

27th International Meeting of Combined Events

I.A.A.F. WORLD COMBINED EVENTS CHALLENGE 2014

FIRENZEATLETICA International Meeting

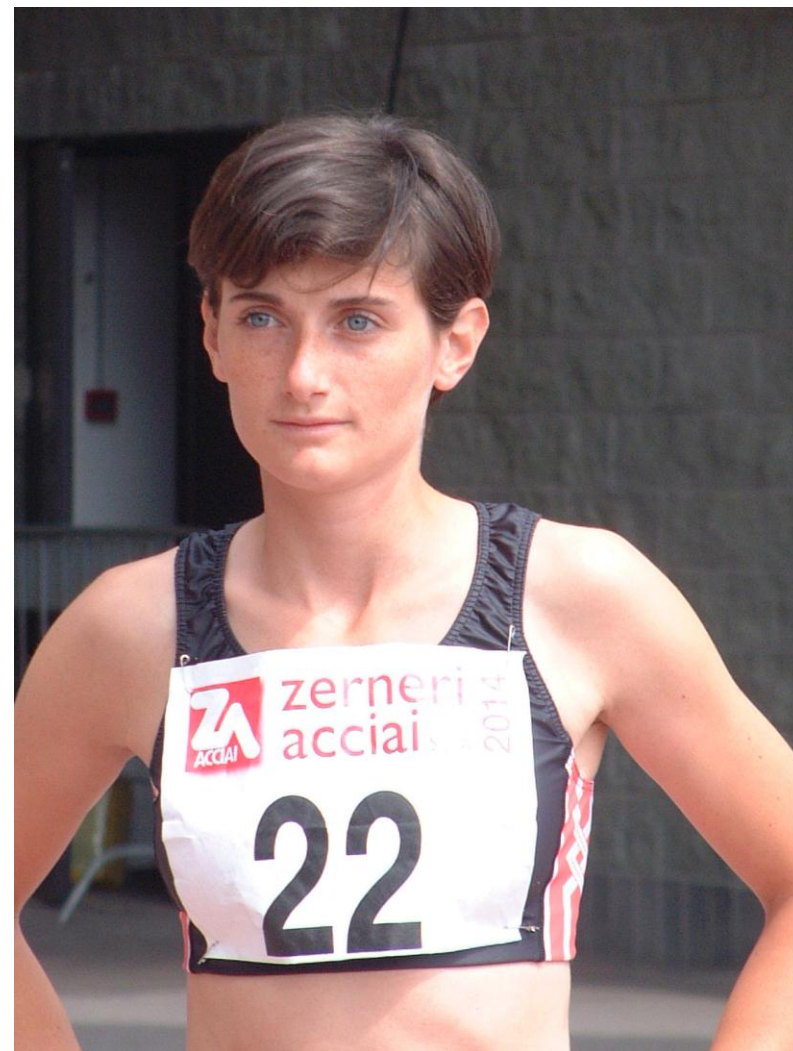
Firenze (Italy) "L. Ridolfi" Stadium - May 2th - 3th, 2014

Nome/Name **Flavia NASELLA**

Nata/Born 18. 06. 94, Roma
1, 69m, 54kg
Club A. S. D. ACSI Italia Atletica
Allenatore/Coach Vincenzo De Luca

Migliori risultati/Personal best:

Heptathlon	5323	Rieti	19. 07. 13	14. 66	1. 68	9. 98	24. 57	5. 56	38. 13	2. 21. 49
				887	830	528	927	717	631	803
				887	1717	2245	3172	3889	4520	5323
100 m. hurdles	14. 66	Rieti	-0, 5	18. 07. 13	Curriculum/Best results					
High jump	1. 69	Busto Arsizio		1. 06. 13	NT	1				
	1. 70i	Padova		26. 01. 14						
Shot put	10. 63	Busto Arsizio		1. 06. 13	ECJ	8	2013			
	10. 81i	Padova		26. 01. 14						
200 m.	24. 57	Rieti	-0, 6	18. 07. 13						
Long jump	5. 57	Roma	1, 2	21. 04. 13						
	5. 69w	Tallinn	2, 3	30. 06. 13						
	5. 76i	Padova		26. 01. 14						
Javelin throw	38. 13	Rieti		19. 07. 13						
800 m.	2. 21. 49	Rieti		19. 07. 13						
1st day	3172	Rieti		18. 07. 13						
2nd day	2151	Rieti		19. 07. 13						
100 m.	12. 92	Rieti	0, 2	11. 09. 12						
	12. 79w	Roma	2, 5	15. 05. 10						
150 m.	20. 11	Roma	-0, 1	25. 04. 12						
300 m.	42. 39	Lignano		21. 10. 09						
400 m.	59. 21	Rieti		11. 09. 12						
	58. 89i	Ancona		23. 02. 13						
600 m.	1. 45. 89	Desenzano		11. 10. 09						



Totale ideale/Total points with personal best: 14.66 1.70 10.81 24.57 5.76 38.13 2.21.49
887 855 583 927 777 631 803
888 1743 2326 3253 4030 4661 5464

Career:

Youth impl.

4393	1)LATINA	25.04.10 CR	15.08	1.54	8.16	26.36	5.34	30.86	2.39.96	3,0	0,9	1,4
4536	2)BIELLA	04.07.10 NC	14.90	1.57	8.06	26.03	5.27	33.42	2.37.16	0,5	-0,7	0,0
4342	2)NOVARA	12.09.10 CDS	15.14	1.59	7.98	26.64	5.08	28.89	2.36.10	0,0	0,4	0,6
4470	1)BRESCANONE	19.06.11 NC	15.25	1.57	8.13	25.79	5.17	31.11	2.34.96	0,0	0,5	1,2

4900	1)ROMA	21.04.13 CDS	15.03	1.60	9.30	25.59	5.57	35.65	2.29.05	-0,6	1,3	1,2
4892	15)FIRENZE	3.05.13 INVT	15.17	1.60	9.88	25.65	5.21	35.81	2.23.02	0,9	-0,8	0,2
5200	2)BUSTO ARSIZIO	2.06.13 NCJ	14.95	1.69	10.63	25.15	5.51	37.53	2.26.07	-2,4	-0,3	3,1
5170	25)TALLINN	30.06.13 EP	15.19	1.66	10.09	24.83	5.69	35.65	2.24.00	-1,8	1,3	2,3
5323	8)RIETI	19.07.13 ECJ	14.66	1.68	9.98	24.57	5.56	38.13	2.21.49	-0,5	-0,6	1,5

Indoor

3262	3)ANCONA	13.01.13 MEET	9.45	1.60	9.66	4.91	2.32.13
3415	7)ANCONA	27.01.13 NC	9.48	1.62	9.53	5.28	2.28.82
3633	2)ANCONA	19.01.14	9.01	1.63	9.77	5.62	2.29.00
3578	1)PADOVA	26.01.14 NCU23	9.90	1.70	10.81	5.76	2.34.95