



Duathlon Sprint di Cascina - Age Group Women

Cascina (PI), 22/03/2009



Pos	Atleta	Cat	P.Cat	Team	Tempo	Run	Pos	Media	Bike	Pos	Media	Run	Pos	Media
1	PEZZAROSSA, MARIA	S2	1	C.U.S. PARMA A.S.D.	01:00:57.80	00.17.43	3	3m 32s/Km	00.32.46	2	36.62 Km/h	00.10.28	2	4m 11s/Km
2	CONTORNI, MARTINA	S1	1	JHONNY TRIATHLON A.S.D.	01:01:00.10	00.17.18	2	3m 27s/Km	00.33.15	3	36.09 Km/h	00.10.27	1	4m 10s/Km
3	SERAFINI, SILVIA	S4	1	TRIATHLON DUATHLON RIMINI A.S.D.	01:01:16.80	00.17.43	4	3m 32s/Km	00.32.43	1	36.67 Km/h	00.10.50	5	4m 19s/Km
4	RIDOLFI, ROMINA	S3	1	TRIATHLON DUATHLON RIMINI A.S.D.	01:03:54.00	00.17.12	1	3m 26s/Km	00.36.13	12	33.13 Km/h	00.10.29	3	4m 11s/Km
5	DÀ ANDREA, M. CECILIA	M1	1	ATHLETIC RUNNER CLIMBER A.S.D.	01:04:08.70	00.17.54	5	3m 34s/Km	00.35.25	8	33.88 Km/h	00.10.49	4	4m 19s/Km
6	DORSI, PATRIZIA	S4	2	PRO PIACENZA TEAM	01:04:16.20	00.18.18	7	3m 39s/Km	00.35.06	6	34.18 Km/h	00.10.52	6	4m 20s/Km
7	LANDINI, MARTA	S3	2	ATHLETIC RUNNER CLIMBER A.S.D.	01:04:19.80	00.18.21	8	3m 40s/Km	00.34.52	5	34.41 Km/h	00.11.06	7	4m 26s/Km
8	CAVALLINI, ELENA	JU	1	TRIATHLON DUATHLON RIMINI A.S.D.	01:04:33.10	00.18.35	9	3m 43s/Km	00.34.43	4	34.56 Km/h	00.11.15	9	4m 30s/Km
9	BORDINO, CATERINA	S1	2	SOCIETÀ ATLLETICA BELLINZAGO A.S.D.	01:05:47.60	00.19.20	12	3m 52s/Km	00.35.07	7	34.17 Km/h	00.11.20	10	4m 31s/Km
10	FERRI, ROSETTA	M1	2	TRIATHLON DUATHLON RIMINI A.S.D.	01:05:52.00	00.18.45	11	3m 44s/Km	00.35.53	10	33.44 Km/h	00.11.14	8	4m 29s/Km
11	BRAGUTI, DINA	S4	3	INTERNATIONAL 3 SPORT	01:06:52.50	00.19.23	14	3m 52s/Km	00.35.31	9	33.78 Km/h	00.11.58	15	4m 47s/Km
12	CANCELLI, BRUNA	M3	1	INTERNATIONAL 3 SPORT	01:07:51.60	00.19.41	16	3m 56s/Km	00.36.24	13	32.96 Km/h	00.11.46	12	4m 42s/Km
13	FRIGERI, ROBERTA	S3	3	ATHLETIC RUNNER CLIMBER A.S.D.	01:08:37.30	00.19.54	18	3m 58s/Km	00.36.04	11	33.27 Km/h	00.12.39	26	5m 3 s/Km
14	LAGOMARSINO, LAURA	S4	4	A.S.D. ZENA TRI TEAM	01:09:34.30	00.19.27	15	3m 53s/Km	00.38.14	19	31.38 Km/h	00.11.53	13	4m 45s/Km
15	FUSTINONI, DEBORA	S4	5	ATHLETIC RUNNER CLIMBER A.S.D.	01:10:01.30	00.20.23	23	4m 4 s/Km	00.37.23	14	32.09 Km/h	00.12.15	18	4m 54s/Km
16	EBRANATI, MARA	M1	3	G.S. MANERBA A.S.D.	01:10:05.30	00.19.49	17	3m 57s/Km	00.38.06	17	31.49 Km/h	00.12.10	16	4m 51s/Km
17	FASOLO, CRISTINA	S3	4	PADOVA TRIATHLON DUATHLON A.S.D.	01:10:16.00	00.20.00	19	4m 0 s/Km	00.37.40	15	31.85 Km/h	00.12.36	24	5m 2 s/Km
18	PETRINI, ELENA MARIA	AL	1	TRIATHLON DUATHLON RIMINI A.S.D.	01:11:30.90	00.18.39	10	3m 43s/Km	00.40.37	36	29.54 Km/h	00.12.14	17	4m 53s/Km
