



Triathlon Sprint di Santa Marinella - Femminile

Santa Marinella (RM), 11/10/2009



Pos	Atleta	Cat	P.Cat	Team	Tempo	Swim	Pos	Media	Bike	Pos	Media	Run	Pos	Media
1	MARTELLA, COSTANZA	AL	1	A.S.MINERVA ROMA	00:59:00.80	00.10.29	1	1m 23s/100m	00.28.12	1	42.55 Km/h	00.18.59	5	3m 47s/Km
2	PETRINI, ELENA MARIA	AL	2	T.D. RIMINI	00:59:38.40	00.10.56	2	1m 27s/100m	00.28.52	2	41.57 Km/h	00.18.37	1	3m 43s/Km
3	ASCOLI, MANUELA	S4	1	A.S.MINERVA ROMA	01:01:10.60	00.12.17	4	1m 38s/100m	00.28.58	3	41.42 Km/h	00.18.38	2	3m 43s/Km
4	MARINELLI, FRANCESCA	AL	3	NEW GREEN HILL	01:03:31.10	00.11.41	3	1m 33s/100m	00.29.39	5	40.47 Km/h	00.20.55	15	4m 11s/Km
5	MARTINELLI, CAMILLA	S2	1	A.S.MINERVA ROMA	01:04:37.60	00.12.41	6	1m 41s/100m	00.30.47	11	38.98 Km/h	00.19.27	6	3m 53s/Km
6	RINALDI, MANUELA	S1	1	OLIMPIA TRIATHLON AS	01:05:07.90	00.13.49	11	1m 50s/100m	00.31.08	14	38.54 Km/h	00.18.41	3	3m 44s/Km
7	BUGGINI, IRENE	S3	1	A.S. TRIATH OSTIA	01:05:48.50	00.13.20	8	1m 46s/100m	00.30.45	10	39.02 Km/h	00.18.57	4	3m 47s/Km
8	VESPA, MARTINA	JU	1	ATL TRIATHL M ROTOND	01:06:06.10	00.13.43	10	1m 49s/100m	00.31.01	13	38.68 Km/h	00.19.53	9	3m 58s/Km
9	CASOLA, CLAUDIA	S4	2	FORUM POSILLIPO	01:06:06.70	00.14.11	14	1m 53s/100m	00.30.25	7	39.45 Km/h	00.19.48	8	3m 57s/Km
10	AZZARO, FRANCESCA	S3	2	JHONNY TRI FORHANS	01:08:56.60	00.16.26	24	2m 11s/100m	00.29.32	4	40.63 Km/h	00.19.57	10	3m 59s/Km
11	DE VITO, MANUELA	S2	2	ERMES CAMPANIA	01:09:12.80	00.13.22	9	1m 46s/100m	00.33.21	24	35.98 Km/h	00.20.45	13	4m 9 s/Km
12	NIELSEN, ENOLE MARIE	S4	3	TORRINO TRI TEAM	01:09:14.10	00.15.57	20	2m 7.s/100m	00.30.17	6	39.62 Km/h	00.21.25	19	4m 16s/Km
13	FIorenZANI, LAURA	S4	4	TRIATHLON GROSSETO	01:09:30.30	00.12.28	5	1m 39s/100m	00.33.23	25	35.94 Km/h	00.21.04	17	4m 12s/Km
14	BRAMBILLE, VERONICA	S3	3	A.S.MINERVA ROMA	01:09:39.30	00.13.58	12	1m 51s/100m	00.30.52	12	38.87 Km/h	00.22.59	24	4m 35s/Km
15	RAPPELLI, FIORELLA	S4	5	TRIATHLON GROSSETO	01:11:21.80	00.15.53	19	2m 7.s/100m	00.32.36	19	36.80 Km/h	00.20.45	12	4m 9 s/Km
16	MELE, RAFFAELLA	S4	6	JHONNY TRI FORHANS	01:11:25.00	00.15.33	17	2m 4.s/100m	00.32.31	17	36.90 Km/h	00.20.41	11	4m 8 s/Km
