>211.88</u></b>
16	Tom Arpagaus	2002	Cumbel	4.55	57.62	0.90	53.85	25.64	75.75	<b><u>187.22</u></b>
17	Maurizio Lorez	2001	Surcasti	4.36	55.90	1.00	61.54	28.24	65.74	<b><u>183.18</u></b>
18	Luca Derungs	2002	Vella	3.71	50.00	0.90	53.85	25.87	74.87	<b><u>178.71</u></b>
19	Nicola Cajochen	2002	Degen	4.97	61.43	0.85	50.00	32.33	50.00	<b><u>161.43</u></b>
20	Corsin Cabalzar	2002	Cumbel	4.04	52.99	0.85	50.00	30.36	57.58	<b><u>160.58</u></b>
21	Rino Caminada	2002	Vrin	5.98	70.60	–		26.70	71.67	<b><u>142.27</u></b>