



Roma Duathlon Sprint - Femminile
Roma Labaro (RM), 29/11/2009



Pos	Atleta	Cat	P.Cat	Team	Tempo	Run	Pos	Media	Bike	Pos	Media	Run	Pos	Media
1	DESIDERI, SARA	S1	1	JHONNY TRI FORHANS	01:14:05.30	00.21.14	1	4m 14s/Km	00.40.42	1	29.48 Km/h	00.11.18	1	4m 31s/Km
2	RINALDI, MANUELA	S1	2	OLIMPIA TRIATHLON AS	01:19:04.90	00.22.43	2	4m 32s/Km	00.43.38	2	27.50 Km/h	00.11.57	2	4m 46s/Km
3	SPURI SILVESTRINI, MICHELA	S3	1	S.S.LAZIO	01:21:51.90	00.23.44	3	4m 44s/Km	00.43.43	3	27.44 Km/h	00.12.34	3	5m 1 s/Km
4	FANTINI, DILETTA	S3	2	S.S.LAZIO	01:29:35.10	00.24.48	4	4m 57s/Km	00.49.03	4	24.46 Km/h	00.14.02	4	5m 36s/Km