



Duathlon Sprint di Terni - Femminile

Terni (TR), 05/02/2017



Pos	Atleta	Cat	P.Cat	Team	Tempo	Run	Pos	Media	Bike	Pos	Media	Run	Pos	Media
1	STEINHAUSER, VERENA	S1	1	THE HURRICANE S.S.D.	01:01:06.40	00:18:09.39	39	3m 37s/Km	00:35:17.70	70	34.01 Km/h	00:07:38.30	30	3m 3 s/Km
2	MALLOZZI, BEATRICE	YB	1	A.S.MINERVA ROMA	01:01:46.50	00:18:07.51	51	3m 37s/Km	00:35:42.50	50	33.61 Km/h	00:07:55.30	30	3m 9 s/Km
3	ARPINELLI, COSTANZA	YB	2	A.S.MINERVA ROMA	01:01:53.70	00:18:11.33	33	3m 38s/Km	00:35:39.30	30	33.66 Km/h	00:08:01.90	30	3m 12s/Km
4	FOSCHI, SARA	JU	1	A.S.MINERVA ROMA	01:03:30.60	00:19:19.55	55	3m 51s/Km	00:36:06.06	06	33.24 Km/h	00:08:04.40	40	3m 13s/Km
5	BARBESINO, BIANCA	YB	3	A.S.MINERVA ROMA	01:03:56.70	00:19:21.46	46	3m 52s/Km	00:36:04.30	30	33.27 Km/h	00:08:30.06	06	3m 23s/Km
6	TAPPATA', DENISE	S4	1	CIVITANOVA TRIATHLON	01:04:08.70	00:19:04.03	03	3m 48s/Km	00:36:27.46	46	32.92 Km/h	00:08:36.30	30	3m 26s/Km
7	CATERINI, FULVIA	JU	2	A.S.MINERVA ROMA	01:05:44.20	00:19:40.46	46	3m 55s/Km	00:37:19.10	10	32.15 Km/h	00:08:44.10	10	3m 29s/Km
8	COMOTTO, ALICE	YB	4	A.S.MINERVA ROMA	01:07:18.80	00:20:09.36	36	4m 1 s/Km	00:38:24.30	00	31.25 Km/h	00:08:43.50	50	3m 29s/Km
9	TERRINONI, ELISA	YB	5	A.S.MINERVA ROMA	01:07:50.20	00:20:41.49	49	4m 8 s/Km	00:38:16.59	59	31.35 Km/h	00:08:51.50	50	3m 32s/Km
10	MANCINI, MONICA	JU	3	LEONE	01:07:57.50	00:21:01.29	29	4m 12s/Km	00:37:34.10	10	31.94 Km/h	00:09:21.30	11	3m 44s/Km
11	DESIDERI, FRANCESCA	YB	6	A.S.MINERVA ROMA	01:08:10.50	00:20:17.09	09	4m 3 s/Km	00:38:39.30	11	31.04 Km/h	00:09:12.90	00	3m 40s/Km
12	RODOLFI, VALERIA	YB	7	SABINA TEVERE	01:11:54.10	00:21:11.30	30	4m 14s/Km	00:40:39.20	44	29.52 Km/h	00:10:02.30	44	4m 0 s/Km
13	OSTILI, PAOLA	M2	1	TERNI TRIATHLON	01:12:55.10	00:20:36.02	02	4m 7 s/Km	00:42:53.70	11	27.98 Km/h	00:09:24.50	02	3m 45s/Km
14	CALVINO, DANIELA	M2	2	ERMES CAMPANIA	01:14:28.80	00:22:53.43	43	4m 34s/Km	00:41:29.70	06	28.92 Km/h	00:10:05.20	05	4m 1 s/Km
15	TOMASSINI, ANNA	M3	1	GRANBIKE TRIATHLON	01:14:49.70	00:24:27.52	23	4m 53s/Km	00:39:53.40	03	30.08 Km/h	00:10:28.50	09	4m 11s/Km
16	PORRAZZINI, ROBERTA	M2	3	TERNI TRIATHLON	01:15:17.20	00:23:09.43	36	4m 37s/Km	00:41:44.20	08	28.75 Km/h	00:10:23.20	07	4m 9 s/Km
