

## 23<sup>th</sup> 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 8<sup>th</sup> - 9<sup>th</sup>, 2010

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

Personal best:		Best results:	
Heptathlon	5.900 Zaragoza	28.06.09	World junior championships: 10 2004
100 m hurdles	13.54 Thessalonikj 0,2	.09	European cup: 6 2009
High jump	1.66 Zaragoza	27.06.09	European U23 championships: 3 2009
Shot put	12.39 Beograd	10.07.09	European junior championships: 2 2005
200 m	25.32 Zaragoza 0,3	27.06.09	
Long jump	6.10 Zaragoza 0,8	28.06.09	
Javelin throw	53.67 Athinai	.07	
800 m	2.18.70 Zaragoza	28.06.09	
1st day	3.328 Zaragoza	27.06.09	
2nd day	2.572 Zaragoza	28.06.09	

### 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	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	14.05w1.57 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 26.29w5.67 51.20 2.30.85	0,1 6,1 1,9
5670	2) THESSALONIKJ	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
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

