



Duathlon Sprint di Ostia - Femminile

Ostia (RM), 05/03/2017



Pos	Atleta	Cat	P.Cat	Team	Tempo	Run	Pos	Media	Bike	Pos	Media	Run	Pos	Media
1	TERRINONI, SOFIA	YA	1	GREEN HILL	00:36:58.50	00:11:19.95	35	4m 31s/Km	00:18:51.30	30	31.83 Km/h	00:06:46.00	00	6m 46s/Km
2	MACCI, LAVINIA	YA	2	B4S-TTT	00:37:42.40	00:12:02.32	32	4m 48s/Km	00:18:44.50	50	32.02 Km/h	00:06:54.30	30	6m 54s/Km
3	TEMPIO, GIULIA	YA	3	A.S.MINERVA ROMA	00:38:06.60	00:12:11.16	16	4m 52s/Km	00:18:34.90	10	32.31 Km/h	00:07:19.30	30	7m 18s/Km
4	PASQUALI, ANNA	YB	1	G.S. FF.OO.	00:39:02.10	00:13:29.43	13	5m 23s/Km	00:20:32.50	50	29.22 Km/h	00:04:59.50	50	4m 59s/Km
5	MEACCI, SOFIA	YA	4	SBR 3	00:39:24.60	00:13:26.51	11	5m 22s/Km	00:20:47.30	30	28.86 Km/h	00:05:10.20	20	5m 10s/Km
6	PIRODDI, ARIANNA	YA	5	SABINA TEVERE	00:40:54.80	00:13:02.74	10	5m 12s/Km	00:20:14.00	00	29.65 Km/h	00:07:37.50	20	7m 36s/Km
7	DIAZ, AMANDA	YA	6	ROMA TRIATHLON	00:42:04.90	00:13:27.39	12	5m 22s/Km	00:20:32.30	30	29.22 Km/h	00:08:04.50	50	8m 3 s/Km
8	CECCHINI, MICHELLE ELENA	YA	7	B4S-TTT	00:42:59.10	00:13:33.03	14	5m 25s/Km	00:21:06.40	40	28.43 Km/h	00:08:19.30	60	8m 18s/Km
9	DI LUCENTE, MARIA GIULIA	YB	2	GREEN HILL	00:43:32.50	00:13:55.21	15	5m 33s/Km	00:21:43.40	00	27.62 Km/h	00:07:53.50	30	7m 53s/Km
10	RIGHETTI, ELENA	YA	8	THE HURRICANE S.S.D.	00:43:38.50	00:14:03.49	16	5m 37s/Km	00:21:36.00	00	27.77 Km/h	00:07:58.30	40	7m 58s/Km
11	ERMAN, DOGA'	YA	9	SBR 3	00:43:52.60	00:12:37.50	10	5m 2 s/Km	00:24:22.70	05	24.62 Km/h	00:06:52.10	10	6m 51s/Km
12	CIANCI, LUDOVICA	YA	10	B4S-TTT	00:44:02.60	00:12:41.50	10	5m 4 s/Km	00:24:18.40	03	24.69 Km/h	00:07:02.10	10	7m 1 s/Km
13	BIANCHI, GIULIA	YA	11	GREEN HILL	00:44:14.20	00:12:35.94	11	5m 1 s/Km	00:24:25.10	06	24.57 Km/h	00:07:12.40	10	7m 12s/Km
14	MONTANI, CAMILLA	YA	12	SBR 3	00:44:20.50	00:12:37.79	11	5m 2 s/Km	00:24:19.30	04	24.67 Km/h	00:07:22.20	00	7m 21s/Km
15	PIETRAFORTE, MARIA CHIARA	YA	13	SABINA TEVERE	00:44:21.90	00:12:36.55	11	5m 2 s/Km	00:24:25.20	07	24.57 Km/h	00:07:19.50	10	7m 18s/Km
16	SALERNO, ALICE	YA	14	GREEN HILL	00:44:30.00	00:12:41.38	11	5m 4 s/Km	00:24:17.50	02	24.70 Km/h	00:07:30.50	10	7m 30s/Km
17	POLANCO ANGUSTIA, ABIGAIL	YB	3	LEONE	00:48:31.00	00:15:27.56	17	6m 10s/Km	00:23:39.50	01	25.36 Km/h	00:09:23.00	07	9m 22s/Km
18	FRACASSI, GIORGIA	YB	4	TOTAL FITNESSSTRI	00:53:35.90	00:18:21.00	18	7m 20s/Km	00:24:29.10	08	24.50 Km/h	00:10:44.00	08	10m 43s/Km
DNS	LABATE, ELISA	-	0	GREEN HILL	DNS	-	-1	--	-	-1	--	-	-1	--
DNS	GUARINO, ELISABETTA GUILIA	-	0	SABINA TEVERE	DNS	-	-1	--	-	-1	--	-	-1	--
DNS	CARNEVALI, ALICE	-	0	LEONE	DNS	-	-1	--	-	-1	--	-	-1	--