19	LEUCARI, VALENTINA	S3	5	PRO PATRIA MILANO SRL S.S.D.	01:11:33.50	00.20.01	20	4m 0 s/Km	00.39.37	32	30.29 Km/h	00.11.55	14	4m 46s/Km
20	SAVORANI, GIACINTA	M1	4	TRIATHLON FAENZA TEAM MULTISPORT	01:11:44.30	00.21.00	28	4m 12s/Km	00.38.13	18	31.39 Km/h	00.12.31	20	5m 0 s/Km
21	VALORI, CRISTINA	S3	6	NUOTO LIVORNO TRIATHLON SSD	01:11:44.80	00.20.36	25	4m 7 s/Km	00.38.51	26	30.88 Km/h	00.12.17	19	4m 54s/Km
22	MARIANI, ANNA LISA	AL	2	TRIATHLON DUATHLON RIMINI A.S.D.	01:11:46.40	00.20.52	27	4m 10s/Km	00.38.17	20	31.34 Km/h	00.12.37	25	5m 2 s/Km
23	DASOLI, ELISABETTA	M1	5	G.S. MANERBA A.S.D.	01:12:41.00	00.21.12	32	4m 14s/Km	00.38.22	21	31.27 Km/h	00.13.07	28	5m 14s/Km
24	RAGGIANTE, SABINA	M1	6	FIRENZE TRIATHLON A.S.D.	01:12:50.30	00.20.15	22	4m 2 s/Km	00.39.14	28	30.58 Km/h	00.13.21	32	5m 20s/Km
25	DE VITO, MANUELA	S2	2	A.S.D. ERMES CAMPANIA	01:12:57.60	00.20.39	26	4m 7 s/Km	00.39.47	33	30.16 Km/h	00.12.31	21	5m 0 s/Km
26	DEL ROSSO, BENEDETTA	S4	6	FREESTYLE TRIATHLON VALDINEVOLE A.S.D.	01:13:06.40	00.20.09	21	4m 1 s/Km	00.40.22	35	29.72 Km/h	00.12.35	23	5m 1 s/Km
27	RECENTI, SARA	S4	7	A.S. FREEZONE	01:13:10.90	00.21.05	30	4m 13s/Km	00.38.43	24	30.99 Km/h	00.13.22	33	5m 20s/Km
28	STOCCO, ENRICA	S4	8	CARLO POLETTI A.S.D.	01:13:17.30	00.21.05	31	4m 13s/Km	00.39.19	29	30.52 Km/h	00.12.53	27	5m 9 s/Km
29	GHIGNOLA, TIZIANA	M1	7	1A MISTRAL TRIATHLON A.S.D.	01:13:24.10	00.20.32	24	4m 6 s/Km	00.40.19	34	29.76 Km/h	00.12.33	22	5m 1 s/Km
30	BACCANELLI, MONICA	S3	7	G.S. MANERBA A.S.D.	01:13:40.00	00.18.03	6	3m 36s/Km	00.43.57	49	27.30 Km/h	00.11.40	11	4m 40s/Km
31	MARSALA, SILVIA	AL	3	LA FENICE TRIATHLON A.S.D.	01:13:40.10	00.21.29	35	4m 17s/Km	00.38.57	27	30.80 Km/h	00.13.14	29	5m 17s/Km
32	CESANA, ILARIA	M1	8	A.S.D. ZENA TRI TEAM	01:13:58.60	00.21.59	39	4m 23s/Km	00.38.28	23	31.19 Km/h	00.13.31	35	5m 24s/Km
33	SCIORTINO, GIULIA	S1	3	FUMANE TRIATHLON ASD	01:14:08.20	00.21.04	29	4m 12s/Km	00.39.31	30	30.36 Km/h	00.13.33	36	5m 25s/Km
34	BOTTIGELLI, PAOLA	M1	9	ATHLETIC RUNNER CLIMBER A.S.D.	01:14:13.00	00.22.20	44	4m 28s/Km	00.38.03	16	31.53 Km/h	00.13.50	39	5m 31s/Km
35	BERARDINO, DORIS	M1	10	CARLO POLETTI A.S.D.	01:14:13.50	00.21.25	34	4m 16s/Km	00.39.31	31	30.36 Km/h	00.13.17	31	5m 18s/Km
36	CAGGIATI, LUISA	S3	8	NUOTO UISP SANDRO CABASSI	01:14:25.20	00.21.44	38	4m 20s/Km	00.38.47	25	30.94 Km/h	00.13.54	40	5m 33s/Km
37	FERRARI, DANIELA	S3	9	ATHLETIC RUNNER CLIMBER A.S.D.	01:15:15.70	00.19.23	13	3m 52s/Km	00.38.25	22	31.23 Km/h	00.17.27	53	6m 58s/Km
38	CODAZZI, ELEONORA	S2	3	INTERNATIONAL 3 SPORT	01:16:17.00	00.21.15	33	4m 15s/Km	00.41.47	40	28.71 Km/h	00.13.15	30	5m 17s/Km



