

## IAADS ATHLETICS EUROPEAN RECORDS - TRISOMY 21 WOMEN

Event	Name	Country	Result	Venue	Date
100 M	Chiara Zeni	Italy	16.75	Madeira, POR	18/10/04
200 M	Chiara Zeni	Italy	36.71	Madeira, POR	18/10/07
400 M	Sara Spano	Italy	1.37.80	Madeira, POR	18/10/05
800 M	Zofia Dzieciol	Poland	4.34.14	Madeira, POR	18/10/07
1.500 M	Jennifer Nogueira	Portugal	10.15.36	Luso, POR	18/05/05
4x100m	Giulia Pertile Sara Spano Nicole Orlando Chiara Zeni	Italy	1.12.72	Madeira, POR	18/10/05
4x400m	Giulia Pertile Sara Spano Nicole Orlando Chiara Zeni	Italy	7.25.70	Madeira, POR	18/10/07
Long Jump	Nicole Orlando	Italy	3.52m	Florence, ITA	18/05/25
Shot Put (3)	Nicole Orlando	Italy	6.28m	Florence, ITA	18/05/25
Discus (750)	Nicole Orlando	Italy	17.02m	Roma, ITA	17/06/18
Javelin (400)	Sara Bonfanti	Italy	14.90m	Florence, ITA	16/07/18
400m Walk	Maria João Silva	Portugal	3.01.34	Cagliari, ITA	11/06/05
800m Walk	Giulia Pertile	Italy	5.58.14	Florence, ITA	16/07/20
1.500m Walk	Maria João Silva	Portugal	11.41.46	Azores, POR	12/05/18
Triathlon	Nicole Orlando	Italy	2179pts	Florence, ITA	16/07/17

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Compiled by José Costa Pereira

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