



Triathlon Sprint di Porto Santo Stefano - Femminile

Porto Santo Stefano (GR), 18/10/2009



Pos	Atleta	Cat	P.Cat	Team	Tempo	Swim	Pos	Media	Bike	Pos	Media	Run	Pos	Media
1	NISI, CRISTINA	S1	1	TRIATHLON GROSSETO	01:08:16.00	00.09.15	4	1m 14s/100m	00.37.23	1	32.09 Km/h	00.21.38	1	4m 19s/Km
2	ZANETTI, OMBRETTA	M1	1	FREEZONE	01:14:36.10	00.10.32	7	1m 24s/100m	00.40.11	2	29.86 Km/h	00.23.53	5	4m 46s/Km
3	RINALDI, MANUELA	S1	2	OLIMPIA TRIATHLON AS	01:18:43.90	00.09.27	5	1m 15s/100m	00.47.05	7	25.48 Km/h	00.22.11	2	4m 26s/Km
4	GOVONI, DANIELA	S4	1	CUS FERRARA	01:18:48.40	00.11.30	10	1m 32s/100m	00.43.41	3	27.47 Km/h	00.23.37	4	4m 43s/Km
5	PAPINI, SARA	S3	1	ASD GOLFO DEI POETI	01:20:31.20	00.11.21	8	1m 30s/100m	00.46.12	5	25.97 Km/h	00.22.58	3	4m 35s/Km
6	CAPANNINI, CHIARA	S2	1	FIRENZE TRI	01:23:03.60	00.10.24	6	1m 23s/100m	00.45.37	4	26.30 Km/h	00.27.02	12	5m 24s/Km
7	MENEGON, MICHELA	S3	2	TRIATH SIENA NUOTO	01:23:24.10	00.07.37	1	1m 0.s/100m	00.51.05	13	23.49 Km/h	00.24.42	8	4m 56s/Km
8	GIORGETTI, AMBRA	AL	1	LA FENICE TRI	01:23:33.30	00.08.00	2	1m 3.s/100m	00.51.35	14	23.26 Km/h	00.23.58	6	4m 47s/Km
9	RAPPELLI, FIORELLA	S4	2	TRIATHLON GROSSETO	01:24:43.30	00.11.38	11	1m 33s/100m	00.48.32	9	24.72 Km/h	00.24.33	7	4m 54s/Km
10	CICCARELLI, MANILA	M1	2	SURFING SHOP TRIATHL	01:25:30.30	00.11.59	14	1m 35s/100m	00.46.23	6	25.87 Km/h	00.27.08	13	5m 25s/Km
11	CIMORELLI, ANGELA	S4	3	SAI FRECCIE BIANCHE	01:25:39.70	00.11.25	9	1m 31s/100m	00.49.19	11	24.33 Km/h	00.24.55	9	4m 59s/Km
12	GIUSTI, PAOLA	M3	1	LA FENICE TRI	01:27:28.60	00.12.07	15	1m 36s/100m	00.47.32	8	25.24 Km/h	00.27.49	14	5m 33s/Km
13	DI PAOLA, SILVIA	M1	3	NUOTO LIVORNO 3	01:28:40.10	00.12.11	16	1m 37s/100m	00.48.37	10	24.68 Km/h	00.27.52	15	5m 34s/Km
14	GIULIATTINI, MARGHERITA	S2	2	FIRENZE TRI	01:29:22.40	00.14.27	21	1m 55s/100m	00.49.27	12	24.26 Km/h	00.25.28	10	5m 5 s/Km
15	CAROZZO, COSTANZA	AL	2	ASD GOLFO DEI POETI	01:30:31.00	00.12.29	17	1m 39s/100m	00.52.25	16	22.89 Km/h	00.25.37	11	5m 7 s/Km
16	PIEROBON, FRANCESCA	S4	4	PONTEDERA TRIATHLON	01:32:27.70	00.12.49	18	1m 42s/100m	00.51.38	15	23.24 Km/h	00.28.00	16	5m 35s/Km
17	BOTTONI, ROSANNA	M3	2	PONTEDERA TRIATHLON	01:32:27.90	00.11.58	13	1m 35s/100m	00.52.28	17	22.87 Km/h	00.28.01	17	5m 36s/Km
18	SPINETTI, ANDREINA	M4	1	TEAM MARBLEMAN	01:43:46.70	00.13.25	19	1m 47s/100m	00.58.35	18	20.48 Km/h	00.31.46	19	6m 21s/Km
19	CARAI, DEBORAH	S4	5	ASD 3.4 FUN	01:47:23.20	00.13.49	20	1m 50s/100m	01.04.38	20	18.56 Km/h	00.28.56	18	5m 47s/Km
20	PIPPI, BARBARA	S2	3	TEAM MARBLEMAN	01:48:09.00	00.11.41	12	1m 33s/100m	01.03.56	19	18.76 Km/h	00.32.32	20	6m 30s/Km
DNF	MARINELLI, FRANCESCA	-	0	NEW GREEN HILL	DNF	00.08.48	3	--	-	-1	--	-	-1	--