Duathlon Sprint di Cascina - Age Group Women

Cascina (PI), 22/03/2009



39	MARINE, ANTONELLA	S2	4	PADOVA TRIATHLON DUATHLON A.S.D.	01:16:30.70	00:21.42	37	4m 20s/Km	00.41.04	38	29.22 Km/h	00.13.44	37	5m 29s/Km
40	IABICHELLA, LUISELLA	M3	2	ROAD RUNNERS CLUB MILANO TRIATHLON	01:17:41.50	00:22.21	45	4m 28s/Km	00.41.34	39	28.86 Km/h	00.13.46	38	5m 30s/Km
41	CUSTODERO, IDA	M3	3	A.S.D. ERMES CAMPANIA	01:18:48.40	00:22.18	43	4m 27s/Km	00.42.19	41	28.35 Km/h	00.14.11	46	5m 40s/Km
42	GRAZZINI, ROSALBA	S4	9	1A MISTRAL TRIATHLON A.S.D.	01:19:04.40	00:21.32	36	4m 18s/Km	00.43.36	47	27.52 Km/h	00.13.56	42	5m 34s/Km
43	PIDATELLA, DELIA	M2	1	FIRENZE TRIATHLON A.S.D.	01:19:08.10	00:22.12	40	4m 26s/Km	00.43.28	46	27.60 Km/h	00.13.28	34	5m 23s/Km
44	PIOVANO, SARA	S3	10	S.S.D. MARIN BIKE SEZ. TRIATH.	01:19:18.40	00:22.18	42	4m 27s/Km	00.43.01	43	27.89 Km/h	00.13.59	43	5m 35s/Km
45	BOCCHI, BARBARA	S4	10	PRO PIACENZA TEAM	01:19:47.30	00:23.59	48	4m 47s/Km	00.40.45	37	29.44 Km/h	00.15.03	48	6m 1 s/Km
46	MORI, SIMONETTA	S4	11	A.S. D. GOLFO DEI POETI SPEZIA TRIATHLON	01:20:08.60	00:22.14	41	4m 26s/Km	00.43.51	48	27.36 Km/h	00.14.03	44	5m 37s/Km
47	FROSINA, ROBERTA	S1	4	CENTRO ESTER S.S.D. SRL	01:20:59.10	00:23.51	46	4m 46s/Km	00.43.04	44	27.86 Km/h	00.14.04	45	5m 37s/Km
48	DI PAOLA, SILVIA	M1	11	NUOTO LIVORNO TRIATHLON SSD	01:21:01.10	00:23.52	47	4m 46s/Km	00.43.14	45	27.75 Km/h	00.13.55	41	5m 33s/Km
49	ORO, SARAH	S4	12	ATHLETIC RUNNER CLIMBER A.S.D.	01:24:47.80	00:25.40	52	5m 8 s/Km	00.42.34	42	28.19 Km/h	00.16.33	51	6m 37s/Km
50	FABBRESCHI, PAMELA	S2	5	SOC. NUOTO GROSSETO	01:27:52.70	00:24.55	51	4m 59s/Km	00.46.59	50	25.54 Km/h	00.15.58	50	6m 23s/Km
51	MEINARDI, DARIA	M3	4	A.S. TORINO 3	01:28:42.40	00:24.50	50	4m 58s/Km	00.48.33	51	24.71 Km/h	00.15.19	49	6m 7 s/Km
52	ALEO, MIRIAM	S4	13	CENTRO ESTER S.S.D. SRL	01:30:58.20	00:24.33	49	4m 54s/Km	00.51.31	52	23.29 Km/h	00.14.54	47	5m 57s/Km
53	MARZULLO, LICIA	M1	12	CENTRO ESTER S.S.D. SRL	01:31:49.40	00:28.51	55	--	-	-1	--	01.02.58	56	--
54	BENDINELLI, MARIA	M3	5	FIRENZE TRIATHLON A.S.D.	01:31:53.50	00:28.19	53	--	-	-1	--	01.03.34	57	--
55	MAIORANO, ANNA	JU	2	A.S.D. ERMES CAMPANIA	01:39:43.40	00:28.48	54	5m 45s/Km	00.53.36	54	22.38 Km/h	00.17.19	52	6m 55s/Km
56	CAPRA, GIUSEPPINA	M7	1	SAI FRECCHE BIANCHE A.S.D.	01:46:47.40	00:32.45	56	6m 32s/Km	00.51.54	53	23.12 Km/h	00.22.08	54	8m 51s/Km
57	OLIVETO, DOMENICA	S4	14	FIRENZE TRIATHLON A.S.D.	02:04:50.40	00:40.15	57	8m 3 s/Km	00.58.41	55	20.44 Km/h	00.25.54	55	10m 21s/Km
DNS	MARINELLI, FRANCESCA	-	0	NEW GREEN HILL A.S.D.	DNS	-	-1	--	-	-1	--	-	-1	--
DNS	MONALDINI, NADIA	-	0	TRIATHLON DUATHLON RIMINI A.S.D.	DNS	-	-1	--	-	-1	--	-	-1	--
DNS	DE MARCHI, VALENTINA	-	0	JHONNY TRIATHLON A.S.D.	DNS	-	-1	--	-	-1	--	-	-1	--
DNS	STEFANI, ANGELA	-	0	1A MISTRAL TRIATHLON A.S.D.	DNS	-	-1	--	-	-1	--	-	-1	--