



Triathlon Sprint Porto Sant'Elpidio - Femminile
Porto Sant'Elpidio (FM), 31/05/2014



Pos	Atleta	Cat	P.Cat	Team	Tempo	Swim	Pos	Media	Bike	Pos	Media	Run	Pos	Media
1	CASCIOTTI, MARIA	S2	1	A.S.MINERVA ROMA	01:04:37.20	00:18:12	1	3m 38s/Km	00:36:40	3	32.72 Km/h	00:09:45	2	3m 53s/Km
2	FIORAVANTI, ILARIA	S1	1	A.S.MINERVA ROMA	01:05:47.60	00:18:44	2	3m 44s/Km	00:37:47	5	31.76 Km/h	00:09:16	1	3m 42s/Km
3	ONORATI, SOFIA	S1	2	OLIMPIA CAMERINO	01:06:34.20	00:19:52	3	3m 58s/Km	00:36:44	4	32.66 Km/h	00:09:58	3	3m 59s/Km
4	SERAFINI, SILVIA	M1	1	POL. RICCIONE	01:06:49.80	00:20:39	6	4m 7 s/Km	00:35:58	1	33.36 Km/h	00:10:12	4	4m 4 s/Km
5	LA MONACA, GIORGIA	S4	1	PIACENZA TRIATHLON V	01:07:16.00	00:20:13	4	4m 2 s/Km	00:36:34	2	32.81 Km/h	00:10:29	6	4m 11s/Km
6	IERVICELLA, BENEDETTA	M1	2	METALROOF	01:12:08.70	00:20:51	7	4m 10s/Km	00:40:48	8	29.41 Km/h	00:10:29	7	4m 11s/Km
7	LAGHI, ARIANNA	M1	3	T. T. RAVENNA	01:12:14.20	00:22:00	12	4m 24s/Km	00:39:23	6	30.46 Km/h	00:10:51	9	4m 20s/Km
8	CASARINI, LUCREZIA	JU	1	RASCHIANI TRI PAVESE	01:14:49.30	00:21:35	11	4m 18s/Km	00:41:14	9	29.10 Km/h	00:12:00	15	4m 47s/Km
9	BARAVELLI, VALENTINA	S4	2	T. T. RAVENNA	01:15:00.60	00:21:32	10	4m 18s/Km	00:42:10	11	28.45 Km/h	00:11:18	10	4m 31s/Km
10	TAPPATA', DENISE	S3	1	CIVITANOVA TRIATHLON	01:15:18.60	00:20:36	5	4m 7 s/Km	00:44:19	15	27.07 Km/h	00:10:23	5	4m 9 s/Km
11	DIAMANTI, ANTONELLA	M1	4	A.S.MINERVA ROMA	01:15:26.50	00:22:15	13	4m 27s/Km	00:41:40	10	28.8 Km/h	00:11:31	11	4m 36s/Km
12	MORESCHINI, CHIARA	S3	2	METALROOF	01:15:52.40	00:23:19	16	4m 39s/Km	00:40:41	7	29.49 Km/h	00:11:52	14	4m 44s/Km
13	CIALFI, DANIELA	S4	3	TERAMO TRIATHLON	01:16:26.50	00:21:31	9	4m 18s/Km	00:44:07	14	27.20 Km/h	00:10:48	8	4m 19s/Km
14	LATO, ANNAMARIA	M2	1	LOS TIGRES	01:17:29.30	00:23:22	17	4m 40s/Km	00:42:28	12	28.25 Km/h	00:11:39	13	4m 39s/Km
15	FUSCHINI, LISA	M1	5	T. T. RAVENNA	01:19:53.30	00:24:05	19	4m 48s/Km	00:42:56	13	27.95 Km/h	00:12:52	18	5m 8 s/Km
16	PAVONI, BARBARA	M1	6	CIVITANOVA TRIATHLON	01:22:02.20	00:23:48	18	4m 45s/Km	00:45:25	17	26.42 Km/h	00:12:49	17	5m 7 s/Km
17	LATINI, SERENA	M1	7	PODISTICA SOLIDARIET	01:22:51.60	00:25:24	20	5m 4 s/Km	00:44:29	16	26.97 Km/h	00:12:58	19	5m 11s/Km
18	TOSCHI, VALENTINA	S3	3	T. T. RAVENNA	01:24:09.00	00:23:08	14	4m 37s/Km	00:49:28	18	24.25 Km/h	00:11:33	12	4m 37s/Km
19	BADIOLI, SARAH	JU	2	NUOTO LORETO	01:26:23.10	00:23:16	15	4m 39s/Km	00:50:52	20	23.59 Km/h	00:12:15	16	4m 54s/Km
20	BATTISTI, MARTINA	S3	4	CINGOLANI TRIATHLON	01:30:27.70	00:26:14	21	5m 14s/Km	00:50:55	21	23.56 Km/h	00:13:18	20	5m 19s/Km
21	MAGLIOCCA, ALBA	M4	1	A.S.MINERVA ROMA	01:36:24.90	00:30:00	23	6m 0 s/Km	00:50:39	19	23.69 Km/h	00:15:45	22	6m 17s/Km
22	IANNUCILLI, PATRIZIA	M2	2	LOS TIGRES	01:44:50.30	00:27:29	22	5m 29s/Km	01:01:37	22	19.47 Km/h	00:15:44	21	6m 17s/Km
DNF	ASCOLI, MANUELA	-	0	A.S.MINERVA ROMA	DNF	00:21:03	8	--	-	-1	--	-	-1	--
DNS	CARFAGNA, ELVIRA	-	0	DDS	DNS	-	-1	--	-	-1	--	-	-1	--
DNS	MORESCHINI, ELENA	-	0	FITRI	DNS	-	-1	--	-	-1	--	-	-1	--
DNS	BRAVI, MICHELA	-	0	POL. RICCIONE	DNS	-	-1	--	-	-1	--	-	-1	--