

23th International Meeting of Combined Events

I.A.A.F. WORLD COMBINED EVENTS CHALLENGE 2010

TROFEO "CITTA' DI DESENZANO DEL GARDA"(BS) - ITALY

Desenzano del Garda (Italy) "F. Ghizzi" Stadium - May 8th - 9th, 2010

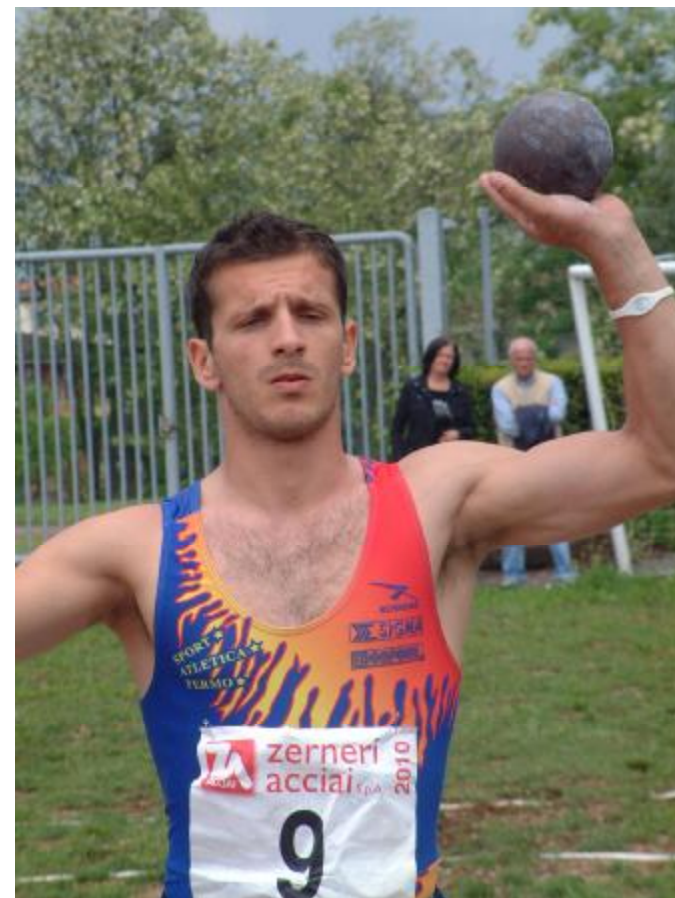
Nome/Name **Riccardo PALMIERI**
Nato/Born 19.06.85, Fermo
 1,79 m 71 kg;
Club Sport Atletica Fermo
Allenatore/Coach Sergio Catasta

Migliori Risultati/Personal best:

Decathlon	7190	Grosseto	21.06.09	11.42	7.21	10.64	1.88	51.31	14.98	39.90	4.60	45.02	4.27.34
				769	864	524	696	755	852	663	790	515	762
				769	1633	2157	2853	3608	4460	5123	5913	6428	7190

100 m	11.25	Fermo		.09
Long jump	7.09	Fabriano	-1,3	6.05.06
	7.21w	Grosseto	2,5	20.06.09
Shot put	11.24	S. Benedetto Tr.		.10
	11.23i	Ancona		12.02.05
High jump	2.00	Cagliari		18.07.08
400 m	50.96	Firenze		3.06.06
110 m hurdles	14.98	Grosseto	0,4	21.06.09
	14.80w	Osimo	3,5	25.04.10
Discus throw	39.90	Grosseto		21.06.09
Pole vault	4.70	Osimo		25.04.10
	5.10i	Fermo		20.02.10
Javelin throw	46.32	S. Benedetto Tr.		5.06.10
1.500 m	4.27.34	Grosseto		21.06.09
1st day	3684	Cagliari		18.07.08
2nd day	3582	Grosseto		21.06.09

Totale Ideale/Total points with personal best:	11.25	7.21	11.24	2.00	50.96	14.80	39.90	5.10	46.32	4.27.34
	806	864	560	803	771	874	663	941	534	762
	806	1670	2230	3033	3804	4678	5341	6282	6816	7578



Career:

5669	5)CAMPI BISENZIO	1.06.03 NCJ	11.58	6.22	8.89	1.85	55.03	16.11	24.15	3.70	33.33	4.43	34	2,1	1,9	0,1
6128	1)MACERATA	25.04.04 CDS	11.2	6.81	9.67	1.88	53.1	15.9	29.92	3.80	37.53	4.51	0			
5917	2)BIELLA	30.05.04 NCJ	11.7	6.44	9.53	1.80	51.9	16.0	28.27	4.00	34.88	4.46	3			
6371	1)MACERATA	1.05.05 CDS	11.2	6.45	10.36	1.94	52.1	15.5	30.77	3.90	38.03	4.36	2			
6472	1)FABRIANO	7.05.06 CDS	11.32	7.09	10.83	1.85	51.97	15.40	27.68	4.00	35.28	4.36	50	-0,1	-1,3	0,7
6650	6)FIRENZE	4.06.06 NC-CDS	11.30	6.73	10.84	1.88	50.96	15.32	31.28	4.20	38.08	4.34	73	0,0	0,0	-0,9
6592	1)FERMO	6.05.07 CDS	11.1	6.79	10.67	1.97	52.5	15.3	31.70	4.20	39.98	4.45	7	-0,4	1,3	0,0
6618	1)S. BENEDETTO TR.	11.05.08 CDS	11.57	6.58	10.78	1.94	52.12	15.82	35.36	4.00	41.87	4.28	73	0,9	0,0	0,0
6838	1)LATINA	1.06.08	11.37	6.96	10.55	1.91	51.45	15.37	35.45	4.10	43.96	4.30	73	0,2	0,6	-2,0
6902w	3)CAGLIARI	19.07.08 NC	11.30	6.93w	10.80	2.00	51.32	15.30	34.68	4.30	40.38	4.37	44	2,3	6,9	0,5
6683	1)S. BENEDETTO TR.	26.04.09	11.36	6.91	10.52	1.91	52.07	15.87	35.93	4.60	38.32	4.51	37	-0,7	0,0	0,0
7190	1)GROSSETO	21.06.09 CDS	11.42	7.21	10.64	1.88	51.31	14.98	39.90	4.60	45.02	4.27	34	-1,1	2,5	0,4
6844	5)MLANO	1.08.09 NC	11.38	6.97	10.57	1.91	51.32	15.12	37.83	4.30	40.23	4.43	63	-1,3	-1,2	1,5
5952	1)OSIMO	25.04.10 CR	11.32	6.95	10.21	1.80	dnf	14.80	35.08	4.70	41.17	5.07	57		2,6	3,5

Indoor

4471	13)NAPOLI	15.02.04 NC	7.27	6.66	9.40	1.70	8.96	3.50	2.54	74						
5188	1)ANCONA	13.02.05 NCU23	7.14	6.86	11.23	1.94	8.51	4.10	2.50	33						
4842	5)NAPOLI	29.01.06 NC	7.26	6.88	10.84	1.80	8.78	3.70	2.49	38						
4223	4)ANCONA	17.01.10	7.29	6.41	11.11	1.88	8.70	4.30	dns							
5402	1)ANCONA	31.01.10 NC	7.18	6.71	11.22	1.88	8.27	4.90	2.47	98						