

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

Name/Name **Thomas GALLIZIO**
Nato/Born 24. 08. 1986, Merano
 1, 89m 74kg;
Club ASV S.V. Lana – Raika
Allenatore/Coach Carl Schopf

Migliori risultati/Personal best:

Decathlon	7040	Desenzano	11. 05. 08	11. 63	7. 03	11. 26	2. 10	51. 48	15. 33	33. 09	4. 35	47. 22	4. 38. 78	
					725	821	562	896	748	810	526	716	548	688
					725	1546	2108	3004	3752	4562	5088	5804	6352	7040

100 m	11. 57	Scafati	-1, 0	15. 09. 07	Curriculum/Best Results
Long jump	7. 03	Padova	0, 8	26. 07. 07	NT 1
	7. 05w	Latina	2, 2	31. 05. 08	
	7. 13i	Ancona		10. 02. 08	
Shot put	11. 91	Milano		31. 07. 09	
High jump	2. 15	Padova		26. 07. 07	
400 m	50. 84	Scafati		15. 09. 07	
110 m hurdles	15. 00	Lana	-0, 6	21. 07. 07	
Discus throw	37. 57	Latina		1. 06. 08	
Pole vault	4. 40	Latina		1. 06. 08	
Javelin throw	47. 22	Desenzano		11. 05. 07	
1. 500 m	4. 32. 93	Rieti		3. 06. 07	
1st day	3768	Padova		26. 07. 07	
2nd day	3288	Desenzano		11. 05. 08	

Totale ideale/Total points with personal best:	11. 57	7. 13	11. 91	2. 15	50. 84	15. 00	37. 57	4. 40	47. 22	4. 32. 93
	738	845	601	944	776	850	615	731	548	725
	738	1583	2184	3128	3904	4754	5369	6100	6648	7373



Career:

6280	2)PERGINE VALS.	30.04.06	CDS	11.73	6.56	10.20	2.07	53.24	15.56	29.46	3.90	39.24	4.58	43	-0,9	0,0	-0,4
6525	5)MOLFETTA	17.09.06	CDS	11.65	6.83	10.51	2.03	52.37	15.71	30.21	4.00	43.70	4.48	72	2,8	0,0	0,3
6721	1)RIETI	3.06.07	NCU23	11.67	6.96	10.78	2.09	51.25	17.37	32.78	4.10	47.17	4.32	93	1,3	-0,8	-3,1
6988	4)PADOVA	27.07.07	NC	11.66	7.03	10.73	2.15	51.34	15.29	32.76	4.20	45.45	4.38	24	-1,5	0,8	0,3
6823	2)SCAFATI	16.09.07	CDS	11.57	6.76	11.52	2.00	50.84	15.15	30.24	4.10	46.70	4.38	95	-1,0	-0,8	0,0
7040	17)DESENZANO	11.05.08	INVT	11.63	7.03	11.26	2.10	51.48	15.33	33.09	4.35	47.22	4.38	78	-0,3	1,1	-0,3
6963	2)LATINA	1.06.08	NCU23	11.57	7.05	10.93	2.05	51.42	15.26	37.57	4.40	45.58	4.58	29	-0,6	2,2	-2,0
6618	22)JYVASKYLA	29.06.08	EP-B	11.66	6.71	10.62	2.04	51.92	15.26	30.20	4.40	43.68	5.01	88	1,7	-0,3	1,3
6636w	5)CAGLIARI	19.07.08	NC	11.63	6.90w	11.15	2.03	50.84	15.33	29.52	4.10	42.76	4.58	68	2,3	4,1	0,8
6603	-)CAGLIARI	19.07.08	NC		6.76			vento regolare									3,4
6609	4)RIETI	14.09.08	CDS	11.72	6.80w	11.18	2.03	52.37	15.52	30.87	4.30	40.51	4.50	46	0,0	-0,5	-1,7
6704	19)DESENZANO	10.05.09	INVT	11.82	6.86	11.89	1.95	52.28	15.22	32.05	4.15	44.76	4.42	07	1,4	1,0	1,5
6874	2)GROSSETO	21.06.09	CDS	11.72	7.04	11.77	2.00	51.59	15.11	32.50	4.20	46.35	4.45	16	-1,1	2,3	0,4
6926	4)MLANO	1.08.09	NC	11.74	6.98	11.91	2.09	52.34	15.27	34.55	4.20	46.64	4.47	80	-1,3	2,0	1,5
6689	5)BUSTO ARSIZIO	13.09.09	CDS	11.64	6.70	11.84	2.03	52.40	15.25	32.79	4.00	46.06	4.53	20	-0,4	0,8	1,4

Indoor

5204	4)ANCONA	28.01.07	NC	7.43	6.72	10.69	2.09	8.52	4.20	2.48	86
5275	2)ANCONA	27.01.08	NC	7.27	7.02	10.87	2.06	8.42	4.20	2.54	52
4930	2)ANCONA	1.02.09	NC	7.52	6.69	11.14	1.97	8.76	4.10	2.55	56
5070	2)ANCONA	31.01.10	NC	7.48	6.79	11.71	2.00	8.61	4.10	2.54	77