

25th International Meeting of Combined Events

I.A.A.F. WORLD COMBINED EVENTS CHALLENGE 2012

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

Desenzano del Garda (Italy) "F. Ghizzi" Stadium - May 5th - 6th, 2012

Name: **Sofia IFADIDOU**

Country: Greece

Date of birth: 10 January 1985

Place of birth: Veria

Profession:

Club: A. S. Filippos Verias

Coach: Minas Kiriakos

Height: 1,64

Weight: 53

Personal best:

| | | | | | | |
|----------------|---------|--------------|----------|-------------------------|--------------------------------|------------------------|
| Heptathlon | 6.004 | Barcelona | 31.05.10 | European championships: | 15 | 2010 |
| 100 m. hurdles | 13.54 | Thessaloniki | 0,2 | 10.06.09 | European cup: | 2009, 3b 2010, 14 2011 |
| High jump | 1.72 | Desenzano | | 5.05.12 | 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 | European junior championships: | 2 2005 |
| Long jump | 6.14 | Edessa | 1,5 | 27.05.10 | | |
| Javelin throw | 55.72 | Desenzano | | 6.05.12 | | |
| 800 m. | 2.16.75 | Desenzano | | 6.05.12 | | |
| 1st day | 3.437 | Barcelona | | 30.05.10 | | |
| 2nd day | 2.572 | Zaragoza | | 28.06.09 | | |

Personal best heptathlon: 13.76 1.72 12.49 25.75 6.05 55.72 2.16.75

1013 879 694 819 865 971 868

1013 1892 2586 3405 4270 5241 6109

Total points with personal best: 13.54 1.72 13.33 25.30 6.14 55.72 2.16.75

1044 879 749 859 893 971 868

1044 1923 2672 3531 4424 5395 6263



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 | -) | HENGLO | 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) | HENGLO | 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 |
| 5541 | 14) | TORUN | 3.07.11 | EP | 14.25 | 1.66 | 12.38 | 26.55 | 5.56 | 53.85 | 2.29.14 | 0,4 | -0,2 | 0,6 |
| 6109 | 1) | DESENZANO | 6.05.12 | INVT | 13.76 | 1.72 | 12.49 | 25.75 | 6.05 | 55.72 | 2.16.75 | -0,1 | 0,8 | 0,3 |