17	BARACCHI, BARBARA	M1	1	VIS CORTONA	01:15:21.40	00:24:32.08	55	4m 54s/Km	00:39:49.30	02	30.13 Km/h	00:10:59.40	05	4m 23s/Km
18	FRATTAROLI, EMANUELA	S4	2	TERNI TRIATHLON	01:15:35.50	00:23:31.01	18	4m 42s/Km	00:41:21.00	05	29.02 Km/h	00:10:42.40	02	4m 16s/Km
19	MARCHETTI, ELISA	M3	2	TERNI TRIATHLON	01:17:12.40	00:23:39.30	30	4m 43s/Km	00:42:51.20	00	28.00 Km/h	00:10:41.20	00	4m 16s/Km
20	ORSETTI, MARZIA	YB	8	SABINA TEVERE	01:17:32.90	00:23:11.54	17	4m 38s/Km	00:43:56.50	03	27.31 Km/h	00:10:24.60	08	4m 9 s/Km
21	SPENA, ANTONIETTA	M1	2	ERMES CAMPANIA	01:17:41.50	00:25:18.38	38	5m 3 s/Km	00:41:40.40	07	28.8 Km/h	00:10:42.00	01	4m 16s/Km
22	DIAMANTI, ANTONELLA	M2	4	A.S.MINERVA ROMA	01:17:52.90	00:24:04.42	22	4m 48s/Km	00:43:37.50	02	27.51 Km/h	00:10:10.20	06	4m 3 s/Km
23	MANCINI, PAMELA	M1	3	TERNI TRIATHLON	01:18:00.50	00:24:28.52	24	4m 53s/Km	00:42:41.30	09	28.11 Km/h	00:10:49.70	04	4m 19s/Km
24	LAZZAROTTO, LAURA	S4	3	CASTELLI ROMANI TRI	01:19:30.60	00:22:55.92	25	4m 34s/Km	00:46:39.30	08	25.72 Km/h	00:09:54.70	03	3m 57s/Km
25	IMBROGNO, ORIETTA	M3	3	TOTAL FITNESS TRI	01:21:01.90	00:23:49.48	48	4m 45s/Km	00:46:29.40	07	25.81 Km/h	00:10:42.50	03	4m 16s/Km
26	LOVISCO, SANDRA	M2	5	A.S.MINERVA ROMA	01:21:33.00	00:23:35.30	09	4m 43s/Km	00:46:42.50	09	25.69 Km/h	00:11:14.90	08	4m 29s/Km
27	FRONTALINI, FABIOLA	M1	4	F.I.TRI.	01:22:04.90	00:25:14.00	08	5m 2 s/Km	00:45:38.90	04	26.29 Km/h	00:11:11.50	07	4m 28s/Km
28	CASTALDO, CRISTINA	S3	1	TERNI TRIATHLON	01:22:33.50	00:25:12.57	27	5m 2 s/Km	00:45:48.30	05	26.20 Km/h	00:11:32.20	09	4m 36s/Km
29	VALENTINI, ALESSANDRA	S4	4	F.I.TRI.	01:23:07.40	00:24:41.92	26	4m 56s/Km	00:46:19.90	06	25.90 Km/h	00:12:04.70	00	4m 49s/Km
30	DE VITO, MANUELA	S4	5	ERMES CAMPANIA	01:28:01.20	00:25:24.00	00	5m 4 s/Km	00:51:31.10	02	23.29 Km/h	00:11:05.30	06	4m 26s/Km
31	ZAMPETTI, LUANA	S2	1	F.I.TRI.	01:30:07.90	00:27:30.72	21	5m 30s/Km	00:49:44.50	01	24.12 Km/h	00:12:52.00	01	5m 8 s/Km
32	MARUCCI, ANTONIA	M4	1	ASD IL DELFINO SPOLE	01:31:17.20	00:28:41.08	22	5m 44s/Km	00:49:33.30	00	24.21 Km/h	00:13:02.60	02	5m 12s/Km
DNS	SORGI, KARIN	-	0	BRIGANTI D' ABRUZZO	DNS	-	-1	--	-	-1	--	-	-1	--
DNS	SORANZO, LUCIA	-	0	T. T. RAVENNA	DNS	-	-1	--	-	-1	--	-	-1	--