17	SOSSI, RAFFAELLA	M1	1	S.S.LAZIO	01:11:28.90	00.16.34	28	2m 12s/100m	00.30.36	9	39.21 Km/h	00.21.52	20	4m 22s/Km
18	IMPERIALE, CARMELA	M1	2	C.C. ANIENE	01:12:26.00	00.16.20	22	2m 10s/100m	00.32.41	21	36.71 Km/h	00.20.48	14	4m 9 s/Km
19	CARBOTTI, SABINA	M2	1	C.C. ANIENE	01:12:50.20	00.16.25	23	2m 11s/100m	00.32.36	18	36.80 Km/h	00.21.11	18	4m 14s/Km
20	KACZKO, SARA	S3	4	TORRINO TRI TEAM	01:13:00.90	00.14.05	13	1m 52s/100m	00.33.52	26	35.43 Km/h	00.22.33	23	4m 30s/Km
21	MIGNOGNA, MARIA GRAZIA	M2	2	JHONNY TRI FORHANS	01:13:17.70	00.19.40	31	2m 37s/100m	00.31.21	15	38.27 Km/h	00.19.40	7	3m 55s/Km
22	GENTILE, NELITA	S4	7	A.S. TRIATH OSTIA	01:13:38.00	00.16.31	27	2m 12s/100m	00.30.36	8	39.21 Km/h	00.24.03	28	4m 48s/Km
23	MELE, SIMONA	M2	3	A.S. TRIATH OSTIA	01:13:39.20	00.16.27	25	2m 11s/100m	00.32.38	20	36.77 Km/h	00.22.31	21	4m 30s/Km
24	BALDASSARI, FRANCESCA	S3	5	TRIATHLON GROSSETO	01:15:11.80	00.15.13	15	2m 1.s/100m	00.35.01	27	34.26 Km/h	00.22.33	22	4m 30s/Km
25	GIANNICO, ILARIA	AL	4	A.S.MINERVA ROMA	01:15:16.30	00.12.42	7	1m 41s/100m	00.35.13	28	34.07 Km/h	00.25.58	31	5m 11s/Km
26	DI RENZO, SILVIA	S3	6	A.S.MINERVA ROMA	01:15:37.50	00.16.29	26	2m 11s/100m	00.33.11	23	36.16 Km/h	00.23.16	25	4m 39s/Km
27	TIEZZI, SILVIA	S3	7	FIRENZE TRI	01:17:18.30	00.21.45	33	2m 53s/100m	00.32.16	16	37.19 Km/h	00.20.59	16	4m 11s/Km
28	CAFAGGI, CRISTINA	S3	8	TRIATHLON GROSSETO	01:17:32.30	00.15.34	18	2m 4.s/100m	00.36.08	29	33.21 Km/h	00.23.20	26	4m 40s/Km
29	CUSTODERO, IDA	M3	1	ERMES CAMPANIA	01:20:02.70	-	-1	--	-	-1	--	01.20.02	34	--
30	CARPENTIERI, ANNUNZIATA	M3	2	JHONNY TRI FORHANS	01:20:02.80	00.19.36	30	2m 36s/100m	00.32.57	22	36.41 Km/h	00.24.45	29	4m 57s/Km
31	ZONCHEDDU, MONICA	S3	9	FORUM POSILLIPO	01:21:49.30	00.17.38	29	2m 21s/100m	00.37.45	31	31.78 Km/h	00.23.50	27	4m 46s/Km
32	TICONI, CRISTINA	M1	3	ASD 3.4 FUN	01:24:20.40	00.16.17	21	2m 10s/100m	00.39.39	32	30.26 Km/h	00.25.01	30	5m 0 s/Km
33	PIPPI, BARBARA	S2	3	TEAM MARBLEMAN	01:27:02.70	00.15.32	16	2m 4.s/100m	00.40.24	33	29.70 Km/h	00.28.19	32	5m 39s/Km
34	FAVILLA, MARIA	M1	4	A.S. TRIATH OSTIA	01:29:07.80	00.20.10	32	2m 41s/100m	00.36.31	30	32.86 Km/h	00.28.22	33	5m 40s/Km