

## 24<sup>th</sup> International Meeting of Combined Events

I.A.A.F. WORLD COMBINED EVENTS CHALLENGE 2011

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

Desenzano del Garda (Italy) "F. Ghizzi" Stadium - May 7<sup>th</sup> - 8<sup>th</sup>, 2011

Name: **Sofia IFADIDOU**  
 Country: Greece  
 Date of birth: 5 January 1985  
 Place of birth: Veria  
 Profession:  
 Club: A. S. Filippos Verias  
 Coach: Minas Kiriakos  
 Height: 1,64  
 Weight: 53

|                |         |               |          |                                     |
|----------------|---------|---------------|----------|-------------------------------------|
| Personal best: |         | Best results: |          |                                     |
| Heptathlon     | 6.004   | Barcelona     | 31.05.10 | European championships: 15 2010     |
| 100 m. hurdles | 13.54   | Thessaloniki  | 0,2      | 10.06.09                            |
| High jump      | 1.71    | Barcelona     | 30.07.10 | European U23 championships: 3 2009  |
| Shot put       | 13.33   | Desenzano     | 7.05.11  | World junior championships: 10 2004 |
| 200 m.         | 25.30   | Hengelo       | 0,3      | 26.06.10                            |
| Long jump      | 6.14    | Edessa        | 1,5      | 27.05.10                            |
| Javelin throw  | 54.04   | Desenzano     | 8.05.11  |                                     |
| 800 m.         | 2.16.82 | Desenzano     | 8.05.11  |                                     |
| 1st day        | 3.437   | Bercelona     | 30.05.10 |                                     |
| 2nd day        | 2.572   | Zaragoza      | 28.06.09 |                                     |

Personal best heptathlon: 13.60 1.71 12.59 25.58 5.89 52.52 2.18.64  
 1036 867 700 834 816 909 842  
 1036 1903 2603 3437 4253 5162 6004  
 Total points with personal best: 13.54 1.71 13.33 25.30 6.14 54.04 2.16.82  
 1044 867 749 859 893 939 867  
 1044 1911 2660 3519 4412 5351 6218



Sofia IFADIDOU Career:

|       |     |              |          |       |        |      |       |        |      |       |         |      |      |      |
|-------|-----|--------------|----------|-------|--------|------|-------|--------|------|-------|---------|------|------|------|
| 5021  | 5)  | ATHINAI      | 1.06.03  | NC    | 15.03  | 1.56 | 11.18 | 26.94  | 5.27 | 44.98 | 2.23.78 | 0,7  | -0,4 | 0,3  |
| 4944  | 1)  | ATHINAI      | 16.05.04 | NCJ   | 15.27  | 1.53 | 10.68 | 27.46  | 5.36 | 47.19 | 2.24.10 | 3,3  |      | 2,3  |
| 4879  | 1)  | BANJA LUCA   | 25.07.04 | BALKJ | 15.24  | 1.55 | 10.64 | 27.23  | 5.18 | 47.65 | 2.29.23 |      |      | -1,1 |
| 4966  | 4)  | EDESSA       | 15.05.05 | NC    | 15.40  | 1.52 | 11.04 | 27.60  | 5.51 | 48.18 | 2.26.09 | 0,0  | -0,7 | 2,1  |
| 5251  | 4)  | SERRES       | 4.06.06  | NC    | 14.58  | 1.57 | 10.33 | 26.38  | 5.50 | 48.42 | 2.21.25 | -2,1 | -0,7 | 0,7  |
| 5282  | 19) | YALTA        | 2.07.06  | EP-B  | 14.51  | 1.54 | 11.21 | 26.60  | 5.52 | 50.85 | 2.23.86 | -0,8 | 0,0  | 3,8  |
| 5462w | 3)  | ATHINAI      | 10.06.07 | NC    | 14.05w | 1.57 | 11.12 | 26.66  | 5.54 | 53.67 | 2.21.45 | 5,5  | 2,9  | 2,8  |
| 5297w | 25) | SZCZECIN     | 8.07.07  | EP    | 14.34  | 1.57 | 10.74 | 26.29w | 5.67 | 51.20 | 2.30.85 | 0,1  | 6,1  | 1,9  |
| 5670  | 2)  | THESSALONIKI | 8.06.08  | NC    | 13.97  | 1.60 | 11.73 | 26.02  | 5.82 | 53.47 | 2.22.43 | 1,9  | -1,4 | 0,8  |
| dnf   | -)  | HENGELO      | 29.06.08 | EP    | 14.02  | nm   | dns   |        |      |       |         |      |      | 1,4  |
| 5641  | 1)  | ATHINAI      | 31.05.09 | NC    | 14.32  | 1.61 | 12.20 | 25.75  | 5.79 | 51.03 | 2.21.63 | -1,2 | 0,0  | 0,0  |
| 5900  | 3)  | ZARAGOZA     | 28.06.09 | EP-B  | 13.65  | 1.66 | 11.62 | 25.32  | 6.10 | 49.55 | 2.18.70 | -0,4 | 1,1  | 0,8  |
| 5737  | 6)  | BEOGRAD      | 11.07.09 | WUG   | 13.85  | 1.61 | 12.39 | 25.50  | 5.74 | 49.85 | 2.19.23 | 0,2  | 0,8  | -0,3 |
| 5708  | 6)  | DESENZANO    | 9.05.10  | INVT  | 13.73  | 1.57 | 13.14 | 25.88  | 5.69 | 51.53 | 2.21.82 | 0,5  | 2,5  | -0,9 |
| 5954  | 2)  | SCHIMATARI   | 30.05.10 | NC    | 13.91  | 1.70 | 12.58 | 25.52  | 5.96 | 50.94 | 2.17.85 | -0,5 | -1,1 | -0,2 |
| 5931  | 3)  | HENGELO      | 27.06.10 | EP-B  | 13.98  | 1.66 | 12.58 | 25.30  | 6.01 | 51.31 | 2.18.36 | -2,2 | 0,3  | 1,7  |
| 6004  | 15) | BARCELONA    | 31.07.10 | EC    | 13.60  | 1.71 | 12.59 | 25.58  | 5.89 | 52.52 | 2.18.64 | 0,2  | -0,2 | 2,1  |
| 5867  | 5)  | DESENZANO    | 8.05.11  | INVT  | 13.95  | 1.60 | 13.33 | 25.84  | 5.77 | 54.04 | 2.16.82 | 3,0  | 2,0  | 3,6  |